For Reference

Not to be taken from this room

Every person who maliciously cuts, defaces, breaks or injures any book, map, chart, picture, engraving, statue, coin, model, apparatus, or other work of literature, art, mechanics or object of curiosity, deposited in any public library, gallery, museum or collection is guilty of a misdemeanor.

Penal Code of California
1915, Section 623



Digitized by the Internet Archive
in 2012 with funding from
internet archive

http://archive.org/details/betterhomesgarde60jandesm

January 1982 • $1.25

Better Homes and Gardens®

Food: Timesaving recipes with great old-fashioned flavor

Quick and easy decorating ideas • Affordable open-plan house

Education: New options for adults who want to learn

Just-for-fun houseplant ideas • Create a classy home office

Health: Medical breakthroughs that could lengthen your life

AMISH-STYLE Quilt

Stitch it up in 5 hours for under $50

Instructions inside



SUPER-SIMPLE CRAFT PROJECTS YOU CAN MAKE IN A JIFFY

BH&G Home Improvement Contest: Win big cash prizes!

01 0055

Triple your winnings!

in the 1982 Better Homes and Gardens Home Improvement Contest by Using Armstrong Products

When you enter the Better Homes and Gardens Home Improvement Contest being announced in this issue, Armstrong is offering you a chance to triple your prize money. How? Simply by using the products that are "So nice to come home to"—Armstrong Floors, Ceilings, Carpets, and Thomasville® Furniture—in your project.

And to help you plan and carry out your project we are including, in the contest kit that will be sent to every entrant, information on some of our newest home-improvement products and do-it-yourself ideas that can make the job easier, save you money, and maybe, even help make you a winner!

Here's how you can triple your winnings:

If you are a $1,000 winner in one of the contest divisions in which Armstrong products can be used—Kitchens, Bathrooms, Interiors, or Additions—we will add $500 to your prize money for each category of our products you use.

So, if you use a product from all four categories—Floors, Carpets, Ceilings, and any piece of Thomasville Furniture—we'll add $2,000 to the $1,000 Better Homes and Gardens prize for a grand total of $3,000! You triple your winnings!

If you are one of the $4,000 winners, we'll award you an additional $2,000 for each of our product categories used. You could win as much as $12,000.

If you are the "Best of Contest" winner who receives $10,000 from Better Homes and Gardens, Armstrong will award you $5,000 additional for each of our four product categories you use, tripling your prize money to $30,000.

To be eligible for the Armstrong prizes, you must provide proof of purchase of the Armstrong products used in your project.

Here are just a few of the Armstrong products you can use to help create a "prize-winning" project:

The new Armstrong Trim and Fit™ flooring system. A do-it-yourselfer's dream.

Even if you've never installed a sheet vinyl floor before, the new Armstrong Trim and Fit system makes it easy to do it yourself and do it right! The kit has everything you need to make a paper pattern of the room, transfer it to the new floor, and trim it for a beautiful fit. It's truly a do-it-yourselfer's dream—come true!

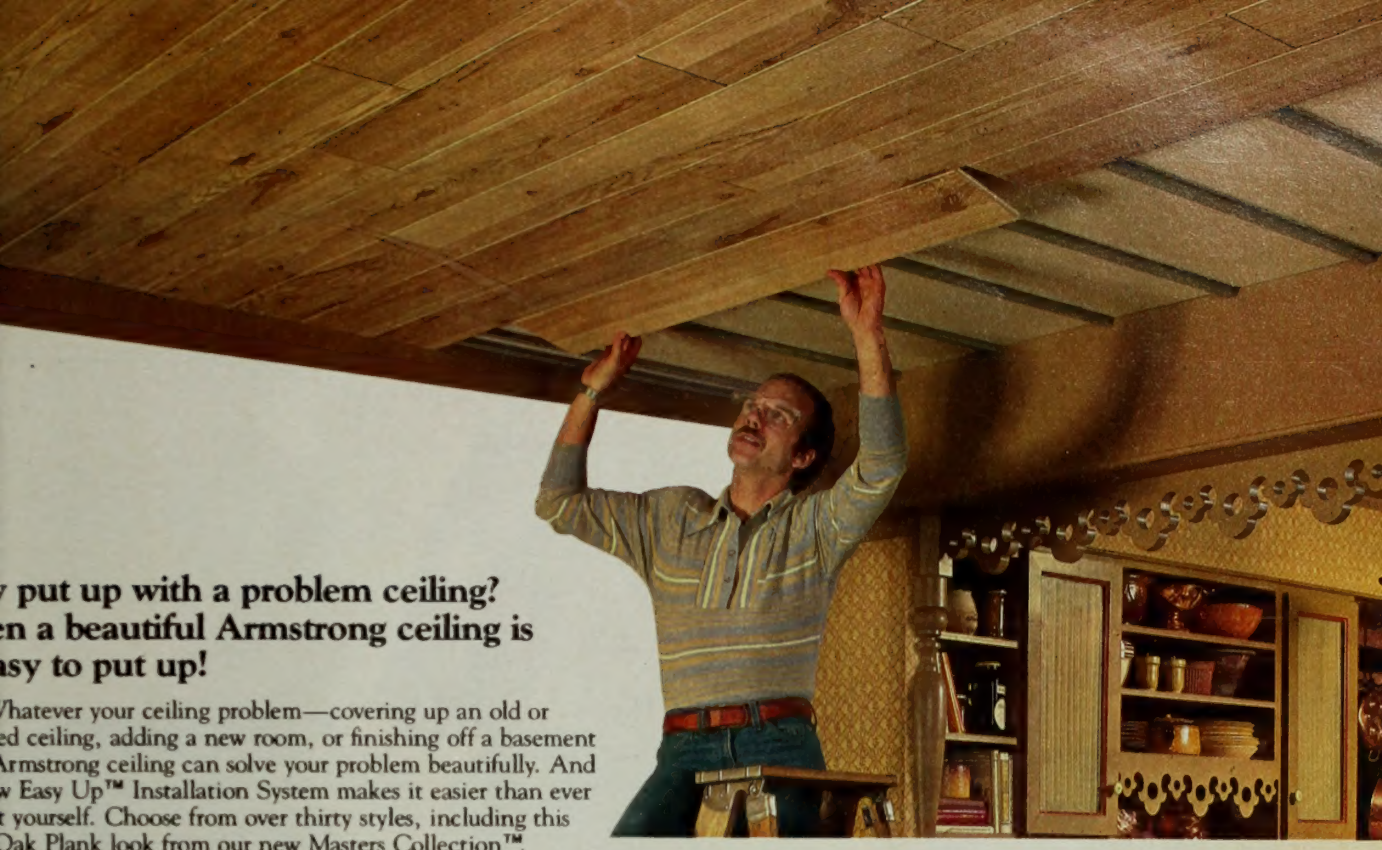


The beautiful no-wax Solarian® floor th comes in a box. Armstrong Solarian tile

You can have the no-wax convenience and sunny shine o Armstrong Solarian floor sooner—and for less money—than think. Because this Solarian floor comes in a box. You can d yourself in just a few hours and not spend a penny for installation. With dozens of designs and colors, it's the most beautiful floor that ever came out of a box.



Floor designs copyrighted by Armstrong



y put up with a problem ceiling? en a beautiful Armstrong ceiling is asy to put up!

Whatever your ceiling problem—covering up an old or ed ceiling, adding a new room, or finishing off a basement Armstrong ceiling can solve your problem beautifully. And w Easy Up™ Installation System makes it easier than ever t yourself. Choose from over thirty styles, including this Oak Plank look from our new Masters Collection™.



Turn any room into an entertainment center with a Thomasville Wall System.

It can hide the TV set, house the stereo, conceal a bar, store records and cassettes, serve as a writing desk, display your collectibles—and a whole lot more. With the wide choice of styles and, within each style, a variety of individual units, you can tailor a Thomasville Wall System to meet your exact tastes and needs.

Performance-tested Armstrong carpet is your assurance of long-lasting good looks.

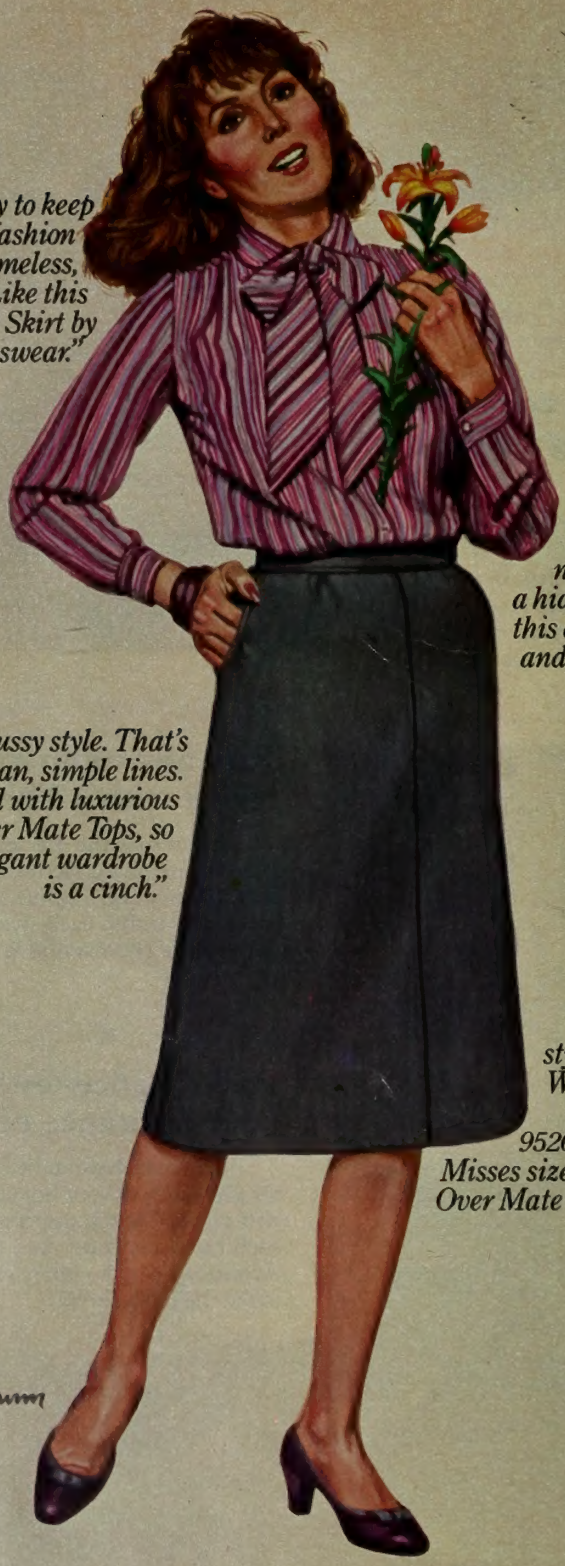
You don't have to be an expert to choose the right carpet for every area of your home. Because Armstrong has performance-tested carpet that will stand up to the kind of wear each room demands. And the label on the back of every Armstrong carpet sample gives you the information you need to make the right choice.

Armstrong

so nice to come home to™

"Class, comfort... my Bend Over® Skirt has it all."

"I figure you can try to keep up with the tides of fashion ... or go for a timeless, classic look. Like this Bend Over® Skirt by Levi's® Womenswear."



"This soft, stretch gabardine never cuts or binds. There's even a hidden elastic waistband. And all this comfort comes in both Misses and fuller-figured Women's sizes."

"I can't stand a fussy style. That's why I love these clean, simple lines. The colors blend with luxurious Bend Over Mate Tops, so building an elegant wardrobe is a cinch."

"Don't mimic someone else's style. Set your own, with Levi's Womenswear."

Ask for Bend Over Skirt 95266-90 or 99643-90 Women's, Misses sizes 6-20, Women's 32-40. Bend Over Mate 44527-21, Misses sizes 8-18.

Levi's WOMENSWEAR®

QUALITY NEVER GOES OUT OF STYLE.®

The words "Levi's" and "Bend Over" are registered trademarks of Levi Strauss & Co. San Francisco. ©1981 Levi Strauss & Co.

How to Make the AMISH-STYLE QUILT On Our Cover



Photograph: Mike Dieter

How is it possible to stitch a stunning quilt like the one on our cover in just five hours? The secret is to begin with a furniture movers blanket. Besides being durable and thrifty, it's prequilted—a big timesaving bonus. And movers blankets are available at most art supply stores in a variety of sizes and colors. Just add an appliqué cut from prequilted fabric, and lock in the design with a cheery border. The result: the good looks of Amish-style quilting for less than $50!

Our quilt is made from eight prequilted fabric diamonds pieced to form an eight-pointed star. The star is appliquéd, then bordered by pieced fabric strips. To make the star, you will need 1½ yards each of 45-inch-wide deep red and light red prequilted fabric and a half yard each of red and purple prequilted fabric.

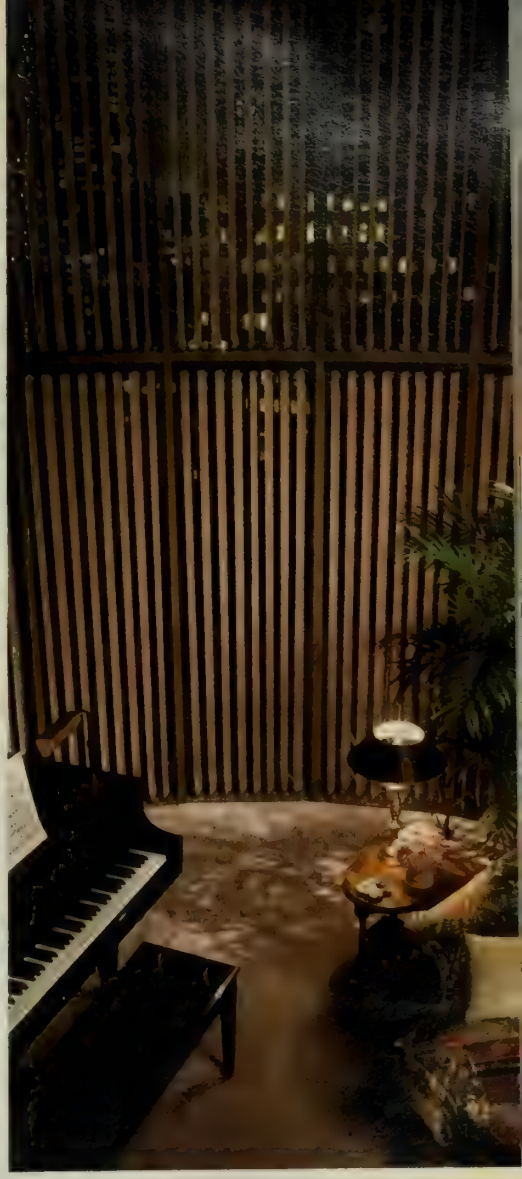
For the diamond pattern, cut a 14x30-inch paper rectangle. Fold the rectangle in half crosswise and in half again lengthwise, then unfold. Draw lines from the ends of the vertical folded lines to the ends of the horizontal lines, forming a diamond. Cut out the diamond. Using this diamond pattern, cut four diamonds each of deep red and light red prequilted fabric. Cut the remaining fabric in 5½-inch-wide strips. (This includes the half-yard pieces of red and purple fabric.)

To make the star, piece the diamonds together along two sides, interchanging colors as you stitch (refer to photo). Use ½-inch seam allowances and carefully position the points at the star center. Press the seams open and the remaining raw edges under ½ inch. Hand-sew the star to the quilt center.

Patch the strips together end to end in random lengths. Press the raw edges of the strip under ½ inch. Cut the strip in four sections to fit around the star; pin in place. Cut away excess fabric and machine-stitch sections in place. BH&G

Buying information, page 122

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $12 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. January, 1982, Vol. 60, No. 1



REMODEL FOR ENERGY EFFICIENCY AT THE WINDOW

LOUVERDRAPE® VERTICAL BLINDS SAVE ENERGY, BEAUTIFULLY

Imaginative remodelers are converting hot loft properties into cool interiors using LouverDrape® Vertical Blinds. Energy efficient LouverDrape® Vertical Blinds give a look of contemporary sophistication to ordinary windows of a past era. The LouverDrape® solid vinyl louvers, in particular, out-perform horizontal blinds and fabric draperies as energy efficient window coverings. Look for our Vertical Imagination Center where you shop for window coverings. LouverDrape® is a participant in the Better Homes & Gardens Home Improvement Contest.

ALWAYS INSIST ON LouverDrape®

LOUVERDRAPE,® INC.
1100 COLORADO AVE., DEPT. AT, SANTA MONICA, CA 90401

ENCLOSED IS $1 FOR A COPY OF YOUR 36 PAGE, FULL COLOR VERTICAL IMAGINATION BROCHURE

NAME

ADDRESS

CITY STATE ZIP

NOW YOU CAN FEEL BETTER ABOUT THROWING IN THE TOWEL.

Running a household requires a lot of energy. Yours. And the country's. But, now there's a way you can save a little of both. With a new, energy-efficient gas clothes dryer.

Compared to electric, the new gas dryers dry 3 loads for the price of 1.

The average cost of drying clothes with an electric dryer is three times the cost of drying clothes with gas.* Today's gas dryers are equipped with energy-saving pilotless ignition and automatic shut-offs. They also feature larger drums to handle bigger loads. All of which help you keep the cost of drying clothes to less than a nickel a load!

So, the next time you go to throw in the towel, and the sheets, and the shirts . . . toss them in a new gas dryer. You'll feel a lot better knowing you're saving energy and money at the same time.



Gama
Gas Appliance Manufacturers Association

The new gas appliances are good for your economy.

*Comparisons are based on the average conditions specified in the Department of Energy test procedures.



Have a Sweet Pickle -it won't cost you a nickel!

It's FREE for your 2 to 7 year-old to keep

also 2 other SWEET PICKLES BOOKS all for $1.00 (a total value of $8.85) plus delivery

Get giggles and tickles and lots of silly pickles. Say "hello" to the Sweet Pickles® gang—the silliest, merriest animal characters ever to tumble out of children's storybooks and into kids' hearts.

These lovable Sweet Pickles® became "nationally famous" on the Captain Kangaroo show, where they made growing up a little easier for youngsters age 2 to 7. And now they've got a special FREE treat for your child.

Just mail the Gift Certificate and we'll send your youngster a whole package of colorful, hardcover storybooks brimful of adorable characters that boys and girls just naturally love.

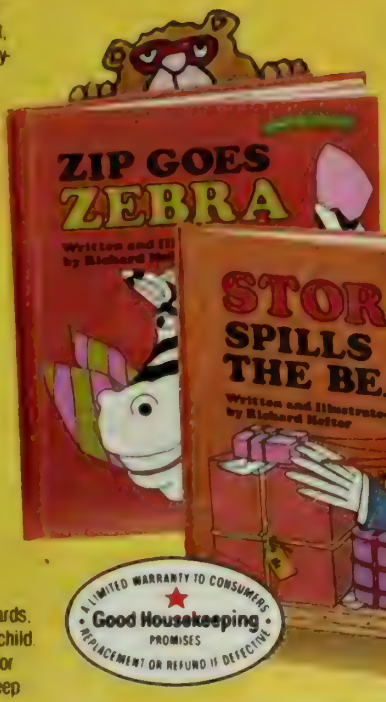
Each Sweet Pickles® character has a personality trait your child will quickly recognize. Like **Imitating Iguana** who wants to be just like everyone else. **Accusing Alligator** who's always blaming others for what happens to him. Or **Worried Walrus** who worries—a lot.

These wacky characters help children overcome everyday "growing up" problems—and feel better about themselves, too. Best of all, Sweet Pickles® storybooks make reading **fun.** And easy. With bright illustrations that make kids laugh—and keep on reading! After all, the folks behind Sweet Pickles® are the reading experts from **Weekly Reader Books.**

Share a Sweet Pickle® with your child—FREE

Get **Goose Goofs Off** plus the 3-D viewer, three sets of storycards, plus the Sweet Pickles® personalized Bookrack FREE for your child. We'll also send the 2 other Sweet Pickles® storybooks shown for 10 days without charge. If Sweet Pickles® win you both over, keep the 2 introductory books for the special price of just $1.00 plus shipping, handling and sales tax.

Then your child will receive 2 new Sweet Pickles® storybooks (and a new set of 3-D storycards for each book) about every 6 weeks on approval. Keep only the ones you want for only $3.69 each plus shipping, handling and sales tax. No obligation to buy a single book. Cancel at any time. Mail the free gift certificate today. It won't cost you a nickel!





© Weekly Reader Books 1982, 1981

Sweet Pickles © 1982, 1977 Euphrosyne, Incorporated
Sweet Pickles® is a registered trademark of Pelle/Reinach/Hefter

Plus 2 FREE Bonus Gifts



and this Sweet Pickles® bookrack, with letters so you can personalize it with your child's name



This sturdy 3-D viewer, plus 3 exciting sets of storycards that help make reading even **more** fun for your child.

SWEET PICKLES® BOOK CLUB
A Service of Weekly Reader Books
1250 Fairwood Avenue
P.O. Box 16613
Columbus, Ohio 43216

A2/SP11

SWEET PICKLES®

We are coming to your home!

SWEET PICKLES® BOOK CLUB
A Service of Weekly Reader Books
1250 Fairwood Avenue, P.O. Box 16613, Columbus, Ohio 43216

YES, please send my child's FREE copy of **Goose Goofs Off** plus the 3-D viewer, 3 sets of Storycards and Sweet Pickles® Bookrack, ours to keep. Also send the other introductory Sweet Pickles® storybooks on approval which we can keep if we wish, for just $1.00 plus shipping, handling and sales tax. We'll then be entitled to receive 2 new Sweet Pickles® storybooks (and a new set of 3-D storycards for each book) on approval about every 6 weeks, and keep only the ones we want for just $3.69 each plus shipping, handling and sales tax. We're not obligated to buy a single book—ever, and may cancel membership any time. Whatever we decide, the FREE storybook and bonus gifts are ours to keep forever, FREE.

(Print)
Child's name _____ Age _____

Address _____ Apt _____

City _____ State _____ Zip _____

Parent's signature _____

Child's Birth Date _____ Phone No. _____
Mo Day Year (area code)

A/W212-BH

K608-032

Don't put things like this in your disposer...



unless it's a KitchenAid.

The ruggedly-built KitchenAid stainless steel disposer can handle things other disposers can't.

It has a powerful ½ hp motor, and strong start-up power to grind up tough bones, corn cobs, stringy vegetables, even things like pineapple tops.

And if something should ever jam it, that's no problem, thanks to the exclusive KitchenAid Wham Jam button. KitchenAid is the only disposer that unjams itself at the touch of a button.

KitchenAid stainless steel disposers are so well built, we offer a five year limited warranty.

Find out all the advantages KitchenAid has over other disposers by sending for our free point-by-point comparison.



KitchenAid.®

Because it's worth it.

Hobart Corporation, Troy, Ohio 45374

CONTENTS

January 1982 Vol. 60, No. 1

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

CRAFTS

HOW TO MAKE THE AMISH-STYLE QUILT ON OUR COVER 3

Cover photograph: Mike Dieter

SUPER-SIMPLE CRAFTS TO MAKE IN A JIFFY 40

- *Why not make the most of those long winter evenings? To help you do just that, we've collected more than a dozen no-fail craft ideas that you and your family and friends can enjoy the year round. All of the delightful projects are designed with the novice crafter in mind—so even if you're "all thumbs," you can do yourself proud!*



HEALTH

MEDICAL BREAKTHROUGHS THAT COULD LENGTHEN YOUR LIFE 17

EDUCATION

NEW OPTIONS FOR ADULTS WHO WANT TO LEARN 23

BUILDING

THE 1982 BETTER HOMES AND GARDENS HOME IMPROVEMENT CONTEST 34

Step by step to a laminate tub enclosure 64

AWARD-WINNING HOUSE: AN OPEN PLAN IN COMPACT SPACE 73

- *This 1,496-square-foot house was the top vote-getter in a stiff competition among some of the country's top designers. The judges cited the house for its simple lines, sensible floor plan, exciting spaces, adaptable energy system, and pay-as-you-expand flexibility—all big pluses for young families.*



GARDENING

JUST-FOR-FUN HOUSEPLANT IDEAS 36

Gardener's log 120

CONTENTS CONTINUED ON PAGE 9

This issue is published in multiple editions. **Subscription Prices:** One year $12 in the United States and its possessions. Canada, add $3 per year. Other countries, add $7 per year. Trademark registered in Canada and Australia. Marca Registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them.

© Copyright Meredith Corporation 1981. All rights reserved. Printed in U.S.A.

©1981 R.J. REYNOLDS TOBACCO CO.

Which is the lowest 100's? (Hint: it's not Carlton.)

Now is the lowest tar 100s. But it's easy to see why some people think the right answer is Carlton. Carlton's been advertising itself as lowest for a very long time. And, in fact, at one time, it was.

But that time is long gone. Look at the chart on the right and see for yourself.

The truth is that today, Now 100s Soft Pack, at 2 mg, contains less than half the tar of Carlton 100s Soft Pack, at 5 mg. (Is any cigarette with 5 mg of tar even seriously competing for the title of "lowest?")

And Now 100s Box is by far and away lower in tar than any other 100s whatsoever.

Which is the lowest 100s? No need to guess – Now.



NUMBERS DON'T LIE. NOW 100s ARE LOWER THAN CARLTON 100s.

	100's soft pack regular	100's soft pack menthol	100's box
NOW	2mg	2mg	Less than 0.01mg
CARLTON	5mg	5mg	1mg

All tar numbers are av. per cigarette by FTC method

NOW

The Lowest

The lowest in tar of all brands.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

BOX, BOX 100's: Less than 0.01 mg. "tar", 0.001 mg. nicotine, SOFT PACK 85's FILTER, MENTHOL: 1 mg. "tar", 0.1 mg. nicotine, SOFT PACK 100's FILTER, MENTHOL: 2 mg. "tar", 0.2 mg. nicotine, av. per cigarette by FTC method.

Trust Colgate to make fighting cavities taste terrific!



"What a gel! I love this wintery-fresh taste."

gel

Winter-fresh Gel

MAXIMUM FL

"At la
there's a gel wit
Colgate's prove
MFP® fluoride—a g
I can
trust."



**Maximum Fluoride Protectio
by a toothpaste.
New Colgate Winterfresh Ge**



Get Great Regular flavor and New Colgate Winterfresh™ Gel, the second great cavity fighter from Colgate.

"Colgate® with MFP® fluoride has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiou
applied program of oral hygiene and regular professional care". Council on Dental Therapeutics, American Dental Association. SEE YOUR DENTIST.
LIMIT SNACKS. BRUSH REGULARLY WITH COLGATE.

©1981, Colgate-Palmolive Co

CONTENTS

continued

DECORATING

QUICK AND EASY DECORATING 78

- *Waking up a lackluster room is easier than you think. We'll show you how to make a sawhorse desk, customize a catalog slipcover, perk up a kid's room with pattern, "upholster" a wall, and much more. Best of all, you can accomplish our home-enhancing projects with minimum time, effort, and money.*



WORKING AT HOME IN STYLE 84

Bed skirt how-to 113

Roman shade how-to 114

TABLE SETTINGS

High-style table linens from low-cost towels 86

FOOD

HOME-COOKED MEALS IN SHORT-ORDER TIME

Fix a two-for-one dinner 88

Plan a head-start entrée 89

Build on a frozen base 90

Start with a homemade mix 91

Chill a make-ahead meal 92

Bake an oven menu 93

Fix a meal from cupboard finds 94

Prepare a shop-and-serve supper 95

- *Who says you have to leave home for "fast foods"? We'll show you how to concoct tasty and nutritious meals in record time—right in your own kitchen. To do it, you use make-ahead and beat-the-clock tricks and help yourself to our collection of recipes. The results are delicious—taste for yourself!*



Food notes: Timesaving, work-saving cooking tips 96

Win money for your recipes 107

Prize Tested Recipes 109

- *Dried fruit desserts*
- *Budget roasts*

Two tasty uses for leftover candies 112

TRAVEL

Travel update 116

SHOPPING

Buying guide 122

How to order material from the magazine 124

Shopping editor's choice 126

CUSTOMER SERVICE:
For service on your magazine subscription, including change of address, write to Robert Austin, P.O. Box 4536, Des Moines, IA 50336. Please enclose an address label from a recent issue.

The fabulous flavor of Rice-A-Roni now has the MOST Wild Rice.



Rice-A-Roni Long Grain and Wild Rice. The one with the MOST wild rice. You saute and simmer the fabulous blend of seasonings. For a great side dish or stuffing with meat, fish or poultry.

Enjoy the one with the MOST wild rice—a great gourmet value.

Wild Rice-A-Roni Skillet Chicken

1 pkg. (6 oz.) Long Grain and Wild Rice-A-Roni
2 Tbsp. butter or margarine
1 lb. chicken breast, boned, skinned and cubed
½ tsp. salt
½ cup green pepper slivers
1 cup mushroom slices
1 small tomato, cubed

1. Prepare Rice-A-Roni as directed adding chicken and salt with liquid.
2. Stir in green pepper, mushrooms and tomato during last 5 minutes of cooking.
3. Stir and serve. Makes 5 (1 cup) servings.

Enjoy a

FAR-EAST FANTASY









New Set of Wall Plaques from Better Homes and Gardens®

You'll be as attracted to these soft, simply-done Oriental flowers as are the butterflies about to alight on them — when you hang Far East Fantasy Plaques in your home.

NATURE'S ORIENTAL EXPRESSIONS The Oriental flavor of nature quietly presents itself to you in this set of four majestic plaques . . .

See the showy scarlet petals of the Oriental poppy stirring gently in the breeze. Notice the quiet stillness of the light yellow rose while a butterfly softly flutters overhead.

Walk along nature's path to see mellow white blossoms poised sturdily on a branch as they reach for the sun.

A patient pink rose saves room for a bespeckled butterfly to alight, and you can almost smell the pleasant perfume it offers.

CAPTIVATING COLORS Subtle hues of the linen-like background, greenery and delicate flowers will give a soft touch of nature's elegance to your dining area, living room, bedroom, or anywhere you want to add a bit of the Orient. Deep black borders trimmed in gold flowers and butterflies, and gold beveled edges provide a pleasing contrast. Far East Fantasy Plaques will complement any decorating scheme in your home, from contemporary to traditional.

QUALITY THAT LASTS A quality lithography process has insured accurate colors. These ideally sized 10"x10" prints have been mounted and laminated to bring you years of lasting viewing pleasure. You can easily wipe plaques clean with a damp cloth.

Bring a part of the Orient into your home or give a heart-warming gift to a friend. A helpful flyer, "Picture Hanging Tips", will be sent FREE with each order to add to your ideas of how and where to put your ready-to-hang fantasy.

SPEED DELIVERY BY PHONING TOLL FREE

Quantity

____ **No. 23156 Far East Fantasy Plaques, set of 4 only $19.95**

Total of Merchandise $_____

State Sales Tax* $_____

Postage and Handling $_____

Total $_____

Postage and Handling Chart:

For orders up to $25.00 ..... $2.25
$25.01 to $50.00 ..... $3.00
Over $50.00 ..... $4.00

Better Homes and Gardens®

Dept. 27B, Box 374
Des Moines, Iowa 50336

*TAX NOTE: We are required to collect and pay **STATE** taxes in: Ariz., Ill., Ia., Kan., Mich., Minn., Miss., Penn., Wis. We are required to collect and pay **STATE AND LOCAL** taxes in: Cal., Geo., Neb., N.M., N.Y., Tenn., Tex., Virg., Wash.

Name _____

Address _____

City _____

State _____ Zip _____

Credit Card Orders Only

Fill in the boxes below — or SPEED DELIVERY BY PHONING TOLL FREE 800-247-5099. In Iowa, call 1-800-532-1526. (Toll free not available in Alaska or Hawaii.)

Credit Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Expiration Date Month/Year ☐☐☐☐

VISA AMERICAN EXPRESS

OUR POLICY: Full refund if not completely satisfied.

If you were in their place what would you do?

Jeanette...

Though she has survived a heart-wrenching tragedy, is there more unhappiness in store for Jeanette? She is hopelessly in love with a man who is inaccessible to her. Her story will come alive in the pages of "Beyond the Sweet Waters" by Anne Hampson.

Juliet...

Rather than let her father choose her husband, she ran...ran into the life of the haughty duke and his intriguing household on a Caribbean Island. It's an intimate story that will stir you as you read "The Arrogant Duke" by Anne Mather.

Laurel...

There was no turning back for Laurel. She was playing out a charade with the arrogant plantation owner, and the stakes were "love". It's all part of a thrilling romantic adventure called "Teachers Must Learn" by Nerina Hilliard.

Fern...

She tried to escape to a new life... a new world...now she was faced with a loveless marriage of convenience. How long could she wait for the love she so strongly craved to come to her...Live with Fern...love with Fern... in the exciting "Cap Flamingo" by Violet Winspear.



Harlequin Reader Service
1440 South Priest Drive • Tempe, Arizona 85281

Now...you can share their most intimate moments.

If this is the kind of romance you dream of, *HARLEQUIN ROMANCES* are for you. These are stories full of the adventure and emotions of love the excitement and magic that enrich every romance The enchantment of the first meeting...bittersweet quarrels, tender forgiveness...and treasured memories—you'll find it all in the warm, glowing pages of *HARLEQUIN ROMANCES*

Let your imagination roam to the far ends of the earth. You'll meet true-to-life people, and become intimate with those who live larger-than-life. *HARLEQUIN ROMANCE* books are the kind of stories you just can't put down ...the kind of experiences that remain in your dreams long after you've read about them.

If you have never experienced a *HARLEQUIN ROMANCE*, now is truly a wonderful time to start, because of our free offer. Just fill in and mail the handy coupon. We will send you four exciting *HARLEQUIN ROMANCE* novels, yours to keep without ever paying for them. This marvelous free gift is the best way we know of introducing you to a new exciting romantic world. Enter it by sending for your four free books now.



Get your Harlequin Romance Home Subscription NOW!

and get these 4 best-selling novels FREE!

No one touches the heart of a woman quite like Harlequin.

Send no money, get these

Four Books FREE

Mail coupon to:
Harlequin Reader Service
1440 South Priest Drive
Tempe, Arizona 85281

YES, please send me FREE and without obligation my 4 HARLEQUIN ROMANCES. If you do not hear from me after I have examined my 4 FREE books, please send me the 6 new HARLEQUIN ROMANCES each month as soon as they come off the presses. I understand that I will be billed only $1.50 per book (total $9.00). There are no shipping and handling nor any other hidden charges. There is no minimum number of books that I have to purchase. In fact, I may cancel this arrangement at any time. The first 4 books are mine to keep as a FREE gift, even if I do not buy any additional books.

NAME (PLEASE PRINT)

ADDRESS APT. NO

CITY

STATE/PROV ZIP/POSTAL CODE

SIGNATURE (If under 18, parent or guardian must sign)

This offer is limited to one order per household and not valid to present subscribers. If price changes are necessary, you will be notified. Offer expires July 31, 1982. Canadian orders should be mailed to: Harlequin Reader Service, 649 Ontario Street, Stratford, Ontario N5A 6W2 WC6R3

DODGE MINI RAM. MORE MILEAGE, RANGE AND SEATS THAN VW VANAGON FOR $1995 LESS.



Who moves more people than VW for less money? It's Ram Tough Dodge's new Mini Ram Wagon.

Compare Dodge Mini Ram 250 to VW Vanagon—passenger seating, gasoline mileage, fuel capacity and range, horsepower and rear loading area. Mini Ram gives you more.

Then compare standard features like power steering and factory-installed options like air conditioning and your choice of 6 sound systems: all available in Mini Ram. Not in Vanagon.

Now compare price. Mini Ram costs $1,995 less than Vanagon. For panel-side van buyers, there's a Dodge Van with the same performance, efficiency and interior dimensions as Mini Ram Wagon at a price VW hasn't seen in years—just $6,928.*

Here's how Mini Ram beats Vanagon

	Dodge Mini Ram Wagon 250	VW Vanagon
Sticker Price (MSRP)	**$9,365.00***	**$11,360.00***
EPA EST. MPG	19 MPG**	17 MPG**
Horsepower	95	67
Passenger Seating	8	7
Overall Length	178 9"	179 9"
Wheelbase	109 6"	95 8"
Fuel Capacity	36 gal	15.9 gal
EPA Est. Range	684 miles**	270 miles**
Side Door Width	49"	42"
Removable Rear Seat	Yes	No
Power Steering	Standard	Not Available
Color-Keyed Carpeting	Standard	$410 with int pkg
Factory-Installed Air Conditioning	Option	Not Available

Underneath it all, Mini Ram is a Ram Tough Dodge Wagon. With the best rust protection of all wagons. There's 100% electrocoating, plus 370 sq. ft. of galvanized steel in critical areas... compared to VW's 4 sq. ft.

New Dodge Mini Ram Wagon. It does more than VW Vanagon and it does it for less. As a pure people mover, it just might be the best buy on the road today.

Dodge Trucks

DODGE TRUCKS A
RAM TOUG

*Sticker price comparison, excluding title, taxes and destination charges, unadjusted for different levels of standard equipment. Whitewall tires $85 extra. Prices and specifications as of October 15, 1981.

**Use these numbers for comparison. Your mileage and range may differ depending on speed, distance and weather. Calif. est. lower.

Better Homes and Gardens®

Editor GORDON G. GREER
Managing Editor KATE KEATING *Art Director* **GERALD PREATOR**

Food and Nutrition Editor DORIS EBY
Senior Food Editor NANCY BYAL *Senior Food Editor—Books* SHARYL HEIKEN
Senior Food Editor—Special Interest Publications SALLY PEDERSON
Recipe Development Editor MARION VIALL
Associate Editors ELIZABETH WOOLEVER ROSEMARY HUTCHINSON
SANDRA GRANSETH SANDRA DAY MARLENE BROWN PAT TEBERG
JOY TAYLOR MARCIA STANLEY DIANA McMILLEN JULIA MARTINUSEN
DIANE YANNEY JILL BURMEISTER NANCY WALL JANET FIGG

Building and Remodeling Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor DAVID R. HAUPERT
Senior Building Editor—Special Interest Publications DOUGLAS M. LIDSTER
Senior Building Editor—Books LAWRENCE D. CLAYTON
Remodeling Ideas Editor CHERYL SCOTT
Kitchens and Bath Ideas Editor JOANNE JOHNSON
Associate Editors CAROLANN SHINDELAR PAUL KRANTZ
LINDA JOAN SMITH JIM HARROLD WILLIAM L. NOLAN

Furnishings and Design Editor SHIRLEY VAN ZANTE
Interior Design Editor ROBERT E. DITTMER
Senior Furnishings Editor DENISE L. CARINGER
Senior Furnishings Editor—Books PAMELA WILSON CULLISON
Senior Furnishings Editor—Special Interest Publications PATRICIA POLLOCK
Associate Editors HEATHER SCHRADLE KAROL BROOKHOUSER

Garden and Outdoor Living Editor BEVERLY GARRETT
Senior Garden Editor STEVEN COULTER
Senior Garden Editor—Special Interest Publications DOUGLAS A. JIMERSON
Associate Editor LINDA DALLIMONTI

Money Management and Features Editor MARGARET DALY
Travel and Pets Editor BARBARA HUMESTON
Health and Education Editor DAN KAERCHER
Automotive and New Products Editor KIM GARRETSON
Associate Editors JUDY CRAWFORD MELL MEREDITH
Special Assignments Editor GEORGE S. BUSH

Crafts Editor NANCY LINDEMEYER
Senior Crafts Editor DEBORAH DUGAN
Senior Crafts Editor—Special Interest Publications JOAN CRAVENS
Senior Crafts Editor—Books ANN LEVINE
Associate Editors COLEEN DEERY GARY BOLING
LAURA HOLTORF REBECCA JERDEE

Copy Chief MARY ANN ROBERTSON *Makeup Editor* KATIE NORRIS
Associate Makeup Editor DOROTHY GRANT *Assistant Makeup Editor* NANCY HALL

Associate Art Director (Creative) BRYAN E. McCAY
Associate Art Director (Managing) DON NICKELL
Assistant Art Director KRISTIN FRANTZ
Senior Graphic Designer (Covers) SHERYL VEENSCHOTEN
Graphic Designers CHRIS GRECO JUDY HALL SUSAN KOCH KEVIN S. LUDGATE
Art Production Director RAY WOODS *Art Production Manager* JOHN BERG
Art Production Associates JOE HEUER KATHRYN DAVIDSON

New York—Associate Editor STACEY SMITH *Shopping Editor* ANN LIVELY

Group Editorial Services Director **DUANE L. GREGG**
Executive Art Director **WILLIAM J. YATES**

Special Interest Publications: *Editor* RICHARD W. ROYER
Art Director JON SNYDER *Associate Art Director (Managing)* EVA PIETRZAK
Associate Art Directors (Creative) RICK BEAULIEU KAREN HUBER
Assistant Art Director TOM WEGNER
Senior Graphic Designer MARISSA CONNER
Graphic Designers JACK YOUNG JILL CAREY RHONDA BLACK
DOUG BYERS CHRISTOPHER J. DAVIA
Copy Chief ELIZABETH BROOKS

Books: *Editor* GERALD KNOX *Managing Editor* DAVID A. KIRCHNER
Art Director ERNEST SHELTON *Associate Art Director (Managing)* RANDALL YONTZ
Associate Art Directors (Creative) NEOMA ALT WEST LINDA FORD
Assistant Art Directors HARIJS PREIKULIS FAITH BERVEN
Graphic Designers ALISANN DIXON LYNDA HAUPERT LYNE NEYMEYER
BILL SHAW GREG THOMPSON MIKE EAGLETON MIKE BURNS DEB MINER
Copy and Production Editors DAVID WALSH LAMONT OLSON
NANCY NOWISZEWSKI MARY HELEN SCHILTZ

Meredith Publishing Services: *Editor* DOUGLAS A. HOLTHAUS
Managing Editor SYLVIA MILLER
Special Projects Editors MIKE HOLMBERG DON JOHNSON
GREG ERICKSON MARJORIE GROVES
Art Director ROGER IHLENFELDT *Associate Art Director* C. L. GATZKE
Assistant Art Director DEETRA LEECH
Graphic Designers LINDA BENDER ROBERT RILEY STEVE LUEDER

Director, Editorial Research C. RAY DEATON *Associate* CAROLYN A. HAMILTON
Administrative Editor ROSE ANDERSON *Art Business Office Manager* CECILEE LEWIS
Test Kitchen Director SHARON STILWELL *Photo Studio Manager* DON WIPPERMAN
Manager, Editorial Planning and Development DON DOOLEY

PUBLISHING GROUP PRESIDENT **JACK D. REHM**
Publishing Group Vice-Presidents: JAMES A. AUTRY General Manager, Magazines
NEIL KUEHNL Editor-in-Chief
JAMES R. NARBER General Manager, Publication Marketing Services
ROBERT E. GERHARDT Administration
FRED STINES General Manager, Books and Newspapers

Publisher and Advertising Director J. WESLEY SILK
Publishing Services Director AL NEY
Associate Advertising Sales Director LENNOX E. H. STUART

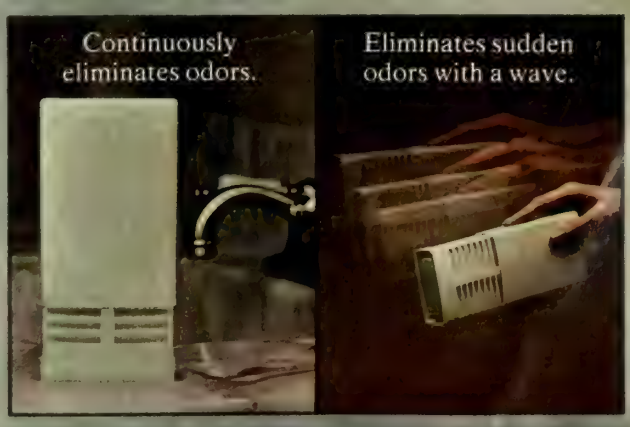
CORPORATE OFFICERS: **Chairman of the Board E. T. MEREDITH III**
President ROBERT A. BURNETT
Group Presidents JACK D. REHM, Publishing JOHN GREGG, Printing
JAMES CONLEY, Broadcasting JAMES A. RIGGS, Real Estate
Vice-Presidents DONALD L. ARNOLD, Corporate Relations
THOMAS G. FISHER, General Counsel and Assistant Secretary
HERB SCHULTE, Corporate Planning WILLIAM H. STRAW, Finance
GERALD D. THORNTON, Administrative Services WALTER A. VOSS
Controller LARRY HARTSOOK Secretary BETTY CAMPBELL MADDEN
Treasurer MICHAEL A. SELL

Meet our newest arrival.



New Powder Fragrance.

Now your rooms can have the light, clean smell of powder. And, like all Twice as Fresh® fragrances, new Powder fragrance eliminates odors better than other solid air fresheners.



Virginia Slims remembers when men earned the letter and women knit the sweater.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Regular: 8 mg "tar," 0.6 mg nicotine—Menthol: 9 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Mar.'81



You've come a long way, baby.

VIRGINIA SLIMS *Lights*



In the crush-proof purse pack.

Fashions: Cachard
Coat: Ben Thylan Furs

A message from Tide



Maytag makes washers dependable. So does Tide.

Maytag never stops solving your laundry problems. That's why Maytag washers use less water than other like-size top-loading automatics. And you can always count on Maytag dependability. Maytag washers are built to last longer with fewer repairs than any other brand.

And every Maytag washer comes with a money-saving Tide coupon in it.

If you have to clean things like ground-in garden dirt, dried-in ketchup spills or set-in chocolate syrup, Tide should be in your washer. Because Tide's made to handle a wide range of tough laundry problems—like those you face every day!

Tide has agreed with washer makers to supply Tide coupons packed by them and feature their washers in Tide advertising.
The makers of 17 washers pack Tide coupons in their top-loading automatics.

Tide® & MAYTAG®

Medical Breakthroughs

THAT COULD LENGTHEN YOUR LIFE

Fact: The life expectancy of the average American baby has increased by 26 years since the turn of the century—up from 47 years to 73 years. Much of the credit goes to medical breakthroughs such as antibiotics, insulin, and vaccines for smallpox, diphtheria, polio, and other infectious diseases. What new discoveries will extend the length and quality of life in the decades to come? To answer that question, we contacted leading medical researchers. Here's what they told us.

Drugs that fight cancer

The odds of being cured of many forms of cancer are significantly higher today than they were only a decade or two ago.

The director of the National Cancer Institute, Dr. Vincent DeVita, says that 45 percent of the 785,000 Americans who develop the most serious forms of cancer each year can expect to live five years or longer (five-year survival is regarded as a cure). In 1955, only 33 percent lived that long.

The brighter prognosis is attributed largely to potent new anticancer drugs—a treatment approach that stems from a better understanding of how cancer spreads.

Once it was assumed that many cancers remained in one part of the body long after they appeared, so treatment was aimed at removing or destroying tumors. Now it is recognized that, from the very first, many cancer cells circulate throughout the body.

Today doctors have an arsenal of over 30 drugs to fight cancer cells wherever they spread. The benefits of the drugs and other advances are heartening: Two-thirds of Americans with Hodgkin's disease, for example, now live five years or longer after diagnosis (just a decade ago, only one-third survived that long).

Perhaps the most dramatic cancer cures are among the youngest cancer patients, such as children with leukemia, Wilms's tumor of the kidney, and bone cancer. Today, half of all children with cancer can be saved.

Someday, cancer patients of all ages may benefit from something called interferon, a substance the body makes to "interfere" with invading viruses that threaten it. Interferon has received widespread attention as a potential anticancer drug, but until recently it took thousands of pints of human blood to produce enough interferon to treat just one patient. Now, biosynthetic interferon for experimental use is being produced in laboratories with the genetic engineering technology discussed later in this article.

Scientists are constantly refining existing anticancer drugs to make them safer and more effective. Researchers also have discovered a way to sidestep the damage to bone marrow, where blood cells are produced, that sometimes resulted from high doses of anticancer drugs. Now doctors can remove and freeze a sample of the patient's bone marrow cells before treatment begins; the bone marrow cells are later restored to the patient's body.

Researchers also have new ways of determining which anticancer drugs are best for an individual patient. Scientists now can "grow" a patient's cancer cells in laboratory dishes to learn whether a particular drug kills the cells before prescribing it for the patient.

Medical scientists also are trying to develop new drugs that will *prevent* cancer. Normal cells typically undergo a metamorphosis as they become cancer cells. With chemoprevention, researchers hope to set up a roadblock, or even better, to force suspect cells to make a "U-turn" and return to normal. Women with abnormalities in cells of the cervix already are participating in a National Cancer Institute study of the effectiveness of the drug retinyl acetate in preventing cancer of the cervix.

Amazing new X rays

Have you ever seen an "invisible person" at a science museum—one of those transparent models of the body with see-through skin?

Similarly, scientists can take a look inside living people—without having to perform surgery—thanks to new marvels of X-ray technology.

The CAT scanner came first

continued





Kim has two front teeth! So today, something new is on the menu... Gerber Junior Beef & Egg Noodles. Like many of the more than 50 Gerber Junior varieties, the Beef & Egg Noodles that Kim is enjoying today have tender food particles to encourage chewing. And most of Kim's favorite strained varieties of fruit, vegetables, meats, vegetable-meat combinations and desserts are also available in Junior foods. Because at Gerber, we feel very strongly that a varied diet is the best way to insure good nutrition now and good eating habits later on.

Like each of the more than 30 million babies we've helped feed since we began, Kim seemed to grow up overnight. In a few months, it will be time for Toddler Meals. And if we kno Kim, it will happen in the blink of an ey



Gerber

Babies are our business... and have been for over 50 years.

Gerber Products Company, Fremont, MI 49412

We've learned a lot about food because we care a lot about babie

Medical Breakthroughs
THAT COULD LENGTHEN YOUR LIFE

continued

(CAT stands for "computerized axial tomography"). Like a magician who "saws" his assistant apart on the stage, the "CAT" produces incredibly detailed pictures of thin cross sections of the human body. Such images help doctors diagnose and evaluate a wide range of disorders—from headaches to cancers.

Amazing as the CAT is, it can't tell doctors how specific organs are functioning. That's where a brand-new technological wonder, the PET (short for "positron-emission tomography") comes in. The PET can, for example, tell the extent of a heart attack, or—by showing the blood flow in arteries in the brain—help predict which stroke patients will benefit from surgery to bypass blocked blood vessels.

PET studies suggest that specific areas of the brain are involved in severe mental illnesses (such as schizophrenia and manic-depressive illness), a discovery that may lead to new and better treatments. Researchers also are learning how to use the PET to study the lungs, liver, and other organs.

How do these diagnostic sleuths work?

For both CAT and PET scans, the patient lies on a narrow table. In a CAT scan, a circular source of X rays rotates around the person while emitting a series of fanlike beams. Detectors measure the intensity remaining in the rays after they have passed through body tissues. The thousands of readings that result are fed into a computer that transforms them into an image on a screen—an image that is ten times more distinct than conventional X rays.

During a PET scan, a person first inhales, or is injected with, a natural substance such as glucose that has been made radioactive. (The radioactivity is within federal limits for safety and usually lasts just a few minutes.) The PET rotates around the body and measures the activity of the substance as it courses through specific organs. With the aid of a computer, the information then is translated into a color-coded moving picture of the inside of the body.

Hundreds of CATs now are in use nationwide, but their price tags are steep—about $750,000 each, plus $250,000 annually for staffing and operating expenses. Fewer than a dozen PETs are in use at the present time; each PET costs over $1 million.

The body's own pain-relievers

Scientists use the Greek word enkephalins ("in the head," pronounced "en-KEFF-a-lins") to describe newly discovered chemical keys to pain and pleasure.

Enkephalins aren't a new pain-relieving drug. Rather, the substances are manufactured within the body's own chemical factory. A surge of enkephalins may explain why a wounded soldier in battle or a bruised football player in the midst of a game feels no pain. Scientists also speculate that enkephalins may account for the "high" many runners experience during a grueling marathon, or the pain relief that comes from acupuncture or placebos ("sugar pills"). Conversely, a shortage of these natural pain-killers may explain why some people are exceptionally susceptible to pain.

Medical scientists view the recent discovery of enkephalins and their larger chemical family, the endorphins, as a major breakthrough. Such chemicals may be the answer to the age-old search for ways to relieve pain without causing drug addiction.

All of the most effective pain-killers presently known—morphine and other derivatives of opium—have addictive potential. Further, increasingly larger amounts are necessary to sustain pain relief over long periods of time. Withdrawal symptoms are unpleasant, even agonizing.

"Opiates and enkephalins both fit into the same 'locks' or receptors in the brain. Yet people do not become addicted to substances they produce themselves," explains Dr. Solomon Snyder of John Hopkins University. Dr. Snyder, a discoverer of "opiate receptors," is a pioneer in enkephalin research.

Scientists are trying to synthesize drugs that mimic the action of the enkephalins and to identify and block enzymes that break down enkephalins.

Still other research focuses on ways to distinguish between different types of opiate receptors: One receptor may be responsible for a drug's pain-relieving qualities, another for an unwanted side effect, such as difficulty in breathing. With more understanding of opiate receptors, scientists may be able to develop new ways to combat side effects of pain-relieving drugs.

Already, what's been learned about receptors has speeded the process of screening pain-relieving drugs for effectiveness. Because opiate receptors can be monitored in the laboratory, researchers now can evaluate dozens of drugs in a single day, without time-consuming trials on patients.

Genetic engineering: The ultimate technology

Think of a chromosome as a freight train, with the basic units of heredity, or genes, making up its cars. Now visualize one faulty car. To repair that car where it is, or to uncouple it, move it out of the way, and attach a replacement car, is a complicated task.

Fixing or replacing a flawed gene in a chromosome—which in turn is woven into something called the "DNA strand"—is not yet possible. But it soon may be.

Using chemical knives called "restriction enzymes," scientists now can transplant DNA fragments into rapidly growing bacterial cells; the cells then become "factories" for producing substances normally made only by human cells.

Using the new process, researchers can produce—relatively inexpensively—huge quantities of hormones and other substances needed to treat human disorders. Further, laboratory experiments that took years to complete

continued



Free Offer from Pella.

A book on renovation, remodeling and replacement with Pella wood windows and doors

Lots of handy facts and colorful photographs to help you make the right window choices. Everything you need to know about window styles and placement, plus information on how Pella windows conserve energy and reduce maintenance. Information on different styles of sliding glass doors and wood folding doors too. Send for this free 16-page brochure today.

Please send me a free copy of *Pella Window and Door Ideas for Older Homes*. I plan to ☐ remodel ☐ replace windows.

Name_____

Address_____

City_____

State_____ Zip_____

Telephone_____

Mail to: Pella Windows & Doors, Dept. CO1A2, 100 Main St., Pella, Iowa 50219

Also available throughout Canada

This coupon answered within 24 hours



© 1981 Rolscreen Co

Pella. The significant difference in windows.

continued

Medical breakthroughs

in the past now take only a few days when the new process is used.

Human insulin is the first clinical payoff of gene-splicing research. The biosynthetic insulin was introduced in December, 1980, and now is being used experimentally by 300 people. It's hoped the laboratory-grown insulin will mimic the body's own insulin better than today's animal insulin products, which come from beef and pork pancreases.

Human growth hormone is another experimental substance that has been manufactured in the laboratory. Scientists hope the hormone eventually will enable children who need it to attain their full height. The growth hormone also may help people with burns, slow-healing fractures, and brittle bones associated with aging.

The human body shop

Someday, the bionic man may be your next-door neighbor—or perhaps you yourself.

Artificial organs and part of organs, such as valves and replacement blood vessels, already are subbing for body parts that are injured or simply worn-out. Other new devices simulate the action of nerves and muscles.

Here's a sampling of the recent research advances:

- Perhaps the most dramatic recent development in artificial organs was the plastic pump that replaced the heart of a 36-year-old man in Houston last summer. The artificial heart kept the man alive for two days until a human heart suitable for transplantation was located, said Dr. Denton Cooley of the Texas Heart Institute. The patient died one week after receiving the transplant. But eventually, such artificial hearts may enable doctors to keep organs in brain-dead patients "alive" for later transplantation.
- Experimental electrodes implanted in the inner ear are helping persons who are totally or partially deaf to "hear" everyday sounds and better understand speech. After the implant, a person actually can hear a ringing phone or someone calling from another room. Lipreading is made much easier and the person is better able to monitor his or her own voice level, says Dr. Brian McCabe of the University of Iowa Hospitals and Clinics.
- Thanks to electrodes implanted in the area of the brain that controls vision, some blind persons now are able to see. Blind volunteers were able to distinguish patterns, including figures and simple letters, in experiments at the University of Utah. Eventually, researchers hope to connect the electrodes to a small computer worn on the eyeglass frame. The computer would be activated by a tiny television camera in a glass eye.
- Living human skin, technically called "skin equivalent tissue," is being developed for burn patients. Samples of a patient's own skin are grown in a laboratory to permanently replace the skin that has been lost. The aim is to spare patients the pain of skin grafts from other parts of the body, say researchers at the Massachusetts Institute of Technology. MIT scientists also have pioneered an "artificial skin" to sustain the lives of extensively burned persons until their own skin regrows or can be grafted.
- Artificial pancreases have been implanted in several diabetes patients at the University of Minnesota. The devices monitor blood sugar levels and provide insulin as needed to persons who have diabetes.
- At the Stanford University School of Medicine and the Palo Alto (California) Veterans Administration Medical Center, a "smart" arm and hand are being devised for persons who are paralyzed. The devices will respond to spoken commands to pick up or move objects.
- Under the sponsorship of the National Aeronautics and Space Administration, rechargeable electronic nerve stimulators have been implanted in two patients. In one patient, the device relieves intractable pain; in the other patient, it arrests the involuntary movements that result from multiple sclerosis. Precisely why electrical stimulation works is a mystery; however, the process has a long history of success (at least in treating pain): The pharaohs of Egypt slipped into water teeming with electric eels to rid themselves of arthritic pain.

—By Lynne Lamberg



In Raleigh, North Dakota, winter weather shows little mercy. Even less merciful were the heating bills for Father Kenneth Wald and the St. Gertrude's Parish School.

Recently, though, Father Wald's bills took a remarkable turn for the better. Not because winter eased off.

But because of Kero-Sun Portable kerosene heaters.

He began using them in six classrooms for an average cost of 40¢ a day. In fact, the rooms became so comfortable, he could turn them off by noon or sooner.

This is because Kero-Sun heaters throw an amazing amount of warmth with 99.9% fuel efficiency. Without smoke. Without odor. And with safety features (they're U.L. listed).

We can't promise everyone savings this great. But with a Kero-Sun heater, you can definitely save on your fuel bill.

There are 8 Kero-Sun models. Each as efficient, portable and safety-tested as the next. Your local dealer can help you select the right model for your needs. Check local codes for permitted uses.

In the closing line of his letter, the good Father said it well: "I most heartily recommend your heaters for church, school and homes. They're truly totally efficient."

KERO-SUN

"We heated six classrooms for $2.40 a day."

Fr. Kenneth Wald, Raleigh, North Dakota



Kero-Sun. Because you don't have money to burn.

FOR A DEALER NEAR YOU, LOOK UNDER "HEATING EQUIPMENT" IN THE YELLOW PAGES.

lfornia law prohibits sale for use or use of such unvented heaters in dwellings.) (Check local codes for permitted uses.) ©1981 Kero-Sun Inc.

Kings, 1 mg. "tar", 0.2 mg. nicotine av. per cigarette by FTC method.

©1981 B&W T Co.



The pleasure is back.

BARCLAY



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Dan Kaercher

New Options for Adults Who Want to Learn



College isn't just for college kids anymore. Colleges and universities are working hard these days to develop courses for busy adults who can't always attend classes on campus. Further, hundreds of colleges now award credit for knowledge acquired through job experience and independent study—if you can document what you've learned. Here's a report on the "graying" of the composite college student and what new options have become available.

"Nontraditional student" is the catch-all term college educators use to describe just about anybody who isn't a full-time student in the 18-22 age bracket.

The ranks of such students are growing fast. In just the eight years from 1972 to 1980, the total number of college students who are over age 24 increased by 54 percent to almost four million. The number of *women* students who are over 24 zoomed by a whopping 118 percent to almost 2.2 million students.

Why the boom?

First, there just aren't as many 18-year-olds around as there used to be, and many colleges are scrambling for students to fill the empty desks in their classrooms.

"Colleges and universities have offered continuing education programs and evening classes for years, but the concerted effort to recruit older students is something new," says Pamela Tate, assistant vice-chancellor for Alternative and Continuing Education at the State University of New York.

The keener competition to enroll adult students comes at a time when more adults than ever find they need to go back to college.

"Reentry" students include homemakers who took a break from college or a career to raise a family; professional and business people who want to learn about the latest advances in their fields; and men and women from a variety of occupations who have "burned out" in mid-career and want to try their hand at a new job.

"These days people are much more likely to say 'The heck with it' and switch careers if they become unhappy. They need retraining in order to do it," says James Hertling, director of the Division of Continuing Education at Indiana University.

Most of the new nontraditional college students are women. According to Pamela Mendelsohn of the Office of Continuing Education at Humboldt State University in California and author of *Happier by Degrees: A College Reentry Guide for Women,* many women are forced to upgrade job credentials because of family finances or because divorce has made them the chief breadwinner in the family.

"Upward mobility is a big factor, too. Many women have decided it's time to get out of pink-collar jobs," Mendelsohn says, referring to clerical and secretarial positions that are traditionally held by women.

Are college credits or a degree really that important these days?

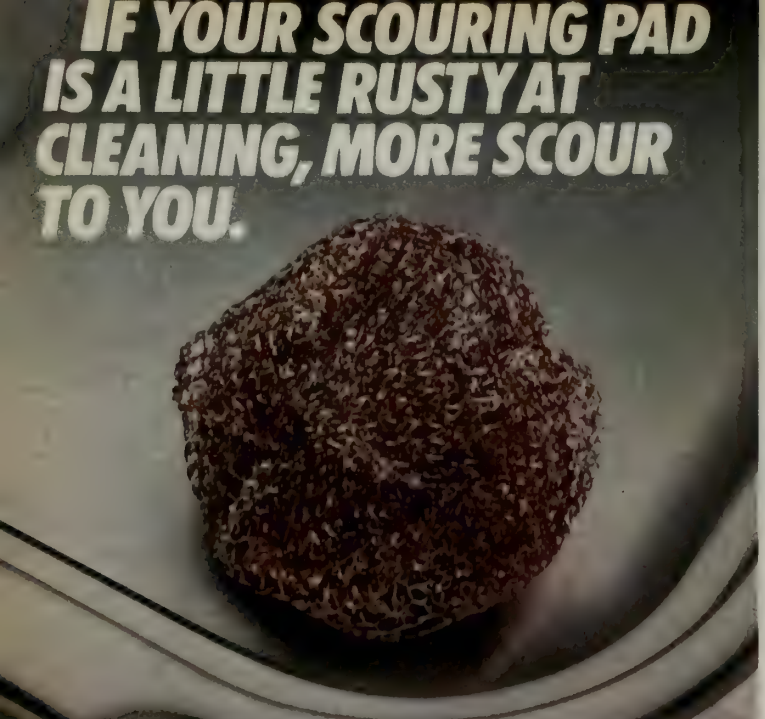
Most adult learners think so.

"People want credit for what they've learned," says James East, acting dean of the College of Liberal Arts at Indiana University-Purdue University at Indianapolis. "They want their studies to add to their credentials," he adds.

Carol Aslanian, director of the Office of Adult Learning Services of The College Board, studied a group of 2,000 adult learners and found that "most adults want to learn for very pragmatic, utilitarian reasons."

Aslanian, who is coauthor of *Americans in Transition,* published by The College Board, says, "The vast majority of adults who go back to school do not do so for self-fulfillment or for the sheer pleasure of learning. They have very specific objectives—usually career goals."

continued



past with new credits awarded on the basis of proficiency exam scores, independent studies, approved job and military training, and formal course work. The largest external degree program is the New York Regents External Degree, which has 23,000 students enrolled around the world. Three other states besides New York—New Jersey, Connecticut, and Illinois—have external degree programs that are open to nonresidents as well as residents. University Without Walls programs are a similar option available at about a dozen schools around the country. For more information on external degree programs, check the *Guide to Undergraduate External Degree Programs,* published by the American Council on Education. The *Guide* is available at public and college libraries.

- **New TV technologies** such as cable, microwave, satellite, and closed-circuit systems are rapidly turning broadcasting into "narrowcasting." As a result, it's now possible for colleges to beam highly specialized courses to smaller groups of students in their own homes or offices. Teachers and students at different locations can even have "live" interaction via the TV screen.

Colleges and universities in both rural and urban areas are teaming up with private and public organizations to produce new TV courses for commercial, cable, public, and university-owned stations. The University of Mid-America based in Lincoln, Nebraska, produces college courses that are being broadcast to over 6,000 students in 40 states on subjects ranging from the history of Japan to principles of

continued on page 28

continued

Learning options for adults

Can older students keep up with college work?

Whatever their particular reasons for returning to college or taking college courses for the first time, adults make serious and often highly successful students, according to the educators. Even so, many adult students are plagued by self-doubts at the outset.

"The biggest apprehension in the minds of returning students is the fear of failure," says Mendelsohn. However, once they settle in, older students tend to outshine their younger classmates and their own previous academic performance.

"In most instances, what appeared to be stumbling blocks turn out to be positives," Mendelsohn says. "Responsibilities as a spouse, parent, homemaker, or employee teach you to stick with something. You learn how to discipline yourself and manage your time," she explains.

What are some of the new programs?

Typically, the adult student is an educational individualist who combines several of the following options into a college "package" that meets his or her specific needs:

- **External degree programs** are "colleges without campuses" that help adults consolidate credits earned in the



Giant new garden catalog yours FREE!

Jackson & Perkins® MEDFORD, OREGON

ROSES '82

FLOWERING TREES • SPRING BULBS
VEGETABLES • FRUIT TREES • BERRIES



BRAND NEW ROSES! Featuring FASCINATION, the 1982 Rose of the Year — the tropical-coral hybrid tea that's the talk of rosarians everywhere. FRENCH LACE, the 1982 All-America floribunda that fills your garden and home with classic ivory-white blooms. LOVE, HONOR and CHERISH, our history-making trio that swept the 1980 All-America Rose trials. This catalog offers page after page of the world's finest roses . . .

ALL GUARANTEED TO BLOOM IN YOUR GARDEN!

EVEN MORE — fragrant hybrid CRABAPPLES . . . easy to grow BERRIES and GRAPES . . . EXOTIC FLOWERS . . . flowering and shade TREES . . . lots of planting and landscaping ideas, in the most asked-for garden catalog in the world! It's yours **FREE.**

Mail your postage-paid card today — or use the coupon to the right.

Jackson & Perkins Co.
World's Largest Rose Growers and Nurserymen
33-A Rose Lane, Medford, Oregon 97501

©1981, Jackson & Perkins Co.

LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

All J&P Roses have earned this seal

Jackson & Perkins Co.®
33-A Rose Lane, Medford, Oregon 97501

Rush my free copy of your full color catalog — Roses '82

Print Name _____

Address _____

City _____ State _____ Zip _____

continued from page 24

Learning options for adults

accounting (as in most other adult college programs, business courses are the most popular). The organizers of the newly formed National University Consortium for Telecommunications in Teaching, inspired by Britain's highly successful Open University, hope to enable a student to earn a BA or BS degree entirely via TV-assisted courses. Consortium courses now are available in eight states. For more information, write National University Consortium, University of Maryland, College Park, MD 20742.

• **New off-campus settings** for college courses these days include such logical sites as community centers, public libraries, businesses, and public high schools—as well as some surprising locations such as commuter trains and shopping centers. Adelphi University of Long Island, New York, offers an MBA in business administration through morning and afternoon classes held on the New York-to-Long Island commuter run. The ride takes about an hour, and students and their professors meet in their own car or a section of a car twice weekly. In Tennessee, Wisconsin, North Carolina, New York, Ohio, and Indiana, students can take college courses at shopping centers. Over 2,400 students are enrolled in the Learn and Shop program at the Indiana University-Purdue University at Indianapolis. IUPUI students can choose from classes that meet seven days a week in the employee training rooms of five area shopping centers.

• **Weekend college programs** keep campus gates open for students who can't attend class during the work week. Many colleges and universities now make it possible to earn a degree entirely on weekends. At Roosevelt University in Chicago, almost 90 different courses are offered on weekends, starting on Friday evenings. At the College of St. Catherine in St. Paul, Minnesota, classes meet every other weekend so that students (mostly women with families) can spend half their weekends at home.

Weekend college isn't the only on-campus alternative to daytime or evening classes, either. Many colleges have summers-only degree programs, especially at the master's level. Bank Street College and Parsons School of Design in New York are collaborating to offer teachers the opportunity to complete an M.A. in supervision and administration. Participants take courses during three summers and complete independent studies during the intervening months.

• **Streamlined correspondence courses** are another new option for adult learners. Adult students who can't make it to campus have been studying by mail for over a century, but the long-distance communications lag was a serious drawback. Today that hurdle is being overcome by combining traditional correspondence instruction with telecommunications, TV, video discs, and cassette tapes. These days correspondence students can choose from over 12,000 undergraduate and graduate courses in 1,000 subject areas. If you're interested, check the *Guide to Independent Study through Correspondence Instruction* at a library.

How can you get college credit for what you already know?

Everyone knows that experience counts, but until recently, it didn't count for college credit. Happily, the picture is changing as more and more colleges recognize that many adults acquire college-level knowledge through experience and independent studies. Here are some of the services:

• **CAEL** (the Council for the Advancement of Experiential Learning), a student advocacy organization, has pioneered the concept of awarding credit for learning acquired outside the classroom setting—even for being a homemaker and volunteer in some cases. On one level, CAEL helps colleges set up programs to evaluate nontraditional students' educational portfolios. On another level, CAEL steers interested students to colleges that offer such services. Over 1,000 colleges accept credits earned by "portfolio assessment," although the number of credits that can be earned this way varies widely, as do the fees. Having a portfolio assessment done for, say, $150, could earn you 21 college credits. However, the evaluation process is rigorous; some colleges even offer seminars in portfolio preparation. To learn more about the program, call the toll-free CAEL hot line: 1-800-638-7813 (in Maryland call 1-997-3535).

• **CLEP** (College-Level Examination Program) exams are taken each year by over 90,000 people who want to earn credits or just assess their knowledge in a given area. Over 2,000 colleges and universities accept credits earned through this College Board program, although individual institutions have their own policies about what scores are acceptable and how much CLEP credit can count toward a degree. Five General Examinations and 47 specific Subject Examinations cover topics that normally would be studied during the first two years of undergraduate work. Fees range from $18 to $22 per exam (compared to typical tuition fees of $30 per credit hour at public colleges and $75 at private schools). CLEP exams are administered regularly at 900 tests centers in the U.S. and Canada. For more information, contact your local college.

• **ACT PEP** (the American College Testing Proficiency Examination Program) is similar to the CLEP program. Tests (45 in all) are used primarily to demonstrate knowledge in specific occupational fields, such as nursing, business, education, and criminal justice. Over 500 colleges and universities use the results of ACT PEP exams to award from three to 12 semester credits, or to waive prerequisite course requirements. ACT PEP tests are administered six times annually at testing centers throughout the nation. For more information and free study guides, write: ACT PEP, The American College Testing Program, P.O. Box 168, Iowa City, IA 52243. (In New York State, write: College Proficiency Tests/ Regents External Degree Examination Program, Cultural Education Center, Albany, NY 12230.)

• **ACE-PONSI** (the American Council on Education Program on Noncollegiate Sponsored Instruction) evaluates noncredit, job-related courses sponsored by business and industry, and then recommends college credit for students who take such courses. Over 120 organizations (including IBM, AT&T, CBS, and the Postal Service)

continued



House Dressing.

What more beautiful way is there to dress up a house than with Andersen® Perma-Shield® angle-bay windows.

Their crisp, classic lines bring an elegant touch to the most traditional lifestyle. And stay fashionably good looking year after year.

For over the window's solid wood core lies a rigid vinyl sheath. It protects the wood inside from the weather outside. So you needn't worry about it chipping, flaking, peeling or blistering. Or worry about painting it every few years.



Of course, there's more to these angle-bay windows than their dressy good looks and everyday practicality.

Their snug-fitting design and double-pane insulating glass reduce energy costs. And help keep out drafts and keep in comfort.

Now what could be more beautiful than that?

Dress up your house with Perma-Shield angle-bay or bow windows in the size that suits it best. Your Andersen dealer can help. He's in the Yellow Pages under "Windows."

To: Andersen Corp., Box 12
Bayport, MN 55003

Please send me more information on Andersen® windows and gliding doors.
I plan to ☐ build ☐ remodel ☐ replace.

Name _____ 002-0182

Address _____

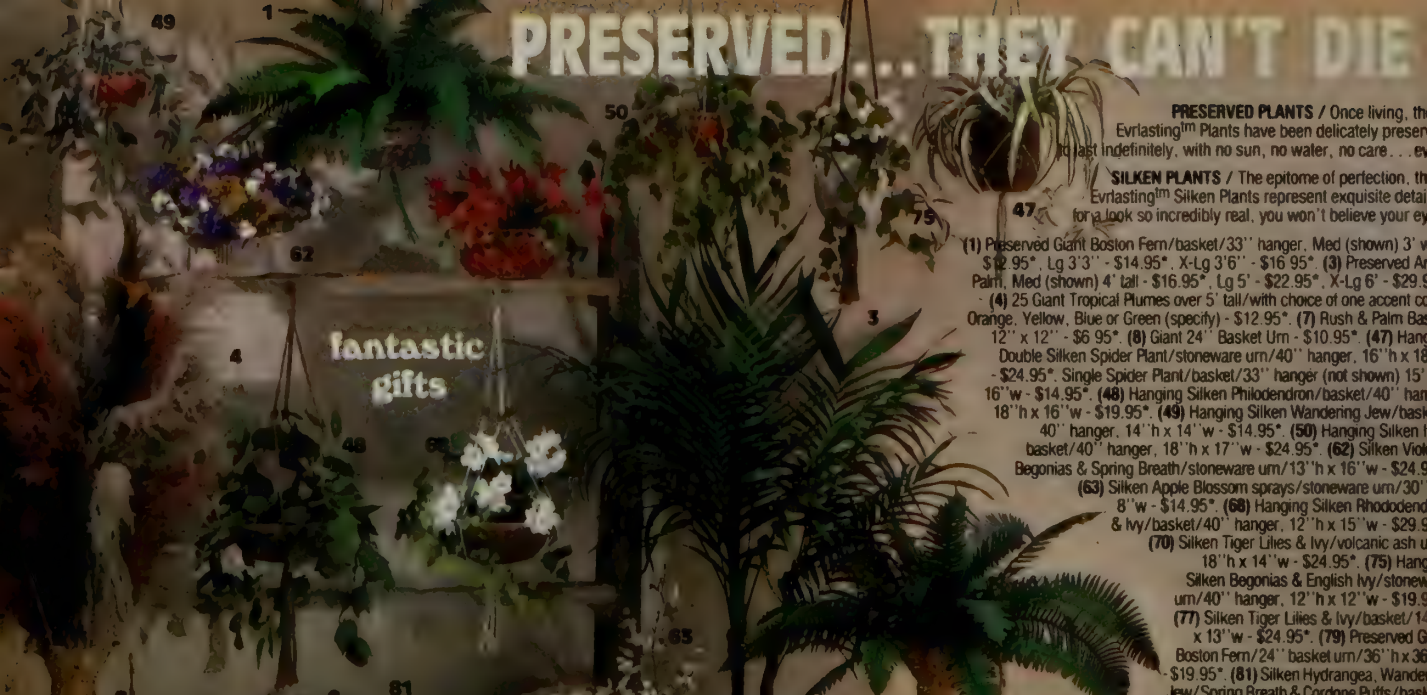
City _____

State _____ Zip _____

The beautiful way to save fuel®

Andersen Windowalls

79020 Copyright © Andersen Corp., Bayport, MN 1979



continued

Learning options for adults

participate in the program. And the Council's recommendations are taken into consideration by over 1,200 colleges and universities in awarding credit for hundreds of courses—from restaurant equipment engineering to weather forecasting. The ACE-Military Evaluations Program is a similar service that evaluates courses and on-the-job training offered by the armed services and the Department of Defense. The recommendations are published every two years by ACE in the *Guide to Evaluation of Educational Experience in the Armed Services.* For more information on the ACE-PONSI and ACE-Military Evaluation Programs, contact: the American Council on Education, Office on Educational Credit and Credentials, One Dupont Circle, Washington, DC 20036.

What about financial assistance?

In general, there is less financial aid for older and part-time students than for their younger, full-time classmates. However, there are exceptions—especially for women who want to enter traditionally male-dominated fields.

If you already are employed, visit the personnel department where you work to learn what tuition assistance is available. A recent study by the National Institute for Work and Learning found that only five percent of all eligible employees take advantage of their employers' tuition assistance programs. Some companies also offer scholarships and loans to employees who want to go back to school.

Government aid is scant for students who are taking less than a half-time course load, especially now that Congress has trimmed funding for grants and loans generally. Nevertheless, you still may qualify. To learn more about federal (and state) programs, request a free copy of *Federal Financial Aid for Men and Women Resuming Their Education or Training* from the Consumer Information Center, Department 649J, Pueblo, CO 81009.

A financial aid officer at a nearby college or junior college can be an excellent source of information about private and government aid programs. You also can check one of the several scholarship guides available at most libraries.

What are other considerations?

College programs that let you learn on your own may sound ideal, but be aware of these drawbacks:

- **Isolation.** Students who study entirely at home don't have the valuable stimulation that comes from interaction with fellow students and faculty members. Home study can be a lonely way to earn a degree, and the dropout rate is high in some programs.
- **Nontransferrable credits.** If your object is a degree, make sure the college and specific academic department you want to graduate from will accept credits earned by nontraditional methods such as those discussed in this article. You also should find out exact-

continued

Only one ultra light 100's gives you the Merit taste idea.



Only 5 mg tar

Philip Morris Inc. 1981

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

mg "tar," 0.5 mg nicotine av. per cigarette by FTC method

MERIT
Ultra Lights
Regular & Menthol

Duncan Hines
Double-Fudge
BROWNIE MIX
CHOCOLATE FLAVOR PACKET
"So moist they cling!"
Moistness and flavor worth clinging to.

continued

Learning options for adults

ly how many credits must be earned at the school tha awards the degree.

- **Heavy reading and writing loads.** Many nontraditiona college programs compensate for the lack of classroom atten dance with added reading and writing assignments. To suc ceed, you must be above average in reading comprehensio and retention, and in effectively expressing on paper wha you've learned.
- **Distractions at home.** Make sure the people you liv with know you are serious about your studies and that th college program you're engaged in is "for real." It takes sel discipline to study at home, where interruptions and dis tractions are unavoidable.
- **Degree mills.** Beware of mail-order college program that charge high fees and make earning credits soun suspiciously easy. Ask for names of students and graduate in your area. To learn whether a school is accredited, cor tact any nationally recognized accrediting associatior (your librarian can help you find addresses), or write to Th Council on Postsecondary Accreditation, One Dupont Ci cle, Suite 760, Washington, DC 20036.
- **Other considerations.** Don't overlook the cost of book supplies, transportation, and child care (many campus have day-care facilities these days).

Where do you start?

Unfortunately, there is no single national clearinghou that can match an adult who lives anywhere in the U. with the specific college program that's best for him or he

You can visit a nearby college for guidance (communi colleges are especially attuned to the needs of part-tin students). Most large universities now have a full-tin counselor assigned to work with reentry students. T assistance you need may be offered by the reentry office, t continuing education department, adult services, speci student services, the women's center, or the academ advisory office, depending on the particular school.

If your return to school is career motivated, intervi someone who has the kind of job you think you'd like have. Ask him or her about the educational requirements the job. Most people like to talk about what they do.

Before deciding on a specific college program, talk people who have completed the course of study and find c whether it helped them meet their goals. The personn department where you work may be able to advise you.

Another resource is the National Center for Educatio Brokering. Local NCEB services are available in pub libraries, educational institutions, and community cent in every state except Nevada. NCEB counselors are train to help you define your goals and evaluate your alternativ Fees vary from nothing to $30 for several sessions. To fin center near you, contact the National Center for Edu tional Brokering, National Institute for Work and Learni 1211 Connecticut Ave., Washington, DC 20036.

—Written with Marjorie P. Groves

The more you wash the more you need a Whirlpool washer.



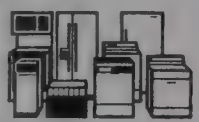
We're always looking for new ways to help you get more clothes clean. That's why all our large-capacity washers have the exclusive Double Duty Super Surgilator® agitator.

The vertical vanes and upswept fins contribute to the special washing action. Instead of just moving back and forth, your clothes also roll from the top of the tub to the bottom.

The design creates a vigorous, surging action that washes every item, even when the loads are big. And it also handles your small loads gently.

At Whirlpool, we know washing larger loads may help you save your time and energy. That's why we build large-capacity Whirlpool® washers. And put the Double Duty Super Surgilator agitator (shown enlarged above) into every one we build. Because even when your loads are large, we want every item to come out right every time.

Whirlpool Home Appliances



Quality. Our way of life.

START NOW

THE 1982 BH&G HOME

YOU COULD WIN OUR TOP PRIZE

Now's your chance to make that next remodeling effort *really* pay off. Simply fill out and return the entry blank on the opposite page, then get started on your project. In the meantime, we'll send you details on how to submit your final entry. When your project is finished, send us your official entry (see "HOW TO ENTER"). All projects completed in 1982 will be eligible, regardless of scope or expense. In fact, each of the six divisions (see "DIVISIONS") has three classes, so entries only compete against comparable projects.

All 18 classes will have a $1,000 winner. In addition, a grand prize of $10,000 and two runner-up prizes of $4,000 each will be selected from among the 18 divisional winners. And 54 Merit Award winners will receive an Award Plaque and a copy of the *Better Homes and Gardens Complete Guide to Home Repair Maintenance and Improvement.* Not only are we offering cash awards, but many manufacturers also are providing prizes (see opposite page).

HOW TO ENTER

Print your name, address, and phone number clearly on the preliminary entry blank, *and check the box for which you think your improvement qualifies.* When we receive your preliminary entry blank, we'll send you an information packet to help you complete your final entry. Entry packets include detailed contest rules and participating manufacturers' product information. We'll ask to see your before-and-after photos and floor plans where applicable, plus a written description of project objectives, approximate cost of the completed project, a list of materials and brand names, and the number of hours it took you and your family or your contractor/architect/designer to complete the task. You may enter more than one project in the contest. However, each project may be entered in only one division.

All material submitted for the competition will become the property of Meredith Corporation, which will assume publishing rights for all the material. Entries will not be returned. Winners' names will be published in our July, 1983, issue.

DEADLINES

Initial entry form (opposite page) must be postmarked no later than September 1, 1982.

Final entry package must be postmarked no later than February 1, 1983.

DIVISIONS

1 Exteriors: Lot line to lot line projects including any improvements to the exterior of the house (roofing, siding, painting); landscaping activities involving structural changes or additions; erection of outdoor structures (garage, utility building, playhouse, greenhouse, deck, or patio).

2 Kitchens: Any kitchen remodeling project designed to improve traffic flow, storage, and/or efficiency. Examples include installing new cabinets, counter, or flooring; constructing an island; adding a planning center, an eating area, or a laundry; building a pantry or pot rack.

3 Bathrooms: Any remodeling project that encompasses the bath, such as adding a bath; replacing old fixtures; resurfacing walls and floors; adding storage and counter space; enlarging the bath with a bump-out or with space from an adjoining room.

4 Interiors: All improvements within the confines of an existing house excluding the kitchen and bathroom. Examples might be converting an unused attic into a bedroom or playroom; turning an unfinished basement into a family room or workshop; resurfacing walls and floors; adding architectural details such as alcoves or bays; dividing one large room into two; removing partitions to combine small rooms into one large space.

5 Additions: Enlarging a house by adding a new, enclosed space, such as a bedroom/bath wing, a family room, an eating area.

6 Energy conservation: This division encompasses those improvement projects primarily designed to conserve energy or reduce the heating/cooling load on a house. Examples might include the addition of an entry air-lock vestibule; installation of a Trombe wall or waterwall; projects that camouflage the addition of thermal mass (glass jugs, barrels, or other containers filled with water, phase-change materials, etc.); installation of wood-burning stove or fireplace insert; addition of overhang extensions, movable insulation (homemade pop-in shutters or panels), passive air collectors, solar hot water system, sunspace; incorporation of passive cooling improvements such as a solar chimney or radiative cooler. We'd also like to see any available data such as utility bills, in order to judge the energy efficiency of the home improvement project.

PRIZES

DIVISIONS	CLASSES*
Exteriors	A 1 $1,000 Winner B 1 $1,000 Winner C 1 $1,000 Winner 3 Merit Awards in each class
Kitchens	A 1 $1,000 Winner B 1 $1,000 Winner C 1 $1,000 Winner 3 Merit Awards in each class
Bathrooms	A 1 $1,000 Winner B 1 $1,000 Winner C 1 $1,000 Winner 3 Merit Awards in each class
Interiors	A 1 $1,000 Winner B 1 $1,000 Winner C 1 $1,000 Winner 3 Merit Awards in each class
Additions	A 1 $1,000 Winner B 1 $1,000 Winner C 1 $1,000 Winner 3 Merit Awards in each class
Energy Conservation	A 1 $1,000 Winner B 1 $1,000 Winner C 1 $1,000 Winner 3 Merit Awards in each class

**Your entry will be judged with others of comparable scope and expense. For example, in the kitchen division we'll put to-the-studs kitchen remodeling in the class A category, counter-floor-walls resurfacing improvements in class B, and storage projects for the kitchen in class C. Details for the other five divisions will be in the information packet.*

IMPROVEMENT CONTEST

$10,000.00

$500 CASH PRIZES

Each of the following companies will provide one $500 cash prize to the Home Improvement Contest entrant using their products to best advantage.

can Building Products
coa Building Products, Inc.
lied Corp.—Anso IV Rug Fibers Division
nana Refrigeration, Inc.
nerican-Standard
ndersen Corporation
mstrong World Industries, Inc.
rd & Son, Inc.
eck & Decker—Consumer Products Div.
lifornia Redwood Association
ngoleum Corporation
ler Plumbingware
glish Greenhouse Products Corporation
han Allen Inc.
rberware
ir Squares®
anklin Chemical Industries
orgia-Pacific Corporation
wmet Aluminum Corporation
perial Wallcoverings
lertherm Inc.
nn-Air Corporation
nsen-Thorsen Corporation
ro-Sun, Inc.
tchenAid
hler Company
volor Lorentzen, Inc.
uverDrape, Inc.
we's Companies, Inc.
rvin Windows
aytag
nwax Company, Inc.
ugahyde Brand Fabrics
rthrup King Company
nasonic
lla/Rolscreen Company
e Tappan Company
u-Test Paint—True-Value Hardware
hite-Westinghouse

SPECIAL AWARDS—CASH AND PRODUCTS

Many cosponsoring manufacturers are offering valuable prizes in addition to the $500 cash award! Proof of product purchase is required for most awards, so save receipts and labels. More details are in the entry packet.

Allied Corp.—Anso IV Rug Fibers Division offers 6x9-foot Anso fiber design rug as second-place award for best use of product.

American-Standard to refund **cost of American-Standard fixtures and fittings** used by a winning bathroom division entry.

Armstrong World Industries, Inc. to award cash for best use of their product categories: Floors, Carpets, Ceilings, Thomasville Furniture. $10,000 Grand Prize winner to win **$5,000** for each Armstrong product category used; **$20,000 for all four.** $4,000 Best of Contest winners to win **$2,000** per category; **$8,000 for all four.** $1,000 kitchen, bathroom, interior, and addition divisional winners to win **$500** per category; **$2,000 for all four.**

Black & Decker—Consumer Products Division offers a **WORKMATE® Work Center** to all 75 *BH&G* award winners, including Grand Prize winner, two Best of Contest runners-up, all divisional and honorable mention winners.

Congoleum Corporation to refund **purchase price** of Ultraflor, Prestige and Spring flooring used by kitchen division winners and **purchase price** of Highlight, Prestige, and Supreme flooring used by bathroom division winners.

Farberware offers kitchen division winners choice of a **Farberware Convection Oven** or **Advantage Collection cookware set.** All entrants using Farberware products eligible for Special Awards: first place, **$500;** second, **Farberware Food Processor;** third, **Farberware Electronic Coffee Maker.**

Flair Squares® offers the winner of their $500 cash award a **seven-piece set of Regal Cast Aluminum Cookware; a five-piece set of Mirro Heavy Weight Creative Bakeware®** and **a Sunbeam Deluxe Multi Cooker Electric Frypan.**

Georgia Pacific Corporation will award **$500 worth (retail value) of real wood plywood wall paneling** to an interior division winner using Georgia-Pacific products.

Imperial Wallcoverings to award **$100** to a contest entrant from each state using their products to best advantage. Their $500 award selected from these 50 winners.

Intertherm Inc. to provide a **$500** special award. Full details included in contest entry package.

Jenn-Air Corporation will refund **purchase price** of Jenn-Air products used by one kitchen division winner.

La Culinaire Sinks by Jensen-Thorsen— Kitchen division winners using a La Culinaire sink to be refunded **purchase price.** All contest entrants using La Culinaire UltraSink model to win **stainless steel hospitality/bar sink;** entrants using copper UltraSink model can purchase copper hospitality/bar sink at 50 percent off regular price.

Kero-Sun, Inc. will award one **Kero-Sun Monitor 20 vented heater** to a winner of the energy conservation division.

Kohler Company to award **$1,000** to a bathroom division winner using both Kohler faucets and plumbing fixtures; **$2,000** to a winner also using Kohler whirlpool bathtub and faucets. Will **refund full purchase price** (installation not included) of Kohler sink and faucet used in a winning kitchen division entry.

LouverDrape, Inc. offers **$1,000 worth (retail value) of vertical blinds** to an interior division winner.

Maytag offers **one Maytag product of choice** to the Grand Prize Winner. Winner may choose Jetclean Dishwasher, Heavy Duty Washer or Big Load Dryer.

Minwax Company, Inc. to **refund purchase price** of any Minwax Wood Finishing Products used by interior division winners.

Tru-Test Paint—All divisional winners using Tru-Test Paint to be **refunded purchase price.**

BH&G HOME IMPROVEMENT CONTEST

ENTRY BLANK

Better Homes and Gardens®
Home Improvement Contest
P.O. Box 10218
Des Moines, IA 50336

Name _____ Telephone _____

Address _____

City _____ State _____ Zip Code _____

Be sure to check the box below which best describes the project you're entering.

☐ Exteriors ☐ Kitchens ☐ Bathrooms ☐ Interiors ☐ Additions ☐ Energy

Beat the winter doldrums by growing something out of the ordinary. The project you pick can be as exotic as a tabletop bog or as colorful as a saucer garden bursting with bright blooms.

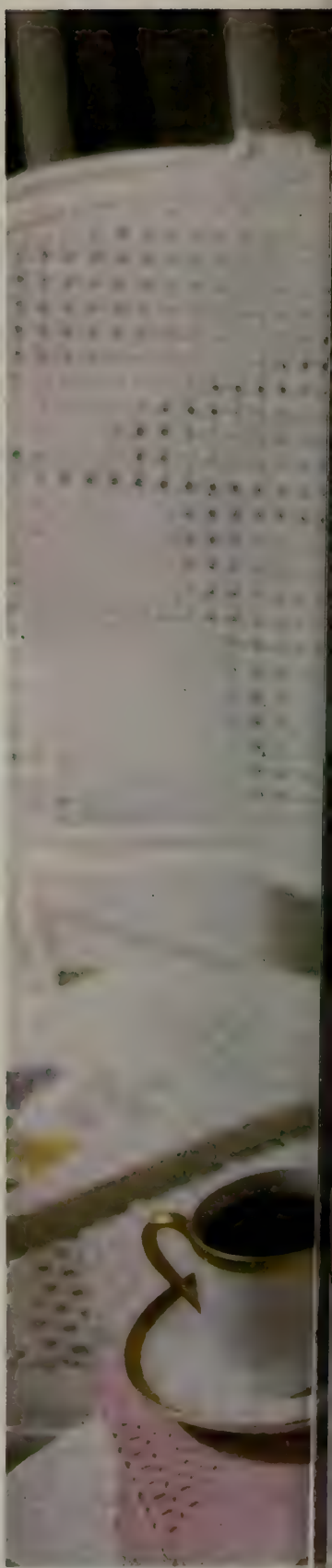
Just · For · Fun

HOUSEPLANT IDEAS

BY STEVEN COULTER AND DOUGLAS A. JIMERSON







Make a cat happy

Grow some catnip from seed to make your cat purr with delight, *above.* Just sprinkle the seeds over the surface of a pot filled with potting soil. Cover the seeds with a layer of soil no deeper than twice their diameter. Set the pot in a pan of shallow water until enough moisture has been soaked up to make the soil surface damp. Then remove the pot from the water, let the excess water drain out, and cover the pot with a plastic bag. Place the pot in a bright east or west window.

Grow a tabletop bog

Cyperus looks like a miniature palm tree and is practically care-free. Just plant the cyperus in a pot of soil and partially submerge the pot in a water-filled container. By adding a few cut flowers, *above,* you can change your color scheme at will.

Plant a saucer garden

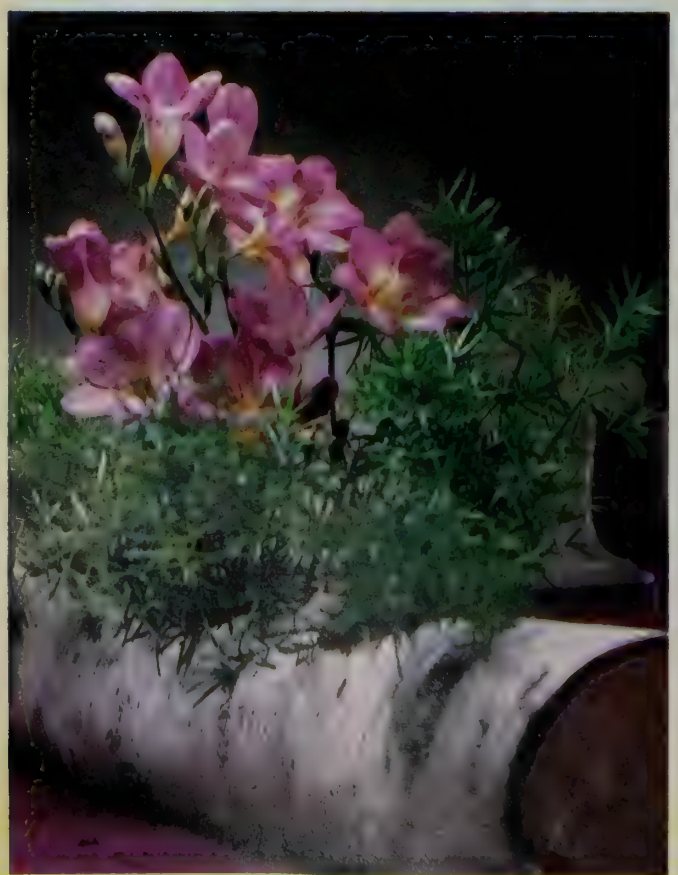
For a rainbow of color in a scrap of space, group several small, inexpensive flowering plants such as cineraria, primrose, and begonia in a large clay saucer, *right.* Use floral clay to anchor a piece of driftwood and a bare branch at the back of the saucer, then fill the space around the pots and wood pieces with peat moss.



Photographs: William N. Hopkins; Robert Calmer. Design: (above) Blanka Codner

HOUSEPLANT IDEAS







Start a hibiscus

You can grow these exotic plants, ***left,*** from seeds started on the windowsill, using the same technique as for starting catnip from seed. The showy four- to eight-inch blooms are available in both single- and double-flowered varieties. Colors include red, yellow, orange, violet, apricot, and pink.

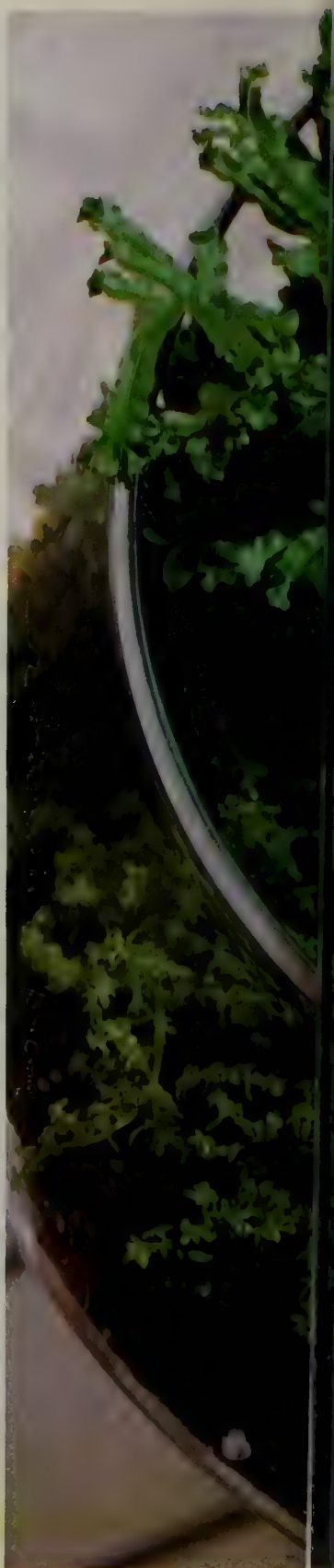
A sunny location is essential for abundant bloom. Keep the soil evenly moist, and mist the foliage so the leaf tips won't turn brown.

Arrange flowers in a log

This inexpensive centerpiece, ***left,*** will be a real conversation starter. Simply drill several holes in a section of a limb to hold tiny pots of terrarium-sized green plants and cut flowers, such as the asparagus fern and freesias shown here.

Create a fern garden

Combine little ferns in a large fishbowl or punch bowl to create a tiny glassed woodland setting, ***right.*** Insert a few small cut flowers to brighten the greenery. Mist the plants regularly, but be careful not to overwater since there's no drainage. The base for our fern garden, ***above,*** is an old plant stand with a fresh coat of paint.

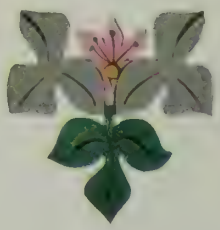




SUPER ♥ SIMPLE CRAFTS

To Make in a Jiffy

By Deborah Dugan
and Rebecca Jerdee



Even if you've been dubbed "all thumbs," you still can enjoy the creative fun and satisfaction of crafts. All the items in our collection are so easy to make that you can count on getting show-off results every time.



Paper and ink "cross-stitch"

Set aside your needles, thimbles, and floss! For now you can duplicate the timeless beauty of cross-stitch samplers by simply marking "x's" onto graph paper with handy felt-tipped pens. Frame the finished samplers as is or mount as special gift cards.



Photographs: William N. Hopkins, Bradley Olman





Braided rug from bed sheets

Add a new twist to braided rugs by using easy-care flannel sheets. Besides being the cheapest "fabric" around, they now come in tempting pastel shades.



No-stitch felt screen

To dress up the decor with art nouveau elegance, try your hand at this lavish-looking felt appliqué room divider. The results are regal—and the technique couldn't be easier to master. Just cut flourishes and florals from brightly colored felt, then glue the pieces onto soaring panels of color. Staple each panel to a wooden frame and add hinges. This same design can quickly be translated into other easy-does-it projects. For instance, use our pattern to create a wall hanging or thrifty bed coverlet. Or reduce the motifs to enhance a photo album cover or carryall bag, or to make no-stitch pillow tops. The motifs can even be applied to children's clothing for a fast fix-up.



Painted "stained-glass" patterns

If your kitchen—or any other room in the house—has a case of the winter doldrums, here's a quick way to perk up your outlook for the cost of fabric and paint. Simply apply this everblooming "stained-glass" tiger lily to cotton fabric with paint, then edge with bias tape. Take the idea a step further by adding a touch-of-spring border to tablecloth and curtains. Even kitchen cabinets can be rejuvenated by painting the design on door fronts and edging the motif with tape. Or apply the lilies to fabric, stretch the piece in a frame, and display the project in a sunny window for a stained-glass look at a penny-pinching price.



Kid-size cotton knit vest

Even if you're just a novice at knitting, you can easily make this natty kiddie's vest in three appealing pastels. It's sure to be the envy of the playground crowd.

How-to begins on page 49.
Buying information, page 122
Designer credits, page 63

SUPER•SIMPLE
CRAFTS

To Make in a Jiffy





Child's-play paper stencils

When the January winds blow, these lively snowflake sweatshirts will help keep your tots toasty warm. And the eye-stopping motif is sure to delight your "snow bunnies." To make the stencil job extra quick and easy, cut the snowflake designs from adhesive-backed paper. Then just peel off the protective paper backing and apply the cutouts to a suitable fabric surface—such as a favorite shirt, sweater, tote bag, skirt, or quilt block. Next, using a small sponge, carefully dab a coating of fabric paint on the open stencil areas. When the paint is completely dry, peel away the snowflake designs. Finally, heat-set the painted areas with a warm iron.



Photographs: William N. Hopkins





Decal-easy "ceramic" tiles

Although these good-enough-to-eat "vegetables" look like costly ceramic tiles, they're really dime-store decals applied to pieces of painted hardboard.



Torn-paper masterpieces

Are you low on at-home craft supplies, yet high on imagination? If so, torn-paper art may be just the ticket for you and your family this winter. All it takes to make a galleryful of artwork is a rainbow assortment of colored papers, plus a pot of glue and some nimble fingers. In a single evening, you and your fellow artists can fill an entire wall with thrifty masterpieces—all originals! You also might broaden your artistic horizons by introducing special touches of your own design, such as bits of favorite wrapping papers or fancy handmade lettering. When each work of art is completed, mat and frame the "canvas" and add it to your unique family art gallery.



Spruced-up army blanket

"Rough it" in style with this handsome stenciled lap throw made from an army surplus blanket. Cut out the designs, dab on the paint, and soon you'll create a stunning cover-up for cold-weather outings.



Quick needlepoint gift cards

This year, give a busy cupid a helping hand by creating these quick-stitch Valentine's Day gift cards for those you hold close to your heart. And don't let the word "needlepoint" intimidate you. Even if you've never taken pearl cotton to canvas, you can stitch one of these charming scenes in a single evening because much of the canvas is left unworked. Just fill in the heart-motif border, add cupid, and you're done. Back the canvas with a piece of red paper for a card, or mount and frame the stitchery as a special Valentine picture. Or, back the cupid with fabric and decorate a jewelry-box top.

Designer credits, page 63
How-to, page 54

SUPER•SIMPLE CRAFTS

To Make in a Jiffy







3-D wrapping paper pictures

Here's a novel way to recycle your prettiest gift wraps. We've used a selection of wrapping paper motifs to form three-dimensional pictures. And they're all made from a single sheet of wrap! Once framed, they're perfect take-home mementos of a special get-together. Or choose a larger poster or print for an out-of-the-ordinary wall hanging.



Photographs: Mike Dieter; William N. Hopkins

Speedy-stitch cupid pillows

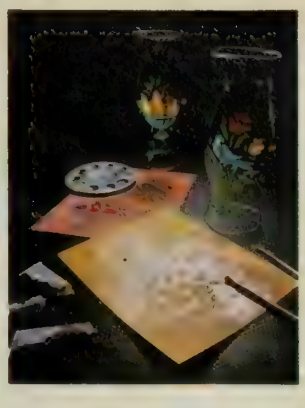
Learn a single basic embroidery stitch, and you can create these charming pillows in next to no time! We stitched these in rich golden threads as well as colorful embroidery floss for two special looks.



Pseudo silver frames

If the price of silver makes you swoon, here's a pinch-penny way to add the sparkle of precious metal to your life. Our frames are bedecked with silver paper instead of the real thing, plus thrifty beads and trims. The frame is cut from foam core board.





Stenciled hurricane shades

Want to add a lovely country touch to your surroundings quickly and inexpensively? All you need are two modest hurricane shades and some brightly colored Japan paints. Best of all, no artistic talent is required because you use no-fail precut stencils to embellish the shades.



Sticker-quick decoupage

No need to raid Grandma's jewelry box for the romantic look of yesteryear. These turn-of-the-century-style gift cards, pins, and buckles are made from an assemblage of floral stickers and decals.



Paint-"embroidered" blouse

For a demure look that rivals the skilled stitcheries of the past, try your hand at "embroidering" a simple blouse with fine-point indelible pens.

Designer credits, page 63
How-to, page 58



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

"I'm More satisfied."





More. For that extra measure of satisfaction.

17 mg. "tar", 1.3 mg. nicotine av. per cigarette by FTC method.

Graduate To Myers's Famous Flavor!
The First Collection of Luxury Rums

Myers's Original Dark
The deep, dark ultimate in rich rum taste. The beginning of the Myers's flavor legend.

Myers's Golden Rich
A uniquely rich taste inspired by Myers's Original Dark. Superbly smooth and beautifully mixable.

Myers's Platinum White
Exquisitely smooth and born to mix. With a subtle richness that could only come from Myers's.

Myers's. The First Collection of Luxury Rum

MYERS'S RUMS, 80 PROOF, FRED L. MYERS & SON CO. ORIGINAL DARK IMPORTED AND BOTTLED IN BALTIMORE, MD. PLATINUM WHITE AND GOLDEN RICH PRODUCED IN ARECIB

begins on page 40

Super-simple crafts

SOFT BRAIDED RUG, page 40

Finished size is 62 inches.

Materials: Six flannel bed sheets (twin size, extra long) in colors of your choice; heavy-duty thread; needle.

Instructions:

Cut sheets into 2½-inch-wide strips; sew strips together end to end.

Fold raw edges to inside so strip is 2 inches wide. (Flannel sheets are slippery; if desired, turn up ¼ inch along raw edges and machine-baste to secure.) Fold strip in half lengthwise, making the strip 1 inch wide.

Pin ends of 3 different colored strips together and begin braiding; add strips as necessary.

Working on a flat surface, slip-stitch braid into a flat coil with heavy-duty thread. Be careful to avoid stretching braid as you sew; if you stitched raw edges, the braid may need more easing. Ease to allow sufficient fullness on the outside of the braid so rug lies flat.

PAPER AND INK "CROSS-STITCH," page 40

Materials: Fine-point felt-tip markers; graph paper (10 squares per inch; available in art supply stores); embroidery floss (optional).

You can duplicate our designs by using the charts, *below*, and on page 53, or adapt patterns from heirloom

continued on page 53



1 square = 1 cross-stitch

× Green • Gold v Orange / Red □ Light Blue ● Dark Blue



1 square = 1 cross-stitch

— Light Red • Gold ■ Dark Red + Pale Green ◢ Dark Green □ Light Blue ● Dark Blue



"If you're thinking of buying or selling a home, this is REQUIRED READING."

"Ways to Finance Your Next Home is a new booklet from Better Homes and Gardens® Real Estate Service. And we think it's the most understandable, up-to-date guide to today's financing: 32 pages full of information. It explains many financing options: Wraps, Contracts, A-R-M's...and more.

"One of these methods may enable you to buy the home you want. Your local Better Homes and Gardens® member firm can help you decide which one is best for you.

"So, if you think you're priced out of the home market, this book is for you. It's available from any participating member firm or you can send this coupon today."



"Required Reading"
Better Homes and Gardens® Real Estate Service
2000 Grand Avenue, Des Moines, IA 50312

☐ Enclosed is 50¢ for postage and handling. Please send me a copy.
☐ Please have my local Real Estate Member Firm contact me with a copy.

NAME_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____

The Real Estate Members of

Better Homes and Gardens®

An association of independent Real Estate brok

For your move across town or across the country, call:
1-800-247-5050.
Iowa: **1-800-532-1430.**

IT'S LIKE MOVING WITH SOMEONE YOU KNOW

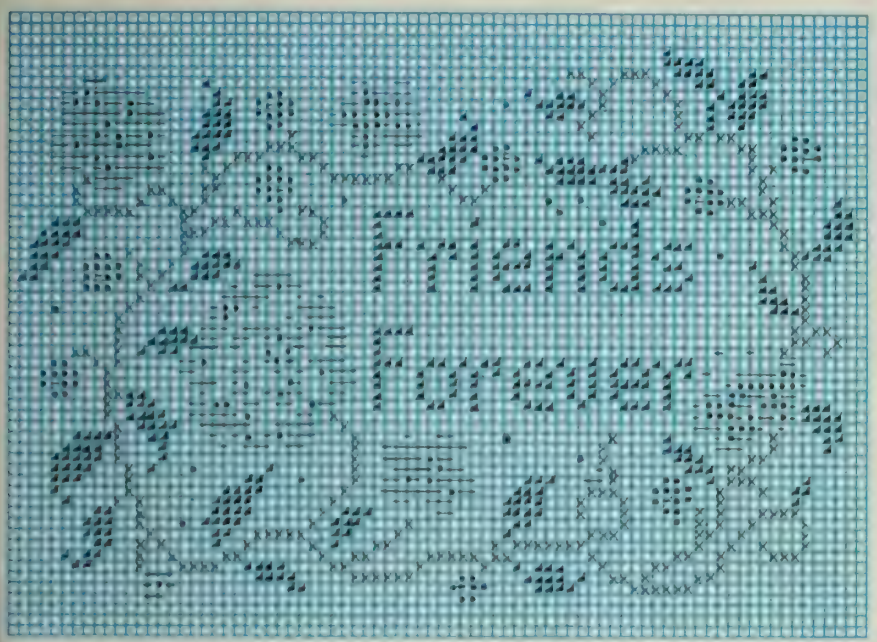
continued from page 49

Super-simple crafts

samplers, or develop your own motifs for these super-simple "stitcheries."

Using felt markers in assorted colors, draw "x's" in graph paper squares to create the designs. If desired, enhance some of the motifs with embroidery by stitching through the paper with 1 strand of floss, being careful not to tear the paper.

Mount samplers on paper to send as cards or in frames for hanging.



1 square = 1 cross-stitch

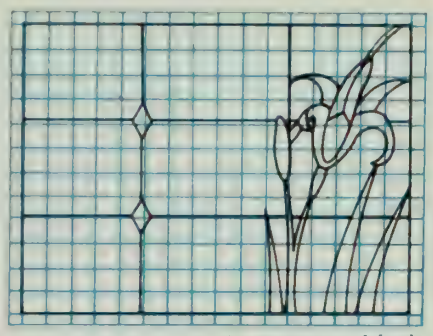
× Green ◢ Dark Green — Light Red • Gold

PAINTED APRON AND PLACE MATS, page 41

Materials (for apron and 4 mats): 1 yard of 54-inch-wide natural-colored canvas duck; 3 packages of wide black bias tape; black, yellow green, golden yellow, vermilion, orange-yellow acrylic paints; paintbrush; black permanent marking pen; thread; dressmaker's carbon paper.



1 square = 3 inches



1 square = 1 inch

Instructions:

Enlarge the designs, *above;* transfer to canvas, using dressmaker's carbon.

Paint the motifs; when dry, outline the shapes with black marker. Heat-set color by ironing on the wrong side.

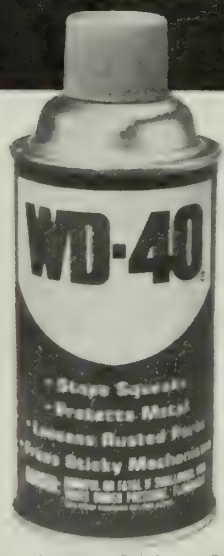
Bind the edges of the apron and mats with bias tape; stitch 17-inch ties and a 20-inch neck loop to the apron.

CHILD'S KNITTED VEST, page 41

Finished instructions are for size 4; changes for size 6 follow in parentheses. (See note on page 54 on Finished Measurements.)

continued

Do it yourself with



For anything that Sticks or Squeaks. Use in house, shop or car. Protects against rust, cleans and lubricates.

It really works.

Winter Special!

Baby's First Shoes Bronze-Plated in Solid Metal...

only **$3.99**



Limited time only! Baby's precious shoes gorgeously plated in SOLID METAL, only $3.99 pr. Don't confuse this offer of genuine lifetime BRONZE-PLATING with painted imitations. Your order is fully protected by our 100% Money Back Guarantee. Also Portrait Stands (illustrated,) ashtrays, bookends, TV lamps at great savings. Ideal Gift for Dad or Grandparents. **SEND NO MONEY!** Rush name & address for full details, money-saving certificate and handy mailing sack to:

AMERICAN BRONZING CO., Box 6504-A2, Boxley, Ohio 43209

Don't plan your garden 'til you get . . .

OLDS Free Seed Catalog.



A to Z Flower Special! Crego Mixed Asters and Gold Medal Zinnias (one packet of each)—regular price 95¢, now yours for only 25¢.

OLDS 1982 Catalog offers flower and vegetable varieties from A to Z plus gardening supplies. If you ordered in 1981, you will receive this catalog.

OLDS SEED COMPANY

Box 7790, Dept. G, Madison, WI 53707

continued

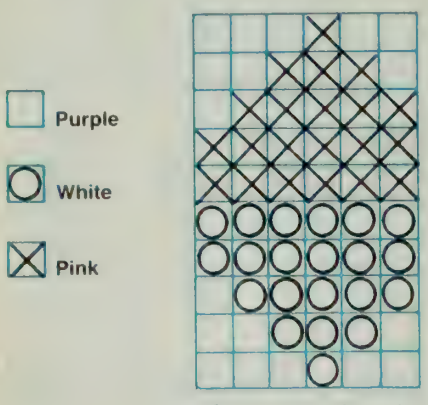
Super-simple crafts

Materials: Tahki Creole cotton yarn (100-g skeins); 2 (2) skeins no. 707 white and no. 708 pink; sizes 7 and 9 knitting needles, or size to obtain gauge given below; size H aluminum crochet hook; 4 buttons.

Gauge: With larger needles over st st, 7 sts = 2 inches; 5 rows = 1 inch.

Finished Measurements: Chest = 23½ (25) inches.

Back: With purple and smaller needles, cast on 41 (43) sts. Work in k 1, p 1 ribbing for 2 inches. Change to larger needles, and working from chart, *below,* work in white and pink sts as indicated. Begin working pat at point A for size 4 and at point B for size 6. After 10 rows of chart have been completed, work even with purple until total length measures 9½ (10½) inches. Mark ends of last row with small safety pins for underarm. Work even until total length from beg measure 13 (14) inches from beg, ending with a wrong-size row.



Neck and shoulder shaping: Next row: Work across 15 sts and sl to holder for right shoulder. Cast off next 11 (13) sts for back neck; work across rem 15 sts for 7 (9) rows more for left shoulder. Cast off on right side. Sl 15 sts from holder onto needle, attach yarn and work same as for Left Shoulder.

Right front: With purple and smaller needles, cast on 21 (23) sts. Work pink and white pat as for Back, beg at point C for size 4 and at point B for size 6. Work same as for Back until 13 (15) rows past underarm marker have been worked. Cast off 4 sts at beg of next row, then one st every other row at neck edge 2 (4) times—15 sts. Work even until total length equals that of Back.

Left front: Work same as for Right Front until 13 (15) rows past underarm marker have been worked, ending with a right-side row. Cast off 4 sts at beg of next row, then 1 st every other row 2 (4) times—15 sts. Complete as for Right Front.

Finishing: Sew shoulder seams; sew side seams. With crochet hook and pink, work 1 row sc around entire inside edge of sweater. Fasten off. Attach white and work one row sc around, working in 4 buttonholes along front edge (right front for girls; left front for boys) as follows: Sc, ch 1, sk one sc, sc in next sc. Fasten off. Work 1 more row with pink. Fasten off. Sew buttons in place to correspond to buttonholes. Attach pink to underarm opening and work 2 rnds sc around. Fasten off. Attach white and work 1 more rnd sc.

NO-STITCH FELT SCREEN, page 41

The screen is made from three panels, each measuring 27x77 inches. Finished size for the total screen is 77 inches tall, 81 inches wide. For our no-sew method, we used non-fraying Pfun felt.

Materials: 4 yards black and 2 yards white felt (72 inches wide); 7 yards (36 inches wide) of reddish purple fabric for background (or use color of your choice); assorted felt for flowers, leaves, and vines (we used pink, yellow, gray, and greenish blue); 3 wooden frames, each 27x77 inches, constructed of 1x2-inch lumber; fabric glue; staple gun, staples; 4 hinges.

Instructions:

Enlarge the pattern, *below,* onto butcher paper. Note that pattern should be flopped along the center; the finished felt design is 25x75 inches.

Cut 3 black felt panels, using the outside edge of the design as a guide. Lay black panels on floor. Cut remaining felt pieces for the design.

White and colored felt shapes will be laid atop black. Trim ½ inch around all edges of the flower, leaf, and vine shapes; also cut away center veins of leaves. Then position trimmed white and colored felt pieces atop black felt; glue into place. Make 3 panels.

Cut 3 reddish purple backgrounds, each 30x80 inches. Glue black panels to backgrounds. Staple backgrounds onto wooden frames; hinge panels together, reversing center panel.

STENCILED SWEATSHIRTS, page 42

Materials: Tissue paper; adhesive-backed clear plastic; single-edge razor blade; sweatshirt; white fabric paint; small sponge.

Instructions:

Fold tissue paper squares into wedges and cut out snowflake designs. Tape paper designs to adhesive-backed plastic, then, with a razor blade, cut around snowflake to make a stencil.

Remove backing from stencil, press sticky side to sweatshirt.

Dip a sponge into white paint; dab paint into open areas of snowflake. Allow paint to dry. Reposition stencil for next print. (Stencil may be used up to 3 times.)

Hang shirt to dry, then heat-set fabric paint according to manufacturer's directions on paint label.

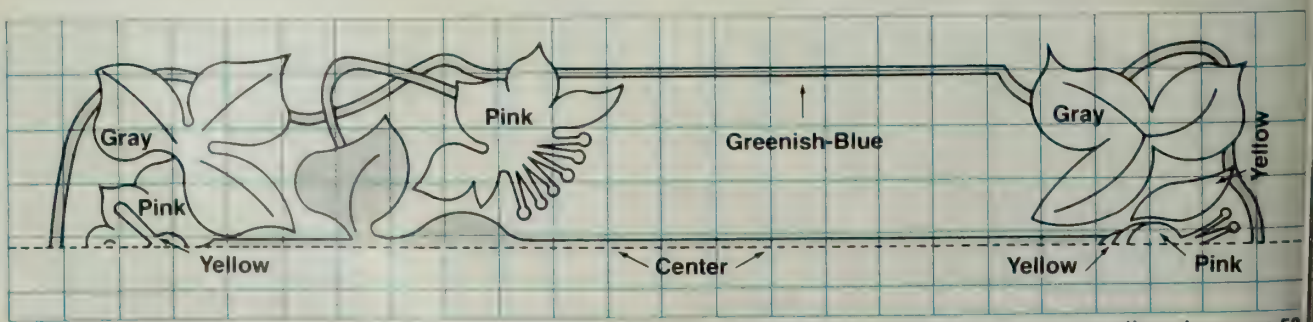
DECAL-EASY "CERAMIC" TILES, page 42

Materials: Hardboard; white paint; decals; varnish.

Instructions:

Cut board into 6½-inch-wide backsplash to fit your counter. With a router, cut grooves every 6½ inches to simulate ceramic tiles. (Or cut individual 6½-inch squares.)

Paint board with flat white latex paint. When paint is dry, apply decals.



1 square = 3 inches

continued on page 58

And you thought Bisquick® only made plain old pancakes.



Pancake Parade

Prepare Pancakes as directed on package of Bisquick® baking mix except—

Nutty Pancakes (pictured): Fold in ¾ to 1 cup chopped almonds, walnuts or pecans.

Banana Pancakes: Fold in 1 cup mashed bananas.

Bacon Pancakes: Fold in 8 slices bacon, crisply fried and crumbled.

Spicy Pancakes: Fold in 1 teaspoon ground allspice, ½ teaspoon ground cloves and ½ teaspoon ground nutmeg.

Blueberry Pancakes: Fold in 1 cup blueberries.

Granola Pancakes: Fold in 1 cup granola.

® Reg TM of General Mills, Inc
© General Mills, Inc 1981

Now...an exact 22kt gold replica will be created for each new U.S. Commemorative Postage Stamp!

22kt Gold Replicas of United States Stamps

Exact replicas on a gleaming surface of real gold.

Under a non-exclusive licensing agreement with the U.S. Postal Service, the Postal Commemorative Society is proud to make available an authentic replica of each new U.S. Commemorative Stamp—recreated to exacting standards with high-relief sculptured detail on a flawless, mirror-smooth gold surface. Accompanying each mint-perfect replica is the actual stamp, cancelled with the Official First Day of Issue Postmark. The result is a collectible of unsurpassed meaning, beauty, and importance. And, if you reply promptly, you have the opportunity to start your collection at the favorable price of just $5.50 each.

Nothing captures the grandeur and glory of this land like America's stamps. For here is where we honor the men and women who made this nation great. Where we relive the high points in our history. Where we rejoice in America's magnificent natural beauty. Where we pay tribute to our customs and folklore, institutions and ideals. Each new stamp is a patriotic treasure. And each is also an important original work of art—created by one of America's finest living artists.

Imagine the excitement, then, when each new stamp is immortalized on a gleaming surface of 22kt gold!

Each 22kt gold stamp replica will be authentic down to the smallest detail.

For each new commemorative stamp that is issued, the U.S. Postal Service makes available a photograph of the original design. From this photograph, the stamp is then recreated on sheets of paper-backed 22kt gold precisely to the original's size, shape, and official design.

First, the skilled craftsman hand-inscribes every line and stroke of the original in raised relief upon a master model from which a die is created. The die is then used to strike the 22kt gold surface in a flawless proof-like finish—just as if one were producing a magnificent medal or coin. The result is not an ingot or a medallion—but a dramatic, three-dimensional sculpture standing in high relief on a mirror-surface of gleaming gold!

Much in the manner of a precious medal or coin, each proof-like gold replica is displayed against a rich velvety background—and preserved forever in a clear protective capsule to guard against dust, loss, or harm from fingerprints. A perfect mint specimen for your children, your grandchildren, and their children to enjoy in years to come.

The actual First Day of Issue Stamp attests to the faithfulness of the replica!

Perfectly complementing the gold sta replica is the actual stamp—bearing Official First Day of Issue Postmark certify that these gold replica-bearing Day Covers can never again be issued. you examine the intricate details on t the stamp and its replica, you will see perfectly the two correspond!

A custom-crafted collector's alb will showcase your collection to best advantage.

Your name will be stamped in gold or front cover. Inside, transparent vinyl po will display each cover. You may slide cover from its pocket for closer inspe and still not worry about the gold s replica itself—sealed within its own tective capsule.

Subscribe now for a favorab issue price.

Subscribing before the end of the cu enrollment period guarantees that yo be enrolled at the favorable issue pr $5.50 per cover. This price includes th stamp replicas, the protectively sealed



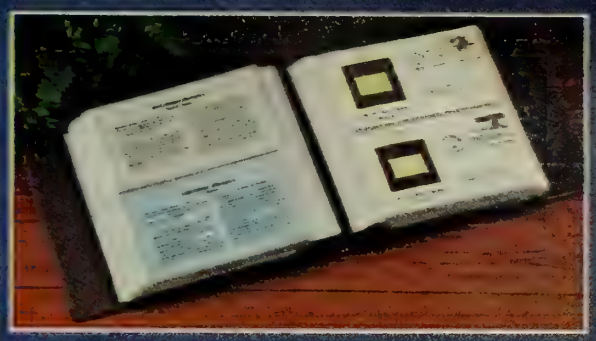
A skilled engraver puts the final touches on the brass master model from which 22kt gold stamp replicas will be produced.



Shown here are a master model (center), engraving tools, and sheets of 22kt gold foil from gold stamp replicas will be created.

FICIAL FIRST DAY OF ISSUE
STMARK, certifying each cover
n Official First Day Cover, which
never again be issued.

THE OFFICIAL U.S. COMMEMORATIVE POSTAGE STAMP—which is the basis for each 22kt gold replica.



Covers shown smaller than actual size.

T GOLD REPLICA. Not an ingot or a billion but an exact replica of a U.S. mmemorative Postage Stamp, struck on eaming surface of 22kt gold.

PROTECTIVELY ENCAPSULATED to guard against dust, scratches, and fingerprints. Each gold stamp replica is permanently sealed in the cover and set against a rich velvety background.

PERSONALIZED with your name and address, if desired.

Stamp Design ©1979 U.S. Postal Service.

E The stamps and replicas shown in this presentation are from past issues and are shown for illustrative purposes only. You will receive replicas of future U.S. Commemorative Stamps as they are issued.

s, the First Day of Issue stamps, the offi- postmarks, the display pages, the clear l pockets, and your personalized collec- s album. The value is all the more arkable when one notes that other ers bearing gold stamp replicas have n offered to collectors for more than e the price!



l striking is inspected to insure that it meets gh quality standards established for 22kt Replicas of United States Stamps.

No payment needed now.

You need send no money now. Simply return the application below before March 31, 1982. As a subscriber, you can expect to receive your covers approximately 8 to 10 times each year, depending on the Postal Service's schedule of new commemorative releases, with 3 covers per shipment. You will be billed with each shipment.

Join us for this magnificent philatelic tribute to the greatness of America—a collection that surpasses anything previously seen. A collection that you and your family will treasure for untold generations to come!

Subscription Application

22kt Gold Replicas of United States Stamps

0843

Postal Commemorative Society
47 Richards Avenue
Norwalk, Conn. 06857

Guaranteed acceptance at the price quoted herein only if postmarked by March 31, 1982.

Please enroll me as a subscriber to **22kt Gold Replicas of United States Stamps.** I will receive a gold stamp replica for each and every new U.S. Commemorative Stamp. I can expect to receive my gold stamp replicas approximately 8 to 10 times each year (depending on the U.S. Postal Service's schedule of new commemorative stamp releases), in sets of three each.

I will be billed $5.50 (plus $.50 shipping and handling) for each gold stamp replica. I will be billed as each shipment is sent to me. A custom collector's album will be sent to me at no additional charge. I understand that either party may cancel this subscription agreement at any time.

☐ As a convenience, I prefer to have my 22kt Gold Stamp Replicas charged, at the time of shipment, to my ☐ MasterCard ☐ VISA

Credit Card Number _____ Expiration Date _____

I would like my covers:
☐ unaddressed, or ☐ personalized exactly as shown at right.

Mr./Mrs./Miss _____

Address _____

City _____

State _____ Zip _____

Signature _____

Allow 10 to 12 weeks for shipment of initial set.

continued from page 54

Super-simple crafts

Dry, then varnish. Attach board to wall.

TORN-PAPER MASTERPIECES, page 43

Materials: Origami and other high-quality, fadeless papers; mat boards; frames.

Instructions:

From a variety of papers, tear rectangles, squares, and circular shapes to make simple floral, fruit, or abstract compositions.

Glue torn shapes to background, mount behind mat board; frame.

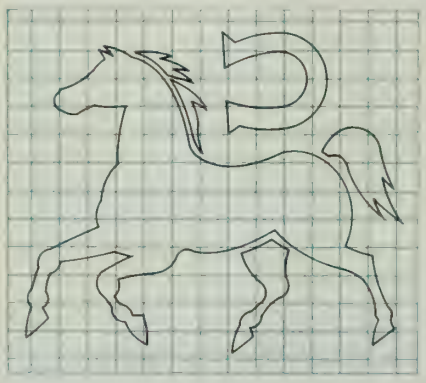
SPRUCED-UP ARMY BLANKET, page 43

To order a stencil kit, including a pattern and materials, see page 124.

Materials: Blanket; stencil paper; single-edge razor blade; acrylic paint; stencil brush; masking tape.

Instructions:

Enlarge pattern, *below,* transfer to stencil paper, and cut out with razor.



1 square = 1 inch

Tape stencil in position on blanket. Gently dab paint onto blanket with brush in an up-and-down motion. Reposition stencil and paint until corners and borders are complete.

QUICK NEEDLEPOINT CARDS, page 43

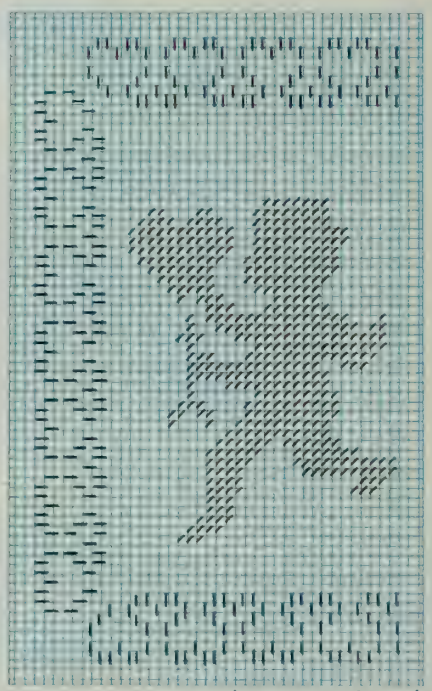
To order a kit, including materials and graph for 3 cards, see page 124.

Materials (for one): 6x8 inches of no. 14 count needlepoint canvas; white and red pearl cotton; no. 18 tapestry needle; card stock; red foil paper.

Instructions:

Following the graph, *below,* stitch cupid in white and heart in red, using diagonal tent stitch. Work borders in white bargello stitches.

Mount canvas to red foil rectangle. Then place this behind an opening cut into card stock (see photo).

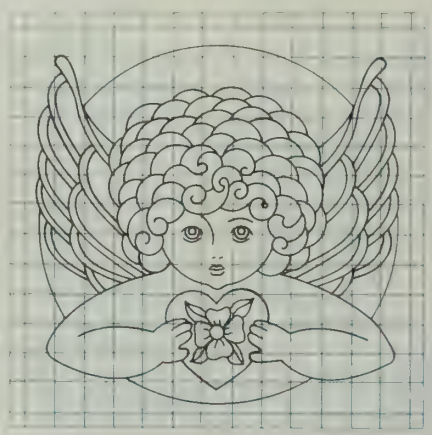


1 square = 1 mesh

OUTLINE-STITCH CUPID PILLOWS, page 44

To order a pillow kit, see page 124.

Materials: ½ yd. of ecru medium-weight fabric; embroidery thread; fabric and lace for ruffles; fiberfill.



1 square = 1 inch

Instructions:

Enlarge pattern, *above,* and transfer it to a 14x14-inch piece of fabric with dressmaker's carbon.

Embroider lines with outline stitches in your choice of floss or gold thread.

Sew ruffling to pillow front (right sides facing) using a half-inch seam allowance. Cut back to match front. Sew back to front, leaving an opening. Turn, stuff, and sew opening closed.

3-D WRAPPING PAPER PICTURES, page 44

Materials: Wrapping paper (4 copies of each design); cardboard for background; clear silicone cement; decoupage or 3-D glaze; glaze thinner.

Instructions:

From wrapping paper, cut 3 motifs, separating the design elements and cutting away the backgrounds. Leave the fourth design uncut.

To begin, glue the uncut design to cardboard cut to the same size as the print. Dab small globules of clear silicone cement on the motif (see the how-to photo). Position corresponding segments of the second print atop the globules. Dry, then repeat the procedure twice, stacking motifs.

For a rounded look, roll edges of leaves and flower petals around a pencil, curling them slightly before setting them on the glue.

When design is complete, brush on decoupage glaze (thin if necessary). Frame appropriately.

STICKER-QUICK DECOUPAGE, page 45

Materials: Copper discs (oval or circular) or metal buckle forms (available in craft supply stores); flat white enamel; clear polyurethane or acrylic finish; decals, flowers clipped from wrapping paper, or paper seals; white glue; sandpaper; gold leaf paint; pin backs; paintbrushes; epoxy cement; belt; card stock; paper doilies.

Instructions:

Paint discs or buckle forms with 3 coats of white paint. When paint is dry, seal with polyurethane.

Center decals or paper seals on surfaces, adhering with a thin coat of white glue. Clip into edges of decal or seal to make it lie flat on a curved surface, if necessary.

Coat surfaces with 5 coats of polyurethane. Sand lightly with fine sandpaper. Paint a gold leaf edge around stickers, coat surfaces again with clear polyurethane.

With epoxy glue, cement pin backs to discs. Stitch leather belt through buckle shanks.

For cards, apply decals and paper seals to paper doily cutouts; fasten to foil-covered card stock.

continued on page 63

SHARP® INTRODUCES AN OVEN WITHIN AN OVEN WITHIN AN OVEN.



AS A MICROWAVE OVEN, it's better for fish, vegetables, lasagna and frozen foods. It cooks so quickly, they taste fresh, flavorful and never dried out. And Sharp's exclusive Carousel® turns the food so you don't have to. Which means you won't have to worry about being a microwave oven attendant. Or about "hot and cold spots" that can give you unevenly cooked food.

AS A CONVECTION OVEN, it's better for bread, cakes, pastries and pies. It circulates the air to cook faster than conventional ovens. And this constantly moving air surrounds the food, quickly heats the outer portions and seals in the natural juices. Food tastes more flavorful and looks as good as it tastes. Because Sharp's convection oven browns and crisps easy as pie. Whether it's an apple pie with golden-brown crust, or a crisp pizza, Sharp makes the convection oven a perfection oven.

IN COMBINATION, it roasts and bakes to perfection. And Sharp's microcomputer lets you program microwave, convection, or combination cooking at the touch of a button. See Sharp's C.C.M., Carousel Convection Microwave (Model R-8320) at Sharp dealers. Sharp Electronics Corporation, 10 Sharp Plaza, Paramus, N.J. 07652

SHARP®

FROM SHARP MINDS COME SHARP PRODUCTS.

© Lorillard U.S.A. 1981



5 mg. "tar", 0.4 mg. nicotine av. per cigarette, FTC Report May 1981.

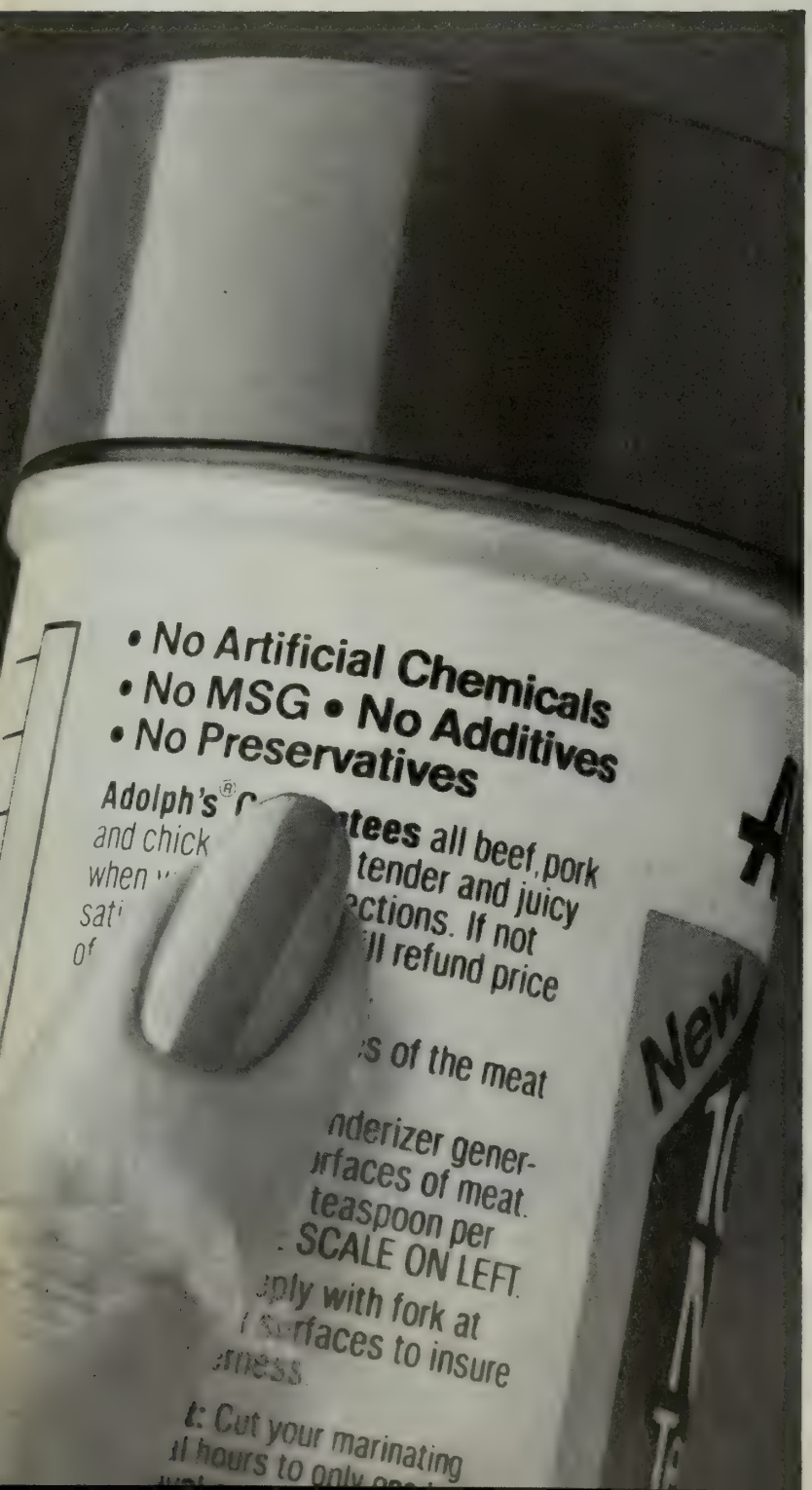
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



You found it.

Be it ever so low in tar...
there's no place like True.

It's here! 100% Natural Meat Tenderizer. No ifs, ands or additives.



Adolph's has found a way to make a 100% natural tenderizer. It's a totally natural, easy way to make sure that every meat dish you cook turns out tender and juicy every time.

You don't need artificial chemicals to make meat tender.

You see, there is a completely natural substance–called papain–that's found only in papaya melons. And papain not only makes meats more tender, it also helps them retain their tasty juices as they cook.

We've taken that natural ingredient, and finding a way to put it into a handy shaker jar, we have produced a tenderizer that is 100% natural. It has absolutely no artificial chemicals, preservatives, additives or MSG. So you can feel good about using is as often as you like.

How to get revenge on exorbitant meat prices.

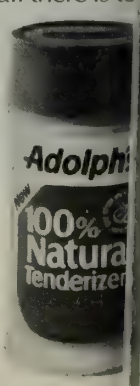
With meat prices being so high, you can actually fit more meat meals into your budget when you use Adolph's® 100% natural tenderizer.

Because you can buy those less expensive cuts such as bottom round and chuck, and benef three ways. First, you can save money. Secondly, those meats give you *more protein* and *less fat* than the more expensive cuts. And when you use Adolph's, those cuts will taste as tender and juicy as the more expensive cuts.

Feel free to use Adolph's on everything.

You can use Adolph's on all your beef, chick and pork dishes. All you do is shake it on generously all over the meat (label marks will help you use the right amount) and pierce the meat severa times with a fork. Then cook. That's all there is to

If you have any questions about using Adolph's, you can always call us toll-free at 1-800-243-5804.*



Adolph's has the natural solution to your meat preparation problems.

Adolph's guarantees that from now on, the beef, pork or chicken dishes you serve to your family will be 100% naturally tender and juicy every single time.

*In Connecticut call 1-800-852-8558.

continued from page 58

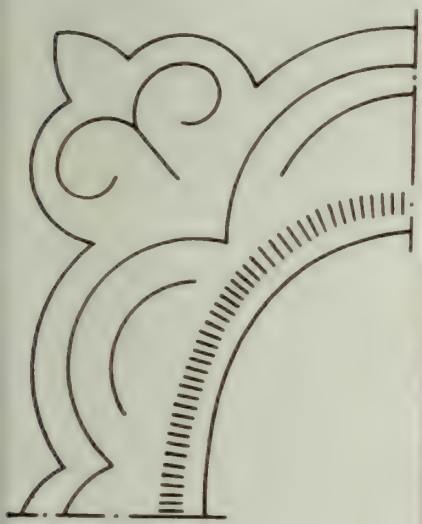
Super-simple crafts

PSEUDO SILVER FRAMES, page 44

Materials: Foam core board (available in art supply stores); silver paint; small metal beads.

Instructions:

Trace frames from patterns, *below*. To make a full pattern, fold a sheet of paper in half and in half again, cut around design, and open out.





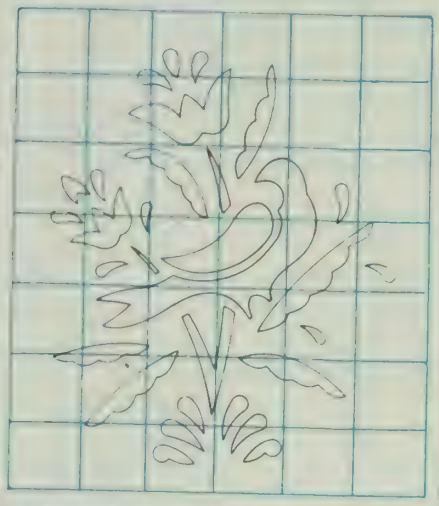
Cut the frames from foam core board. Indent design lines with a nut pick or ball-point pen. Glue metal beads to frames. Paint the frame edges to fill air pockets; spray the dry frames with silver paint.



STENCILED HURRICANE SHADES, page 45

To order Americana precut stencils for the shades, see page 124.

Materials: Glass hurricane shade; stencil paper; tape; razor blade; Japan paint in colors of your choice; brush.





1 square = 1 inch

Instructions:

Enlarge designs, *below left*, onto stencil paper. Cut out shapes with a razor blade.

Position the stencil. Keep it in place with masking tape unless tape will mar surface you are stenciling.

Squeeze a small amount of paint onto a paper plate (scoop Japan paint with plastic spoon). Dip the tip of the stencil brush into paint and remove excess by dabbing the bristles on some newspaper. Work with a rather dry brush; excess paint will run under the stencil and result in a messy design.

Hold the brush perpendicular to the stencil and apply paint to the glass shade with an up-and-down dabbing motion. When the stencil openings for one color have been evenly coated with paint, allow it to dry. Apply second coat and let it dry.

Carefully lift the stencil straight up. Reposition the stencil for the next color. Paint two coats as for first color. Repeat procedure until all openings for stencil have been filled. Clean brush with turpentine.

PAINT-"EMBROIDERED" BLOUSE, page 45

For free instructions including a full-size pattern, see page 124.

To design your own blouse, adapt a floral design from a folk-embroidery design source. Using a commercial pattern, purchase ecru fabric according to pattern listing, three yards of ¼-inch-wide blue grosgrain ribbon, thread, and Vogart liquid embroidery pens in desired colors.

Cut the blouse from ecru fabric; lay the bodice, cuffs, and sleeves on a flat surface. Slip your drawings under the fabric, positioning the designs as desired. With a pencil, trace the designs onto the right bodice, cuff, and sleeve. Then reverse the designs for the left bodice, cuff, and sleeve.

Fill in designs with Vogart pens; sew blouse, using pattern instructions. Attach ribbon trims to tie collar and cuffs.

DESIGNER CREDITS

Pages 40-41: Paper and ink samplers—Laura Holtorf. Braided rug—Sara Jane Treinen. No-stitch felt screen—Rebecca Jerdee. Painted apron and place mats—Mimi Shimmin. Child's vest—Bonnie Schermerhorn.

Pages 42-43: Stenciled sweatshirts—Jerdee. Decal tiles—Katie Ragsdale. Torn-paper art—Gary Boling, Adam and Rebecca Jerdee. Stenciled army blanket, quick needlepoint cards—Stencil Magic.

Pages 44-45: 3-D wrapping paper pictures—Lilian Silberman. Cupid pillows—impressions. Silver frames—Linda Emmerson. Stenciled shades—Stencil Magic. Pins, buckles, cards—Ciba Vaughan for Hearts and Minds Designs. Painted blouse—Vogart Craft Corp.

Step by Step to a Laminate Tub Enclosure

Plastic laminate has long been used in kitchens, but now it's becoming popular in bathrooms, too. One ideal place to use it in your bath is around the tub. Laminate enclosures are easy to clean, require little maintenance, and are available in many colors.

You can order a tub enclosure kit by mail, or have a local remodeling contractor get the kit for you. When it arrives, unpack the enclosure carefully, set it upright, and wait 24 hours. Then recruit someone to help you hold the enclosure in place while you check to see how well the laminate fits along the top of the tub. If the sheet doesn't meet the tub evenly all around, you'll have to do some trimming. Level the top of the enclosure, and mark the cut line along the bottom of the sheet while your assistant holds it in place. Remove the enclosure and trim the excess with a block plane, then push the enclosure back in to see if any more trimming is needed.

Check to see if the sides need trimming, too. They should end at the point where the tub starts to round off. Use a straightedge to mark the excess and trim it away with a saber saw with a fine-tooth metal cutting blade or a block plane. Mark the spots for the faucets and shower head, too, and cut the holes with a ¾-inch hole saw.

Get the mastic ready

Now you're ready to glue the enclosure in place. While your assistant holds the laminate snugly against the wall, draw lines on the wall to indicate the top and sides of the enclosure. Spread mastic inside the lines with a notched trowel, following the directions on the can. You'll need a little over a gallon of mastic to cover the area.

Then take two pieces of cove molding (six-inch lengths are provided with the kit) and stick one into the top of each back corner. Position the molding ⅛ inch below the line drawn on the wall, and dab more mastic on the molding. The molding will help fill the void between the back corners and the tub enclosure.

Position the enclosure and press the corners in place. Make sure the bottom of the sheet is in proper position along the top of the tub. Then roll or press the enclosure firmly into the mastic to within an inch of the edges.

Quickly slip the plastic cap trim molding supplied with the kit over the edges of the enclosure. Make V-cuts in the molding at the two outside corners to form miters. Then roll the whole enclosure firmly to the wall.

Cover and seal the top of the cove molding in the back corners with the caulk provided in the kit or with top-quality paintable acrylic latex caulk. Run a bead of caulk along the edges of the enclosure and between the bottom of the enclosure and the top of the tub. Your new tub enclosure will be ready to use as soon as the caulk dries.

Buying information, page 122

Fostoria
THE CRYSTAL FOR AMERICA

Crystal Lotus Candleholders
For votive or taper candles.

Valued at $12.50 per pair

NOW a great value $7.95 per pair



2⅜" high.
(candles not included.)

The lotus flower has long been a favorite subject of artists everywhere. Now Fostoria has captured its delicate beauty in crystal for all time. Exquisitely shaped with sculpted, frosted petals, this matched pair of lotus candleholders will make a beautiful addition to your home and a beautiful gift as well. An outstanding value at $7.95 per pair, it's an even better value at two pair for $14.95. Order yours today.

Your order has a money-back guarantee. If you have problems with delivery or are not completely satisfied with your order, please let us know. Write: Sally Clark c/o Fostoria Glass Company, Moundsville, W. Va. 26041.

CLIP THIS COUPON AND ORDER TODAY

Mail this coupon to: Fosdick Corporation/Lotus Candleholder Offer
P.O. Box 3104, Wallingford, Connecticut 06492

Send me _____ pairs of Lotus Candleholders @ $7.95 plus 50¢ handling and postage (two pair at $14.95 plus $1.00 handling and postage). Conn. residents add 7½% sales tax. Enclosed is my check or Money Order for $ _____.

Name _____
Address _____
City _____
State _____ Zip _____



Glorious values! Sheets and comforters in fresh, natural hues.

Sears entire regular stock of sheets and comforters is now on sale. Special purchase items also available.

Welcome to Sears Big, Bold White Sale! Choose from hundreds of items at reduced prices. Shop now and brighten up bed, kitchen and bath. Save on a fresh assortment of percale and muslin sheets in soft solids or flowering prints. They're all PERMA-PREST® fabric—smooth polyester and cotton blends that never need ironing when tumble dried.

1. Save 38% on twin size Harmony percale sheets

A crisp, cool blend of polyester and cotton. Versatile solids—beautiful by themselves or coordinate with floral prints. Reg. $6.49. $3.99 twin

2. Save $10 on coordinating Harmony twin size comforters

Accent your Harmony sheets with this easy-care comforter. Machine wash and tumble dry. Diamond stitch quilting pattern helps keep soft fill from shifting. Reg. $29.99. $19.99 twin

3. Save 58% on Hampton Flower twin size muslin sheets

Bring a touch of nature to your bedroom with this delightful floral pattern. Reg. $5.99. $2.49 twin

4. Save $4 on Sears Daisy twin size print percale sheets

Fresh cut daisies on a field of snowy white decorate these cheerful sheets of polyester and cotton percale. Reg. $6.99. $2.99 twin

5. Save $6 on coordinating Daisy twin size comforter

Easy-care, reversible comforter is a perfect match for your Daisy print percales. Machine wash and tumble dry. Reg. $29.99. $23.99 twin

All other sizes of these sheets and comforters are on sale, too

Minimum savings nationally.
Prices and dates may vary in Alaska and Hawaii.
Available in most larger Sears retail stores.

You can count on

Sears

©Sears, Roebuck and Co. 1981

up color during

Sears big bold

WHITE SALE

Dec. 26, 1981-Jan. 23, 1982

A bold burst of savings!

Sears entire regular stock of sheets and comforters is now on sale. Special purchase items also available.

1. Save 37% on Sears twin size Colormate piped percale sheets

Soft, pretty and practical—percale sheets with hems double-piped in contrasting colors. The PERMA-PREST® fabric is blended of polyester and cotton. Just machine wash and tumble dry—there's no ironing needed. Reg. $7.99. $4.99 twin

2. Save $15 on coordinating Colormate twin size percale comforters

This reversible comforter is a perfect coordinate with your Colormate piped sheets. The dark solid color on one side reverses to a solid light. Easy care, too. Machine wash—tumble dry. Reg. $39.99. $24.99 twin

3. Save 33% on twin size Plaid percale sheets

Bold window-pane patterned plaid. Choose chocolate or navy blue. Easy-care, polyester and cotton PERMA-PREST® fabric. Reg. $8.99. $5.99 twin

All other sizes of these sheets and comforters are on sale, too





ake up to savings! Diane Von Furstenberg signs—only at Sears.

ve 30% on classic Eternal twin size print percales

Von Furstenberg's elegant
n of flowers is displayed on a
round of soft light beige. These
ful sheets are easy-care poly-
nd cotton—PERMA-PREST® fabric,
eg. $9.99. $6.99 twin

**ve $10 on coordinating
al Tree twin size
orter**

xclusive designer pattern
s to a pretty beige. This plump puff comforter is also machine washable. Reg. $49.99. $39.99 twin

6. Save 20% on twin size Lily print percale sheets

Freshen up your bedroom with these softly-colored designer originals. PERMA-PREST® polyester and cotton blend fabric never needs ironing when tumble dried. Reg. $9.99. $7.99 twin

7. Save $10 on coordinating twin size Lily comforter

Bold abstract lily design reverses to a pure solid white. Machine washes and dries beautifully. Reg. $49.99. $39.99 twin

All other sizes of these sheets and comforters are on sale, too

Minimum savings nationally.
Prices and dates may vary in Alaska and Hawaii.
Available in most larger Sears retail stores.

You can count on Sears

© Sears, Roebuck and Co. 1981



Everything's coming up color during

Sears big bold WHITE SALE

Dec. 26, 1981-Jan. 23, 1982

Quality buys from Sears Colorburst Collection. Splashes of colo to brighten your bath.

All Sears bath towels now on sale

1. Save 30% on naturally absorbent Colorburst bath towels

100% cotton makes these towels super soft. Thirsty terry loops on both sides for thickness and absorbency. The hefty 25 by 50-inch bath size lets you wrap yourself in comfort. Match them up with coordinating ensemble pieces from our Colorburst Bath Collection. All on sale now.

Reg. $6.99. $4.89 bath size



ıve 37% on our plush
ırburst bathroom rugs

most popular bath rugs in
ous 100% DuPont nylon plush
vailable in a brilliant array of
ator colors that stay looking new
after wash. Reg. $7.99. $4.99

24 x 36-inch size

$15 on Colorburst
room carpeting, too

/ 6 ft. size, regularly $39.99—
now only $24.99. Other sizes also on sale. And the colorful values don't stop there. You also save on Colorburst contour rugs, tank and lid covers.

3. Save $6 on coordinating Colorburst 6-piece shower curtain set

Light and airy semi-sheer batiste fabric. Machine washable shower curtain and valance trimmed with soft, billowy ruffles. Matching vinyl liner is treated with SANI-GARD to prolong freshness—and wipes clean with a damp cloth. Reg. $22.99. $16.99

Minimum savings nationally. Prices and dates may vary in Alaska and Hawaii.
Available in most larger Sears retail stores.

You can count on Sears

©Sears, Roebuck and Co. 1981







up color during

Sears big bold WHITE SALE

Dec. 26, 1981–Jan. 23, 1982

Outstanding values to make your bath fresh as springtime all year long

All Sears bath towels now on sale

1. Save 33% on Colorcore Velour bath towels

Dress up your bath with these velvety soft towels. Luxurious velour on one side—absorbent cotton loops on the other. 25 by 45-inch bath size. Choose from a rainbow of glorious colors, all beautifully sale priced.
Reg. $5.99. $3.99 bath size

2. Save 33% on Daybreak terry bath towels

A thirsty blend of 90% cotton and 10% polyester for soft absorbency. 22 by 42-inch bath size. In a great selection of solid colors.
Reg. $2.99. $1.99 bath size

All other sizes and colors of these towels are on sale, too.

3. Save 28% on Sears Matchmate shower curtain

Use this dual-purpose vinyl shower curtain alone or as a liner for fabric curtains. Three sealed magnets hold curtain to tub. Reg. $6.99. $4.99

4. Save 23% on Raschel fabr shower curtain

Add a touch of class to your bath w this machine washable, open weav shower curtain. Matching vinyl line wipes clean with a damp cloth.
Reg. $12.99. $9.99





ck up on these sensational values from Sears

entire regular stock of ows is now on sale

s luxurious satin look —special purchase!†

Hollofil* II polyester fill treated for down-like soft- gant diamond design cover polyester. Comes in a variety $4.99 Std. Size

22% on Dacron II er pillow

h soft, fluffy Dacron* ll polyester. Designed to be genic and mothproof. and cotton cover. 9. $6.99 Std. Size

d DuPont trademark

7. Save 20% on feather pillow

Firm, natural-fill pillow with polyester and cotton cover. Comes in three sizes —all sale priced. Reg. $14.99. $11.99 Std. Size

8. Save 25% on fitted polyester mattress pad

PERMA-PREST* Dura-Puff polyester fill won't shift. Top and skirt of 50% cotton and 50% polyester. Other sizes also on sale. Reg. $11.99. $8.99 twin

9. Save 23% on Inheritance tablecloths

Smoothly woven blend of polyester and cotton. Treated with a special soil-release finish—most oily and greasy stains wash right out. Reg. $12.99. $9.99 (52 by 70-in. rect.)

10. Save 33% on Inheritance reversible placemats

Beautiful accents for any table. Mix and match with other Inheritance table coordinates—all machine washable. Reg. $2.99. $1.99 ea.

11. Save 25% on Inheritance ribbed kitchen towels

Soft, chenille-like ribbed terry. Choose from a fresh selection of solid colors. Reg. $1.99. $1.49 ea

†A special purchase, though not reduced, is an exceptional value.
Minimum savings nationally.
Prices and dates may vary in Alaska and Hawaii.
Available in most larger Sears retail stores.

You can count on Sears

©Sears, Roebuck and Co. 1981



up color during

Sears big bold WHITE SALE

Dec. 26, 1981-Jan. 23, 198

Warm up to these values from Sears

All other sizes of these blankets are on sale, too

1. Save 35% on Sears twin s Prelude automatic blanke

You can dial down your thermosta and still sleep warmly. This soft, co blanket has an easy-to-read lighte temperature control. Even at its hi est setting, it costs just pennies a n to operate. Blended of 80% polye and 20% acrylic. Machine wash— tumble dry. Reg. $34.99. $22.49

2. Save 30% on our Prelud twin size regular blanket

These 100% acrylic fiber blankets a softly brushed surface that's ge to the touch. Designed to be mot proof. Machine washable, too. Reg. $9.99. $6.99 twin

3. Save 25% on Sears twi Vel-lite blanket

Luxurious, cushiony blanket retai velvety quality without pilling or matting, wash after wash. Reg. $20.99. $15.74 twin

4. Colorful comforters— a special purchase!†

Choose from a great selection of and patterns—any size, twin thr king—only $19.99 while quanti last. Easy-care, machine washab polyester and cotton blend. (No solids and patterns available in stores.) $19.99 any size

†A special purchase, though not re is an exceptional value.

Minimum savings nationally. Prices and dates may vary in Alaska and Hawaii.

Available in most larger Sears retail

can count on Sears

© and Co 1981

AWARD-WINNING HOUSE

An Open Plan in Compact Space

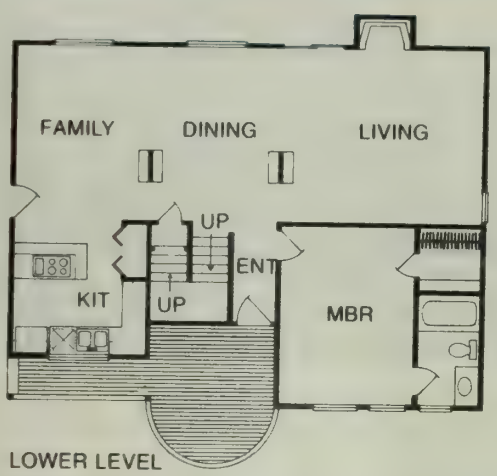
By David Haupert

If creative financing has made it possible for you to build a new house, this flexible little budget-stretcher may be just what you're looking for.

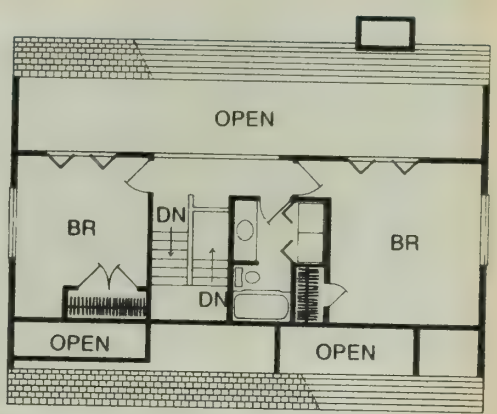
You can start out with the basic one-bedroom house, then add the garage and breezeway when your resources can handle them. And you even can leave the upstairs unfinished. That way, you finance only the space you need now.

Flexibility is just one of the reasons this design garnered the most votes in a contest sponsored by *Better Homes and Gardens*, the American Plywood Association, and *Progressive Architecture* magazine. Other strong points cited by the judges include the design's "simple lines, well-organized floor plan, exciting interior spaces, and adaptable energy system." Let's tour the plans of this 1,496-square-footer, then take a camera's-eye look at the actual spaces.





LOWER LEVEL



UPPER LEVEL

Photographs: Ross Chapple. Architect: Bobby B. Crump, Jr., AIA. Interiors: Jenny Fitch. Landscape designer: Dan Sears, Sears Design Group

AWARD-WINNING HOUSE



As you study the floor plans, you notice a large multipurpose room *(above)* spanning the entire back half of the house. Ideally, this space would face south to gain as much passive solar heat as the climate dictates. This model home was built by R. B. Fitch in Chapel Hill, North Carolina, where cooling is as great a need as heating; therefore, solar heat gain is minimal. For alternative designs that produce more heat, see page 77.

You can use that large space in a variety of ways; we chose to create three small vignettes. The section opening onto the kitchen *(opposite, top)* is the most active area—in this case, a family room. Next to it—and a bit







quieter—is the dining space. And at the other end *(bottom)* is the spot most distant from the activity center, the formal living area. Partial divider walls subtly separate the three sections of the 38x12-foot room. To gain more privacy, you could mount folding doors on the ends of the dividers or recess pocket doors into the walls.

The master bedroom suite *(see plans)* is tucked into the front corner of the house, just a few steps from the formal living area. This part of the house is buffered from the activity center by the stairwell and the entry hall. (In some family situations, that suite could be used to house visitors or a live-in grandparent or college student.)

Right inside the breezeway is the 12x11-foot kitchen *(above)*, complete with a wraparound breakfast bar that serves a family of four. Just steps away, behind those louvered doors at left, is a good-sized pantry.

Upstairs are two rooms and a bath. Depending on your circumstances, you can put those rooms to use if—and as—you need them. Here, the west room *(right)* is a hobby center. The cutout in the wall opens onto the upper reaches of the large multipurpose room and is critical to the proper flow of household air—in both the heating and ventilating modes. Of course, you can close the folding shutters occasionally when you want privacy. But should the person living in this room prefer a solid wall, you can create satisfactory airflow by installing large vents along the entire length of the wall—top and bottom. In warm weather, airflow is assisted by a sliding window under the arched glass.



Three Passive Solar Options



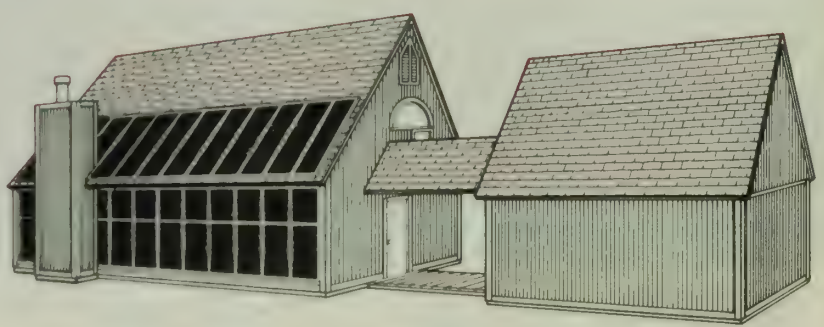
Winning architect Bobby Crump, Jr., designed a direct gain system for four different heating and cooling needs: maximum heat, moderate heat, minimal heat, and moderate cooling. *(See the three illustrations below.)* Our model home was built to represent the fourth category, in which cooling is the predominate requirement. Natural breezes enter windows in the south wall and swoop upward, pulling stale household air out through a row of operable vents cut into the roof.

In the northern tier of states, this home would need more heating capacity—mainly more south-facing glass and the right amount of thermal storage materials. To get the proper glass-to-storage ratio, start by hiring a solar consultant who's familiar with the eccentricities of your local climate. He or she will work with charts that indicate how many heating degree-days you have in your area. (A heating degree-day is calculated by determining the average temperature for each 24-hour period—and if the temperature is below 65 degrees, subtracting it from 65. A total figure is then derived for all 365 days in the year; this is a relative measure of your heating needs.) Another important factor to consider—again, available in chart form—is the amount of solar radiation that reaches your building site.

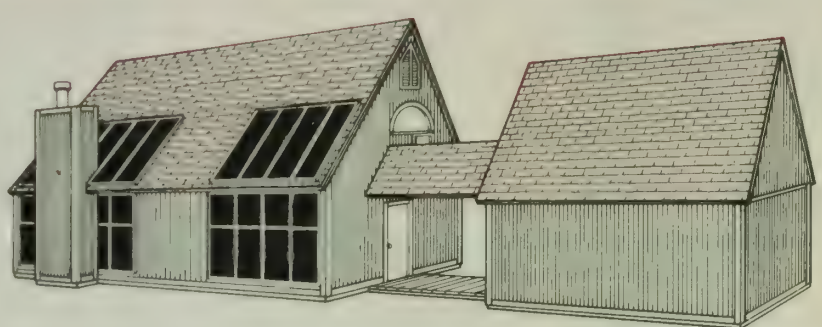
Using this and other information, your consultant can advise you which of the three heating modes on this page is closest to the ideal configuration for your site—*and* how and where to install the proper amount of storage capacity. You may decide to lay a masonry floor in the multipurpose room, recess water or special heat-storage compounds in the walls, add a belowground rock storage bin, or use a combination of these heat-absorbing methods.

There's also the possibility that your local consultant might want to install a Trombe wall, solar greenhouse, or some kind of hybrid system that works well in your area. There are a variety of good solar solutions for this house, and—hopefully—one of them will make your utility bills a lot more palatable.

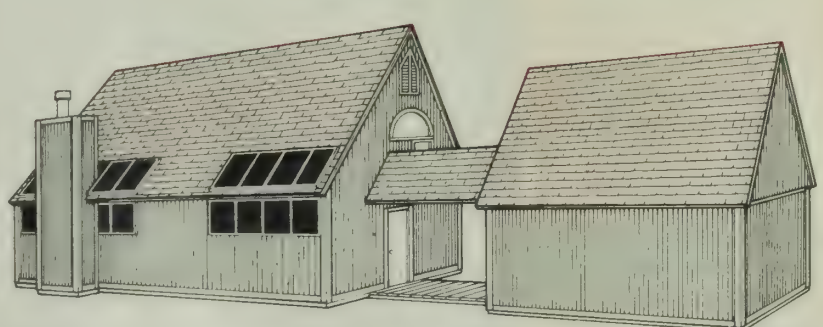
To order Plan No. 19938, see page 124.



Maximum heat gain



Moderate heat gain



Minimal heat gain

Illustration: Jim Dye



Photographs: Mike Dieter

QUICK & EASY DECORATING

Denise L. Caringer and Robert E. Dittmer

Maybe you've been putting it off . . . doing something about the trusty old sofa that's showing its age, the worn wallpaper in the kids' room, or the wobbly card table you use for bill paying. With a little paint, fabric, wallpaper, and wood, you can wake up a lackluster room, make things more comfortable—and banish the midwinter blahs. Here are some quick and easy ideas to get you started.

CREATE AN OFFICE

Anyone who's handy with a paintbrush and a saw can create an office like this *(above)*. First, old built-in shelves were turned into closed cabinets by adding rustic pine doors. Each door consists of three narrow pine boards nailed to two crosspieces. Simple exposed hinges and screw-in knobs make the rest of the job easy.

The desk—a familiar saw-horse-door combination—is hard to beat when you need a large work surface at a low price. To give the desk a slick uptown look, it was painted with bold and shiny red paint. The red ignited a patriotic color scheme that's carried out with a striped cotton dhurrie rug, red and white accessories, and new blue and white curtains at the windows.

CUSTOMIZE A CATALOG SLIPCOVER

Hiding a timeworn sofa is as easy as acquiring a new mail-order slipcover. But if you want a classy custom-made look and not just a camouflage, go a step further and add a pretty border like this *(right)*.

We started with a plain stretch slipcover, added a

simple gathered skirt and—*voilà!*—almost-instant "custom" upholstery. Since just a little fabric is needed, you can afford to splurge on something really special, like this French floral pattern hand-printed on cotton. The fabric picks up the soft sherbet tones in the rag rug. Pillows covered in a related fabric and dressed with their own matching borders tie the scheme together.

UPDATE AN OLD BATHROOM

There was nothing radically wrong with this bathroom *(below)* before its



redo, but old green tiles gave it a dull, dated look.

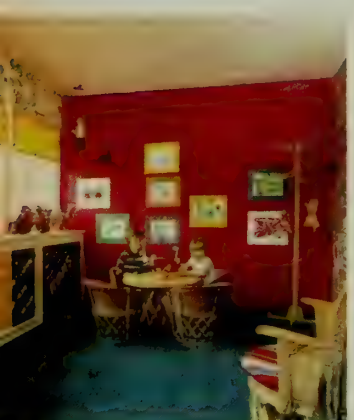
To brighten things up, the tiles around the tub were given a coat of crisp white epoxy paint. The rest of the tiles were replaced with inexpensive strips of precut "crating lumber," painted a subtle gray. A framed poster adds dramatic color, while the nearby wall-mounted mirror answers shaving needs.

Buying information, page 122

SET THE MOOD WITH ACCESSORIES

Perking up a pallid room can be a snap when you use a few colorful accessories and a fresh paint hue.

In this room *(right)*, the basic seating pieces were well styled and still fairly new, but the overall scheme was bland. To liven things up, we replaced old side chairs and tables with curvaceous new pieces in dusty shades of blue, green, and pink. To emphasize the pastel scheme, we painted one wall a soft shade of blue.



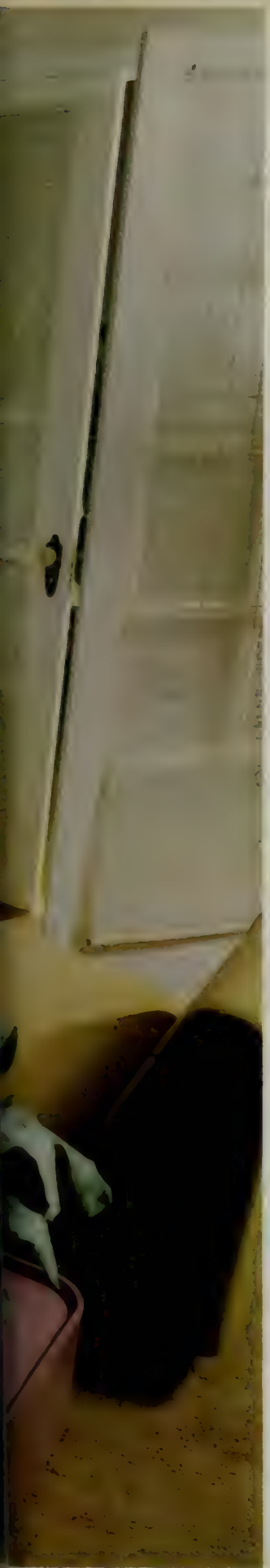
Photograph: Tom Miyasaki. Design: Lorri Anderson, ASID, and Cheryl Hillbrook. Field editor: Sharon Haven

MAKE A KIDS' ART GALLERY

Every parent knows that kids love to display their own ever-changing array of artwork and mementos. Padding a wall like this *(above)* can provide a no-fuss gallery where kids can pin up their masterpieces without making the walls look like Swiss cheese.

At the same time, the cover-up can add color and disguise cracked or damaged surfaces.

Best of all, padding a wall is easy to do. Just fasten





Photographs: Mike Dieter

QUICK & EASY

DECORATING

wide lengths of either cotton or polyester batting to the wall with a staple gun. Then cut fabric pieces about as wide as the padding and staple them to the wall over the batting. (The fabric shown is heavy-duty cotton, but you could use any firmly woven material that won't stretch or show pin marks readily.)

To hide the seams, add lengths of welting or other attractive trim.

COZY UP A BEDROOM WITH SHEETS

Even if you're all thumbs with a needle and thread, you can duplicate this softly shirred wall treatment *(above)*. All it takes is a few straight seams. Just stitch wide pockets into the tops and bottoms of sheets that have been cut to the desired length, then gather the fabric onto two-inch-wide strips of wood. Use small finishing nails to tack fabric and wood to the wall in one easy step.

Now for a *really* easy project: A frumpy old table was turned into a fancy dressing table by adding a stunning cover-up. The rich brown felt that drapes the table is embellished with glued-on flowers cut from sheet remnants.

Buying information, page 122



Photograph: Fred Lyon. Design: Susan and Paul Eisenberg of Poppy Fabrics. Field editor: Barbara Cathcart



QUICK & EASY

DECORATING

BRIGHTEN A BORING ROOM

This sewing room *(above)* used to be boring, with washed-out colors and dull old linoleum. To liven things up, the floor was energized with red deck paint.

Then fabric was called on for spirited pattern. One piece was stapled to a wood frame to create a wall hanging, and a piece of vinyl-coated fabric was draped over the table. Then a fabric Roman shade was added. **(Instructions, page 114)**

ADD PUNCH WITH WALLPAPER

Coordinated wallpaper and fabric patterns made short work of this overhaul *(right)*. First, the old strippable wallpaper was removed and the walls were painted. Then the border was applied at dado height with the grid pattern below. The bed dressings are from a coordinating fabric. To make the cover, stitch two pieces of fabric together on three sides to form a bag. Close the fourth side with grommets and shoelaces. **(Bed skirt how-to, page 113)**

GET OLD-TIME CHARM WITH MOLDING

Adding old-time charm to a modern-day room isn't as tough as you might think.

Here *(below)* it's accomplished with old-fashioned molding made from standard lumber and one section of fancy sculptured molding from a do-it-yourself home center.

Examine the close-up, and you'll see how the molding is put together. An ordinary 1x6-inch board is nailed up about an inch from the ceiling. Next comes a 1x2½, which is fitted flush with the





ceiling and nailed to the 1x6. Below this is the ornate wood piece. Nail ¾-inch cove molding to the bottom and two-inch cove molding to the top. Then paint or stain.

Buying information, page 122

Photographs. Mike Dieter

WORKING AT HOME IN *Style*

Even if your house has no space to spare, your home office need not be limited to a kitchen counter and some shoe-box storage. With a little planning, you can fit a convenient work surface plus storage into almost any area. For ideas, take a look at these four handsome work centers.

By Karol Brookhouser

Why not put your guest bedroom to work full time by incorporating a stylish study spot like this one, *top,* into the room scheme? Here a desk was constructed by simply resting a glass top on custom-made bamboo sawhorse legs. (You also could use ready-made wooden or metal sawhorses from a lumberyard or a department store.) Besides serving for paper work, the desk can act as a dressing table or as a casual dining spot.

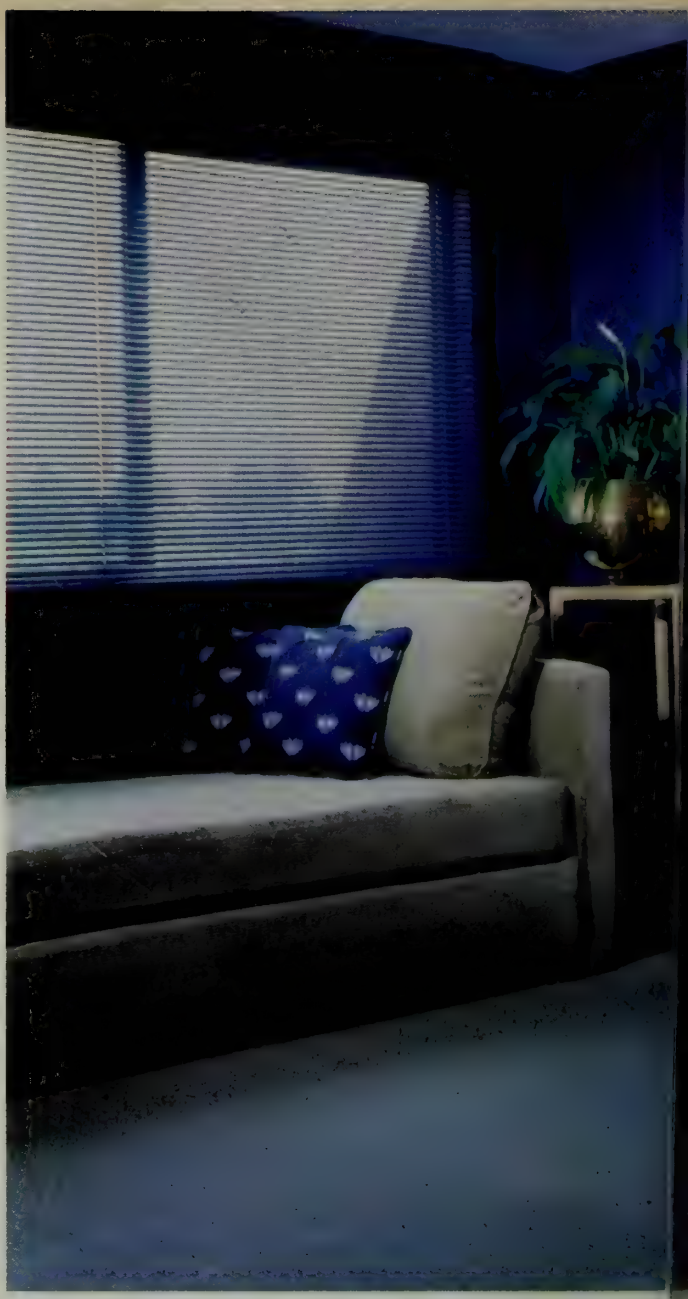
Instead of a regular desk chair, there's a comfortable and good-looking side chair. A portable lamp brightens the work surface, and wall-mounted shelves corral reference books. Opposite the desk is a daybed that does double duty as a daytime lounger and a sleep spot.

You even can integrate a professional eight-to-five office into a home living area if you think dual-purpose. This workaday office of an interior designer, *bottom near right,* moonlights as a family sitting/dining spot.

The custom-made Parsons-style table provides a large work surface during the day, then doubles as a dining table or buffet at night. Casters make the table easy to move around, and its white laminate surface needs little care.

The handsome wicker chairs can be used either at the Parsons table or in a small sitting area in front of the table.

A second work surface along the wall was made by placing a laminate-covered board on two white-painted file cabinets. Built-in wall units around the work surface add both open display space and storage.





Photograph: Mike Dieler; Design: Sharon Schneckenberg, Plano, Texas; Photographer: Jim Hedrich



Photograph: Ross Chapple. Design: Don Bailey, Jesse Benesch & Associates. Field editor: Eileen A. Deymier

An odd-shaped area like this oversized stair landing, *bottom center,* is often dismissed as unusable space. But it may be just the place for a handy desk area.

Here a dual-sided desk and storage unit turn the awkward space into a study center for two teen-agers. The adjacent work surfaces are separated by a cork-covered partition that also provides pin-up space for the kids' mementos. Books, school gear, and collectibles are stored in the numerous drawers and on wall-mounted shelves.

The sleek office-type chairs have adjustable seats and backs, plus casters for easy mobility. And to provide well-balanced lighting, flex-arm incandescent lamps are combined with fluorescent tubes recessed into the top of the partition.

This combination desk/sitting area, *bottom right,* used to be labeled a "breakfast nook." But the homeowners changed its role to make better use of the small space they had. By bending the rules a bit and using a unique mix of furnishings, they equipped the 8x9-foot area to serve multiple functions throughout the day.

An antique secretary provides storage and a flip-down work surface in minimum floor space. In place of a bulky desk chair, there's a small wicker stool that can be pulled up for paper work, then stored beside the desk. And a bright yellow upholstered chair and matching ottoman add feet-up comfort for reading or relaxing with a morning cup of coffee.

Buying information, page 122





Photograph: Fred Lyon. Design: Marlene Grant, ASID. Field editor: Barbara Cathcart



High-Style Table Linens From Low-Cost Towels

By Margaret McMahon and Stacey Smith

Chances are your linen closet holds stacks of special hand towels that you only place in the powder room when guests are coming. With a little ingenuity, you can transform some of your show-off towels into a variety of attractive linens. A few stitches here, a hand-painted decoration there, and you'll soon have an imaginative array of place mats, napkins, and runners. (If you don't have a supply of fancy towels on hand, you often can buy them for a song at tag sales.)









Far left: Some towels are just right for place mats as is, but what if the towel you like is too small? Just stitch eyelet and lace to the sides, top, and bottom.

Top: To make a plain white hand towel look company special, simply embellish it with white and ecru lace as we've done.

Middle: With nothing added, showy towels like these can serve handsomely as napkins and mats. Just be sure that your towels' proportions suit your dinnerware's, and that the colors are complementary.

Bottom: With a little fabric paint, you can enliven a white embossed towel. It's easy; just fill in the embossed design of the towel with paint.

Far left: Design by Ciba Vaughan. Dinnerware "Trapnell"—Spode. Flatware "Palazzo"— Gorham. *Top:* Design by Ciba Vaughan. Crystal—Kosta Boda. *Middle:* Dinnerware "Morning Blossom" —Lenox. *Bottom:* Design by Pam Stoessell. Candlestick —Fostoria. Photographs: Harry Hartman.

Buying information, page 122

HOME-COOKED MEALS IN SHORT-ORDER TIME

Chances are you don't need to be sold on the wholesomeness and goodness of homemade meals. Where you probably need help is finding the time to prepare them. If that's the case, you've come to the right place. The following pages are filled with beat-the-clock techniques, dinner ideas, and recipes. On page 96 is a collection of hints to cut your kitchen time even more.

By Rosemary Hutchinson

FIX A TWO-FOR-ONE DINNER

Double-batch cooking is nothing new, but the timesaving principle behind it is still valid. You make two batches of a recipe in nearly the same time it takes to make one. Cheese rarebit fans will rave about *Shrimp in Cheddar Sauce (left)*. Freeze half of the shrimp-and-vegetable sauce; serve the rest tonight in crispy patty shells. Ground pork, ham, and a bouquet of herbs star in *Cranberry-Pork Loaf (right)*. Freeze one loaf and half of the spunky cranberry-chili sauce for a no-fuss dinner later.



Photographs: Maselli/Sanders. Food Stylist: Bonnie Rabert

PLAN A HEAD-START ENTRÉE

Believe it or not, you can turn leftovers into mouth-watering meals and save time all at once. Plan to cook an extra amount when you prepare the first meal so you can use the surplus food as the basis for a second meal.

To test out the idea, try our peanutty *Zucchini-Bulgur Stir-Fry (left)*. It includes extra bulgur and vegetables so you can stir up a completely different main dish—*Sausage-Bulgur Soup (right)*—tomorrow or the next night in under 30 minutes.

Recipes begin on page 98. Buying information, page 122



BUILD ON A FROZEN BASE

One smart way to cut down on dinnertime hassle is to capitalize on your freezer. During your less hectic hours, mix up *Frozen Meat Base,* featuring round steak, onion, green pepper, carrot, and green beans. Stash this versatile concoction in your freezer (the base keeps up to several months). Then whenever you're faced with a time bind, the base can give you a head start on meal-makers like these.

Blend applesauce and poultry seasoning into the *Frozen Meat Base* for *Applesauce-Beef Pie (left).* Or add taco sauce, corn, ripe olives, coriander, and taco chips to the *Frozen Meat Base* to produce *Tortilla-Beef Casserole (right).* It has all the flavor of a long-simmering Mexican stew but goes together in less than an hour.

For another delicious spin-off meal, see page 100.



START WITH A HOMEMADE MIX

On those days when "What's-for-dinner?" needs an answer lickety-split, turn to a do-it-yourself convenience mix. Our version, *Onion-Mushroom Rice Mix*, is as easy as stirring together uncooked rice, dry soup mix, parsley, and basil. When you embellish the rice mix with broccoli and add a Muenster cheese topping, you have *Easy Broccoli Eggs (left)*, an elegant meatless entrée. Prepare the mix pilaf-style to create *Pecan-Pork Chop Casserole (right)*. You can pop this one-step casserole right into the oven without browning the chops. For another rice-mix-based main dish, see page 103.

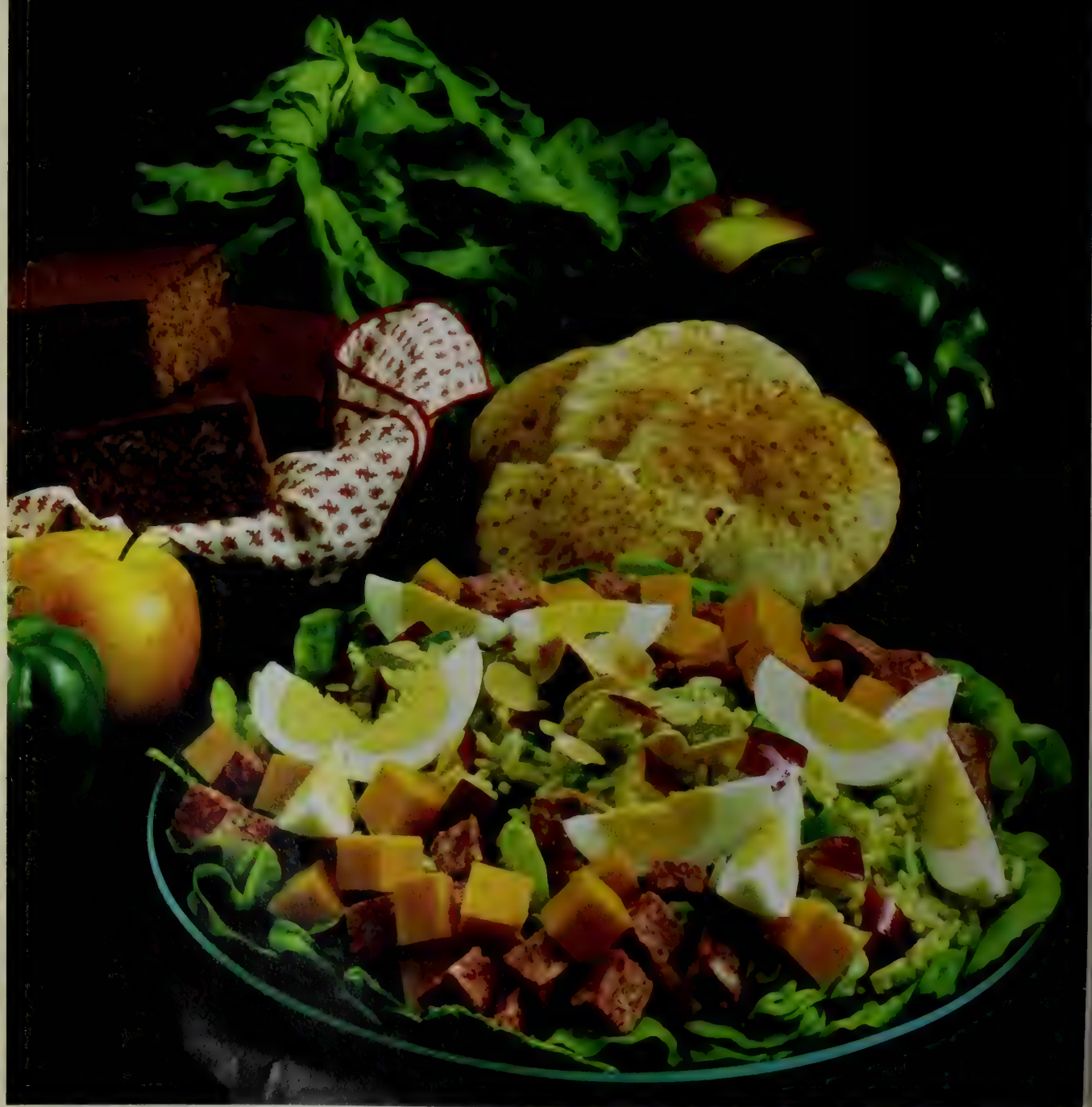
Recipes begin on page 100. Buying information, page 122



CHILL A MAKE-AHEAD MEAL

With a little culinary sleight of hand, you can design meals to chill and forget until you need them. At mealtime, just arrange the foods, garnish, and serve. A perfect example is *Curried Rice Dinner Platter (front).* You marinate rice, apple, green pepper, green onion, and raisins overnight in the refrigerator with a curry-garlic dressing. Before serving, arrange the rice mixture on a lettuce-lined platter with summer sausage, cheese, egg wedges, and almonds. Round out the menu with pita bread or breadsticks and squares of your favorite cake.

For another chilled main dish idea, see page 105.



BAKE AN OVEN MENU

Can you see yourself with your feet up as dinner time approaches? It's possible when your oven contains the whole meal—everything from the main dish to the dessert. Besides eliminating last-minute cooking, oven meals save energy because several dishes bake at once. And if you plan a one-dish meal, you'll save time on pot and pan washing, too. The headliner of this oven meal, *Beef and Potato Bake (right)*, is a mushroom-ground beef loaf placed on a bed of vegetables and drizzled with a mustard sauce. Serve the entree right from the baking dish with your favorite warm rolls. For dessert, bake *Coconut-Pear Crisp (front left)*, a coconut cream and pear pudding topped with a crunchy pecan and cinnamon topper. Recipes begin on page 103. Buying information, page 122



FIX A MEAL FROM CUPBOARD FINDS

A well-stocked cupboard can be a busy cook's best friend. Here's how to produce a three-course dinner from ingredients you have on hand. It's as easy as one-two-three. Step 1: Cook the pasta for *Ham-Mushroom Rotini (center)*. Just before serving, toss the pasta with ham, tomatoes, mushrooms, a creamy sauce, and mozzarella cheese. Step 2: Mix fruit and walnuts in rich orange-rum sauce for *Rum-Raisin-Peach Sundaes (front right)*. Keep the sauce warm during dinner. Step 3: Assemble the spinach, beets, and onion for *Beet-Spinach Salad (front left)* and toss them with bottled Italian dressing and crumbled blue cheese.



PREPARE A SHOP-AND-SERVE SUPPER

Forget to thaw some meat for dinner? Don't panic—help is as near as the neighborhood delicatessen or the convenience section of your supermarket. Begin by purchasing sliced meat and hard rolls for *Horseradish-Beef Sandwiches (front)*. At home, just heat the meat and pile it on the rolls along with sandwich condiments. Place a relish tray or deli bean salad alongside. To wind up the meal, serve *Fruit Salad Dessert (center right)*, a layered ambrosia of purchased fruit salad, walnuts, and spice cookies. Recipes begin on page 105. Buying information, page 122



TIMESAVING, WORK-SAVING COOKING TIPS

With more and more demands on your time, it's important to get the most out of every minute you spend in the kitchen. Here are some work-saving hints that will help you maximize your KP time.

GET ORGANIZED

- Plan several days' or a week's worth of meals at a time so you can compile one master grocery list. This will reduce the number of trips to the grocery store and eliminate last-minute confusion over what to serve.
- Keep meals simple. Limit them to two or three courses and use a pre-prepared food for one of the courses (such as frozen yogurt for dessert or canned fruits or vegetables with cottage cheese for a salad).
- To simplify assembling your grocery list, keep a note pad handy to jot down ingredients just before they run out.
- Be sure to keep a good supply of staple foods for last-minute meals.
- Arrange your kitchen for maximum efficiency. Position often-used utensils in convenient drawers and cupboards. Keep frequently used ingredients in easy-to-open containers at the front of your shelves.
- Read your recipes carefully before you begin; then gather the ingredients and utensils you'll need.
- Interweave as many of the steps in a meal or recipe as possible. In our Meal from Cupboard Finds, for example, you can cook the pasta for the main dish while you're fixing the salad and dessert.

CALL ON TIMESAVING APPLIANCES

Store your most often used appliances in easy-to-reach locations. Then be alert to new ways to use them.

- Rely on your blender for more than just drinks. It's also great for making bread crumbs, crushing cookies, chopping nuts, pureeing or chopping vegetables and fruits, and grating cheese. A blender also is handy for preparing frozen fruit juice concentrates and for dissolving gelatin.
- Use your food processor when you need to shred cheese, snip parsley, chop hard-cooked eggs, make nut butters or salad dressings, slice or chop large amounts of fruits and vegetables, and chop or grind meats. Processing dry foods before wet ones saves time because you needn't wash the work bowl repeatedly.
- Even when you're preparing a conventional recipe, enlist your microwave oven. The oven can do a speedy job of melting butter, margarine, and chocolate; softening cheese; toasting nuts and coconut; cooking bacon and vegetables; and thawing frozen foods.
- Use your pressure cooker to prepare normally slow-cooking vegetables, stews, ribs, and roasts in a third of the regular time.

USE TIMESAVING INGREDIENTS

- A number of convenience foods can save you time and work at little or no added cost. Some examples are dried onion, parsley, and garlic; frozen juice concentrates; canned and dried soups; canned meat, fish, and poultry; quick-cooking rice and potatoes; and sliced or grated cheese.
- Make your own convenience foods. Chop large batches of onion, green pepper, or nuts and freeze them in small units. Shred cheese for a week's worth of meals, then chill or freeze it in recipe-size portions. Shape ground meat into patties so you can thaw a few at a time for hamburgers. Freeze homemade casseroles, soups, stews, and chilies in serving-size portions for faster thawing and reheating.

SHORT-CUT PREPARATIONS

- To cut up canned tomatoes quickly, use kitchen shears and snip the tomatoes right in the can.
- To simplify snipping fresh parsley and herbs, place uncut sprigs in a measuring cup and snip finely with shears.
- To separate frozen fruits and vegetables easily, put them in a colander and rinse them under hot tap water.
- Grease and flour baking pans in one step. Thoroughly mix ½ cup *shortening* and ¼ cup all-purpose *flour*, then use a pastry brush to apply the coating to the pans. Store any remaining coating, covered, at room temperature.
- Use as few utensils as possible to cut dishwashing time. For example, mix a casserole in its baking dish. Or use a saucepan as a mixing bowl, then use the same pan for the cooking.
- Except for cakes and breads, omit the step of preheating the oven.
- To shape meatballs speedily, use a small ice cream scoop or shape the meat mixture into a log and cut off slices to roll into balls.
- To reduce thawing time, place wrapped one-pound packages of fish under cold running water. Or, better still, cook the fish without thawing. Simply let the block stand at room temperature 20 to 30 minutes. Then slice the block into one-inch, ½-inch or ¼-inch slices or into one-inch cubes. Use the still-icy cubes in soups or stews. Bake the slices in a 450° oven 15 minutes for 1-inch slices, 8 minutes for ½-inch slices, and 5 minutes for ¼-inch slices.
- Chill foods quickly by placing them in the freezer for 20 to 30 minutes.
- Make gelatin salads in 20 to 25 minutes by placing them in individual molds or custard cups and chilling them in the freezer. To quick-set gelatin for folding into other ingredients, chill the mixture over ice cubes.



Enough Chex® Party Mix to last ~~an evening.~~ 5 min.

Chex Party Mix goes so quickly, it's always safer to make too much. So fill your biggest bowl and watch it empty—fast.

Chex Party Mix

½ cup margarine or butter
1¼ teaspoons seasoned salt
4½ teaspoons Worcestershire sauce
2 cups Corn Chex cereal
2 cups Rice Chex cereal
2 cups Bran Chex cereal
2 cups Wheat Chex cereal
1 cup salted mixed nuts and/or pretzel sticks

Preheat oven to 250°. Heat margarine in large shallow roasting pan (about 15 x 10 x 2-inch) in oven until melted. Remove. Stir in seasoned salt and Worcestershire sauce. Add Chex cereal and nuts. Mix until all pieces are coated. Heat in oven 1 hour. Stir every 15 minutes. Spread on absorbent paper to cool. Makes about 9 cups.

NOTE: Chex Party Mix may be frozen, so make a double batch. Thaw at room temperature in container in which it was stored.



© 1982 Ralston Purina

How to box a lunch.



The Pak-N-Carry™ lunch box keeps lunch fresh in four sealed containers packed inside. Lets you prepare ahead, refrigerate overnight. Poppy or brown.



We lock in freshness.
Tupperware®
A Division of Dart Industries Inc.

low heat for 45 minutes or till hot, stirring frequently. Serve as above. Makes 6 servings.

Microwave method for thawing and heating: Place frozen mixture in a 2-quart nonmetal casserole. Cook, covered, on MEDIUM-LOW for 35 to 40 minutes, stirring 3 or 4 times to break up mixture. Heat, covered, on HIGH for 8 to 10 minutes, or till heated through. Serve as above. Makes 6 servings.

CRANBERRY-PORK LOAF

The ground ham gives the interior of this meat loaf a pinkish cast—

2 beaten eggs
½ cup milk
1½ cups crushed whole wheat crackers (30 crackers)
2 medium onions, chopped
3 tablespoons dried parsley flakes
1 teaspoon dried marjoram, crushed
1 teaspoon dry mustard
½ teaspoon dried sage, crushed
¼ teaspoon salt
¼ teaspoon pepper
3 pounds ground pork
1 pound ground ham
1 8-ounce can (1 cup) whole cranberry sauce
1 cup chili sauce
½ cup water

In a bowl combine eggs, milk, cracker crumbs, onion, parsley flakes, marjoram, mustard, sage, salt, and pepper. Add pork and ham; mix well. Divide mixture in half. Pat *half* of the mixture into an 8½x4½x2-inch loaf pan. Unmold. Wrap in moisture-vaporproof material. Seal, label,

begins on page 88

Home-cooked meals

SHRIMP IN CHEDDAR SAUCE

Be sure to leave enough headspace in the freezer container for the shrimp mixture to expand as it freezes—

1 16-ounce package frozen peas and carrots
1¼ pounds frozen peeled and deveined shrimp
½ cup butter *or* margarine
⅔ cup all-purpose flour
½ teaspoon paprika
¼ teaspoon pepper
3 cups milk
½ cup chopped green onion
¾ cup dry white wine
2 cups shredded sharp cheddar cheese (8 ounces)
Frozen patty shells, baked

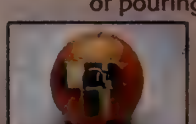
Rinse frozen peas and carrots with hot water; set aside. Cook shrimp according to package directions; drain and set aside. Meanwhile, in 3-quart saucepan melt butter or margarine; blend in flour, paprika, and pepper. Stir in milk and green onion. Cook and stir till mixture is thickened and bubbly. Cook and stir 1 minute more. Stir in wine. Add shrimp, peas and carrots, and cheese; stir till cheese is melted. Pour *half* the mixture into a 5- or 6-cup freezer container. Cool quickly by setting container in a bowl of ice water. Seal, label, and freeze. Spoon remaining half into prepared patty shells. Serve immediately. Makes 2 (6-serving) portions.

To heat frozen mixture: Heat in covered saucepan over

How to pack a punch.



Prepare, serve and store beverages in this one-gall Tupperware Pitcher. Push-Button Seal adjusts for sto or pouring. Burnt orange or brown.



We lock in freshness.
Tupperware®
A Division of Dart Industries Inc.

How to save a bunch.



Keep vegetables crisp in an Easy Crisp® container from Tupperware. Seals out drying air. Special grid stores vegetables above moisture. Come to a Tupperware Party soon for fresh ideas on storing and serving food.



We lock in freshness.

Tupperware®

A Division of Dart Industries Inc.

2 tablespoons cold water
2 teaspoons cornstarch
2 tablespoons soy sauce
1 tablespoon cooking oil
3 cups thinly sliced carrots
1 clove garlic, minced
1½ teaspoons grated gingerroot
2 small zucchini, sliced
¼ cup sliced green onion
1 cup peanuts
½ teaspoon finely shredded lemon peel

In a saucepan combine the 4 cups water and bouillon granules. Bring to boiling. Pour over bulgur. Let stand 1 hour; drain. Set bulgur aside. Combine the 2 tablespoons cold water and cornstarch. Stir in soy sauce. Set aside.

Preheat a wok or large skillet over high heat; add cooking oil. Stir-fry carrots, garlic, and ginger for 8 minutes. Add zucchini and green onion. Cook 2 minutes more or till crisp-tender. Stir soy mixture. Add to vegetables; cook and stir till thickened and bubbly. Cook and stir 1 to 2 minutes more. Remove a third of the vegetable mixture and a third of the bulgur. Cover and chill separately for Sausage-Bulgur Soup (see recipe below). Stir remaining bulgur, peanuts, and lemon peel into wok. Toss gently till heated through. Remove a few slices of zucchini and carrot for garnish, if desired. Makes 4 servings.

SAUSAGE-BULGUR SOUP

Serve this main-dish soup with a crisp salad and dark bread—

12 ounces Polish sausage, cut into ½-inch chunks

continued

and freeze. Pat remaining meat mixture into the same loaf pan. Bake in loaf pan or unmold into a shallow baking pan. Bake, uncovered, in 350° oven for 1½ hours. Drain off fat. Meanwhile, combine the cranberry sauce, the chili sauce, and water. Divide mixture in half; freeze 1 portion. Heat remaining half. Spoon some over loaf; pass remainder. Makes 8 servings per loaf.

To bake frozen loaf: Unwrap and place frozen loaf in shallow baking pan. Bake, uncovered, in 350° oven for about 2 hours. Drain fat. Meanwhile, heat frozen sauce and serve as above.

Microwave directions: Assemble loaves as above *except* shape meat into two rings in 8-inch round baking dishes. Micro-cook unfrozen loaf, covered with clear plastic wrap, at MEDIUM-HIGH for 18 to 20 minutes or till done, giving dish a half-turn once. Drain off excess fat. Let loaf stand 5 minutes. (Internal temperature of loaf should be 180°.) Meanwhile, heat sauce in small bowl at HIGH for 1 minute or till hot.

For frozen loaf: Micro-cook, covered with clear plastic wrap, on MEDIUM for 15 minutes, giving dish a half turn once. Let stand 10 minutes. Cook at MEDIUM-HIGH for 18 to 20 minutes or till done, giving dish a half-turn once. Let stand 5 minutes. Meanwhile, turn sauce into a small bowl; micro-cook at HIGH for 4 to 5 minutes or till hot.

ZUCCHINI-BULGUR STIR-FRY

Save a third of this mixture to make Sausage-Bulgur Soup—

4 cups water
2 tablespoons instant beef bouillon granules
2 cups bulgur wheat

How to say hello to a good buy.



Save $2.00

Attend a Tupperware Party between December 7 and January 16 and you can save $2.00 on this new Classic Sheer™ Small Mix-N-Stor® pitcher. One-quart, see-through pitcher with snap-cap pouring spout has clearly marked standard measures on one side, metric measures on the other.

Tupperware®

A Division of Dart Industries Inc.

continued

Home-cooked meals

½ cup chopped onion
3½ cups water
1 16-ounce can tomatoes, cut up
Reserved vegetable and bulgur mixtures from Zucchini-Bulgur Stir-fry (see recipe, above)
2 teaspoons instant beef bouillon granules
1 teaspoon Worcestershire sauce

In 3-quart saucepan cook sausage and onion till meat is browned and onion is tender. Drain off fat. Add water, *undrained* tomatoes, reserved vegetable mixture, bouillon granules, and Worcestershire sauce. Bring mixture to boiling. Reduce heat and simmer, covered, 10 minutes. Add reserved bulgur mixture; heat through. Makes 6 servings.

FROZEN MEAT BASE

You can use this recipe three different ways; see the recipes below—

4 pounds beef round steak, cut in ¾-inch cubes
2 tablespoons cooking oil
1 cup water
1 cup chopped onion
½ cup chopped green pepper
2 tablespoons instant beef bouillon granules
1 20-ounce package frozen sliced carrots
1 16-ounce package frozen cut green beans

In a 12-inch skillet brown meat, about ⅓ at a time in hot oil. Add water, onion, green pepper, and bouillon granules. Bring to boiling. Cover; simmer about 1 hour or till meat is tender, stirring occasionally. Chill. Stir in carrots and beans. Spoon mixture into 4 moisture-vaporproof containers. Seal, label, and freeze. Makes 4 (3½-cup) portions.

Microwave method: In a skillet on range-top, brown meat, about ⅓ at a time, in hot oil. In a 3-quart glass casserole combine meat, water, onion, green pepper, and bouillon granules. Cover; micro-cook on HIGH 5 minutes; stir mixture. Continue cooking 5 minutes more or till boiling. Reduce power to MEDIUM; cook 35 minutes more, stirring 3 times. Continue as directed above.

APPLESAUCE-BEEF PIE

For a slightly sweet pie, use regular applesauce—

1 3½-cup container Frozen Meat Base (see recipe above)
½ cup water
1 8-ounce can unsweetened applesauce
¼ cup hot-style catsup
3 tablespoons all-purpose flour
1½ teaspoons poultry seasoning
¼ teaspoon salt
Pastry for a 2-crust 9-inch pie
1 slightly beaten egg

Thaw Frozen Meat Base by placing mixture in a large saucepan with the ¼ cup water. Cover and simmer over medium-low heat for 15 to 20 minutes; break up mixture with a fork. Cook 5 minutes more. Stir together applesauce, catsup, flour, poultry seasoning, and salt. Add to meat mixture. Cook and stir till thickened and bubbly; cook and stir 1 minute more. Roll *half* of the pastry to a 12-inch circle. Line a 9-inch pie plate with pastry; spoon meat mixture into crust. Roll remaining pastry to a 10-inch circle. Cut into 6 triangles. Place atop filling, points toward center; fold outside edges under bottom crust. Flute edges. Brush pastry with egg. Bake in a 375° oven for 30 to 35 minutes. Let stand 10 minutes before serving. Makes 6 servings.

Microwave method: Thaw Frozen Meat Base by placing mixture in a 1½-quart casserole with the ¼ cup water. Cover and micro-cook on HIGH 7 minutes, stirring once or twice with fork to break up mixture. Combine applesauce, catsup, flour, poultry seasoning, and salt; add to casserole. Cook 8 minutes more or till thickened and bubbly, stirring every 2 minutes. Cook 1 to 2 minutes more. Roll out pastry, assemble pie, and bake conventionally as above.

TORTILLA-BEEF CASSEROLE

To save time, thaw the Frozen Meat Base in the refrigerator overnight. Then heat the mixture five minutes and proceed with the recipe—

1 3½-cup container Frozen Meat Base (see recipe left)
¼ cup water
1 8-ounce can tomato sauce
1½ cups shredded sharp cheddar cheese (6 ounces)
1½ cups tortilla chips *or* broken corn tortillas
1 8¾-ounce can whole kernel corn, drained
¼ cup taco sauce
½ cup sliced pitted ripe olives
2 teaspoons snipped fresh coriander *or* ½ teaspoon ground coriander (optional)
1 teaspoon sugar
1 teaspoon chili powder
½ teaspoon ground cumin

Thaw Frozen Meat Base by placing mixture in a large saucepan with the ¼ cup water. Cover and cook over low heat for 15 to 20 minutes; break up mixture with a fork. Cook 5 minutes more. Stir in tomato sauce, *1 cup* of the cheese, *1 cup* of the chips, corn, taco sauce, olives, coriander if desired, sugar, chili powder, and cumin. Spoon meat mixture into a 2-quart casserole. Bake, covered, in a 350° oven for 30 to 35 minutes or till hot. Sprinkle with remaining tortilla chips and cheese. Bake, uncovered, 5 minutes more or till cheese melts. Makes 6 servings.

Microwave method: Thaw Frozen Meat Base mixture by placing in a 2-quart nonmetal casserole with the ¼ cup water. Cover and micro-cook on HIGH 7 minutes; break up mixture with fork. Cook 2 minutes more. Assemble as above. Cook, uncovered, 10 minutes or till hot and vegetables are tender, stirring once. Sprinkle with remaining tortilla chips and remaining cheese. Return to microwave and cook 1 minute more or till cheese melts. Makes 6 servings.

BEEF PAPRIKASH



1 3½-cup container Frozen Meat Base (see recipe far left)
¼ cup water
¾ cup dry red *or* white wine
1 tablespoon paprika
1 bay leaf
½ teaspoon dried savory, crushed
¼ teaspoon salt
½ cup dairy sour cream
1 tablespoon all-purpose flour
Hot cooked spaetzle *or* noodles

Thaw Frozen Meat Base by placing mixture in a 3-quart saucepan with the ¼ cup water; cover and cook over

continued

The next time you buy coffee you should read the label. Make sure the brand you are buying is 100% Colombian Coffee. Because, Juan Valdez® and his fellow cafeteros pick Colombian



Coffee by hand. Bean by bean. Only when they are sure it is ripe. And, they do it that way, so that when you pick 100% Colombian Coffee you can be sure you are buying the richest coffee in the world.

Pick your coffee as carefully as we do.

NATIONAL FEDERATION OF COFFEE GROWERS OF COLOMBIA, 140 East 57th Street, New York, NY 10022

continued

Home-cooked meals

medium-low heat for 15 to 20 minutes, breaking up mixture with a fork. Cook 5 minutes more. Add wine, paprika, bay leaf, savory, and salt. Cover and simmer 15 minutes. Combine sour cream and flour; add to meat mixture. Cook and stir till thickened and bubbly; cook and stir 1 minute longer. Remove bay leaf. Serve over hot cooked spaetzle or noodles. Makes 6 servings.

Microwave method: Thaw Frozen Meat Base by placing mixture in a nonmetal 1½-quart casserole with the ¼ cup water; cover and micro-cook on HIGH for 7 minutes. Break up mixture with a fork. Cook 1 to 2 minutes more till completely thawed. Add wine, paprika, bay leaf, savory, and salt. Cook, covered, 5 minutes more or till vegetables are tender. Combine sour cream and *2 tablespoons* flour; stir in some of the hot liquid. Stir into meat mixture. Cook 4 minutes more, stirring after every minute, or till thickened and bubbly. Serve as above.

ONION-MUSHROOM RICE MIX

This mix makes a company-special pilaf that complements steaks, roasts, or chops—

3 cups long grain rice
1 envelope regular onion-mushroom soup mix
¼ cup dried parsley flakes
2 teaspoons dried basil, crushed

Combine all ingredients. Store in an airtight container for up to several months. Stir before measuring.

To prepare mix: In a saucepan combine 1 cup mix and ¼ teaspoon *salt* with 2 cups *water*. Bring to boiling; reduce heat. Cover and simmer 20 minutes or till rice is tender. Makes 3 cups.

EASY BROCCOLI EGGS

Serve this attractive main dish for a brunch or Sunday supper—

1 10-ounce package frozen cut broccoli
⅔ cup dry Onion-Mushroom Rice Mix (see recipe above)
1⅓ cups water
1 2-ounce jar pimiento, drained and chopped
½ teaspoon salt
4 eggs
½ cup shredded Muenster *or* cheddar cheese

Rinse broccoli under hot running water to separate; drain well. In an 8-inch round baking dish combine broccoli, rice mix, water, pimiento, and salt. Bake, covered, in 350° oven for 40 minutes or till rice is almost tender. Make 4 depressions in rice mixture with back of spoon. Carefully break 1 egg into each depression. Bake in 350° oven, covered, for 10 minutes. Uncover; sprinkle with cheese. Bake 2 to 3 minutes more. Makes 4 servings.

PECAN-PORK CHOP CASSEROLE

If you like, remove the chops and fluff the rice with a fork just before serving—

6 pork loin chops, cut ½ inch thick
1 cup sliced celery
1 tablespoon cooking oil
1 cup dry Onion-Mushroom Rice Mix (see recipe, left)
2 cups water
½ cup broken pecans
2 tablespoons soy sauce
Paprika

Trim excess fat from chops; set chops aside. In saucepan cook celery in oil till tender. Stir in rice mix and water. Bring to boiling. Remove from heat; stir in nuts. Turn mixture into a 13x9x2-inch baking dish. Arrange



chops atop rice. Brush chops with soy sauce; sprinkle with paprika. Bake, covered, in 350° oven for 25 minutes. Uncover and bake 10 minutes more or till chops and rice are tender. Makes 6 servings.

SEAFOOD-RICE CHOWDER

You can make this soup with cod, croaker, flounder, haddock, halibut, red snapper, sole, or whiting—



12 ounces fresh *or* frozen fish fillets
1 clove garlic, minced
1 tablespoon cooking oil
⅓ cup dry Onion-Mushroom Rice Mix (see recipe, page 102)
2 cups water
1 10-ounce package frozen chopped spinach
1 7½-ounce can tomatoes, cut up
½ cup dry white wine
2 teaspoons instant chicken bouillon granules
Several dashes bottled hot pepper sauce
1 7½-ounce can minced clams

Let frozen fish stand at room temperature 15 to 20 minutes. Remove skin from fillets and cut into 1-inch cubes. Set aside. Meanwhile, in a 3-quart saucepan cook garlic in hot oil for 30 seconds. Add rice mix, water, spinach, *undrained* tomatoes, wine, bouillon granules, and bottled hot pepper sauce. Bring to boiling; reduce heat. Cover; simmer 15 minutes or till rice is almost tender. Add fish cubes and *undrained* clams. Bring just to boiling. Reduce heat; cover and simmer 5 to 7 minutes or till fish is done. Makes 6 servings.

CURRIED RICE DINNER PLATTER

2 cups cooked rice
1 medium apple, cored and chopped
1 small green pepper, chopped
2 tablespoons sliced green onion
2 tablespoons raisins
2 tablespoons olive *or* cooking oil
¼ cup water
2 tablespoons white wine vinegar
2 teaspoons sugar
1 teaspoon curry powder
¼ teaspoon garlic salt
⅛ teaspoon pepper
Bibb lettuce
Toasted sliced almonds
8 ounces summer sausage, cut into ½-inch cubes (1½ cups)
6 ounces cheddar *or* Swiss cheese, cut into ½-inch cubes
2 hard-cooked eggs, cut in wedges

In a bowl combine rice, apple, green pepper, green onion, and raisins. Mix together the olive or cooking oil, water, vinegar, sugar, curry powder, garlic salt, and pepper. Stir into rice mixture. Cover and chill overnight. Spoon rice mixture down center of lettuce-lined platter. Sprinkle with almonds. Combine summer sausage and cheese cubes. Spoon mixture on each side of the rice. Garnish with egg wedges. Makes 8 servings.

continued



Orient Express.

Ham and Rice Stir Fry is ready in minutes.

Start with lean and juicy Hormel Chunk Ham that's ready to flake with a fork. Add pre-measured Success Rice in convenient boil-in-bags, guaranteed perfect every time.

It's an easy and delicious way to add an Oriental touch to your table tonight.

Ham & Rice Stir Fry

- 1 bag Success Rice
- 1 cup sliced green onions
- 1 cup thinly sliced celery
- 2 Tbsp. cooking oil
- 4 oz. can mushroom pieces and stems, drained
- 1 cup frozen peas
- ¼ cup sliced ripe olives
- 6¾ oz. can Hormel Chunk Ham, flaked with fork
- 2 large eggs, beaten
- 1 Tbsp. soy sauce

Cook Success Rice according to package directions; drain and set aside. Saute onions and celery in oil until tender-crisp. Add mushrooms, peas, ripe olives, and Hormel Chunk Ham; cook 3-4 minutes. Push mixture aside in pan, and scramble eggs. Add rice and soy sauce. Toss lightly with ham mixture until completely heated. Garnish with mandarin orange slices and celery leaves, if desired. Makes 4-6 servings.



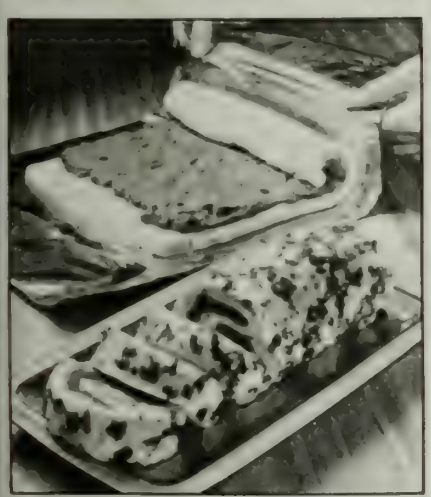
continued

Home-cooked meals

CORNED BEEF-POTATO ROLL

1⅓ cups water
⅓ cup milk
2 tablespoons butter *or* margarine
1⅓ cups instant mashed potato buds
⅓ cup dairy sour cream
1 teaspoon prepared mustard
2 hard-cooked eggs, finely chopped
2 tablespoons snipped chives (optional)
2 tablespoons chopped onion
1 12-ounce can corned beef, crumbled
2 tablespoons chopped dill pickle
½ cup mayonnaise *or* salad dressing
Snipped parsley

In a saucepan bring the water, milk, and butter or margarine to boiling. Remove from heat; stir in potatoes just till moistened. Let stand 30 seconds. Whip with fork till fluffy. Stir in sour cream and mustard. Fold in eggs, chives, and onion. Pat mixture into a 12x9-inch rectangle on a piece of foil. Stir together corned beef, pickle, and mayonnaise or salad dressing. Spread corned beef mixture on potatoes to edges of long sides, leaving a 1-inch border on the short sides. Roll up jelly-



roll fashion, using foil to lift mixture, beginning with a short side. Roll log in snipped parsley. Wrap and chill overnight. To serve, cut into 1-inch slices. Makes 6 servings.

BEEF AND POTATO BAKE

1 cup thinly sliced carrots
2 medium potatoes, peeled, halved, and thinly sliced (2 cups)
1 medium onion, thinly sliced
2 tablespoons chopped green chili peppers (optional)
¾ teaspoon salt
⅛ teaspoon pepper
1 10¾-ounce can condensed cream of mushroom soup
¼ cup quick-cooking rolled oats
¼ teaspoon salt
⅛ teaspoon pepper
1 pound lean ground beef
1 teaspoon prepared mustard
Snipped parsley

Combine carrots, potatoes, onion, chili peppers, the ¾ teaspoon salt, and the first ⅛ teaspoon pepper. Add about *one-third* of the canned soup; mix well. Spoon into a 10x6x2-inch baking dish. Combine a second third of the soup, the oats, and the remaining salt and pepper. Add meat; mix well. Form into a loaf and place atop vegetables. Bake, covered, in a 350° oven for 1¼ hours. Meanwhile, combine the remaining soup with the mustard. Spread atop meat; return to oven and bake, uncovered, for 15 minutes more. Sprinkle with snipped parsley. Makes 4 servings.

COCONUT-PEAR CRISP

3 medium fresh pears, peeled, cored, and sliced *or* one 29-ounce can pear halves, drained and sliced
1¼ cups milk
1 4-serving-size package *instant* coconut cream pudding mix
¾ cup all-purpose flour
¼ cup chopped walnuts
2 tablespoons sugar
½ teaspoon ground cinnamon
¼ cup butter *or* margarine
1 beaten egg
½ teaspoon vanilla

Arrange pears in an 8-inch round baking dish. In a bowl combine the milk and *half* (5 to 6 tablespoons) of the pudding mix. Pour over pears. Stir together the remaining pudding mix, flour, walnuts, sugar, and cinnamon. Cut in butter or margarine till the size of coarse crumbs. Mix egg and vanilla. Stir into dry mixture till well combined. Crumble mixture over top of pears. Bake, uncovered, in a 350° oven 40 minutes or till top is golden. Serve warm with ice cream, if desired. Makes 4-to 6 servings.

CUPBOARD-FINDS MEAL KITCHEN COUNTDOWN

1. Begin cooking pasta for Ham-Mushroom Rotini.
2. Prepare sauce from Rum-Raisin-Peach Sundaes; keep warm.
3. Scoop ice cream for sundaes into dessert dishes; store in freezer.
4. Fix salad vegetables; set aside.
5. Assemble and heat remaining ingredients for Ham-Mushroom Rotini.
6. Toss pasta with ham mixture in skillet. Sprinkle with Parmesan.
7. Toss salad with bottled dressing and crumbled blue cheese.

HAM-MUSHROOM ROTINI

7 ounces rotini corkscrew macaroni *or* elbow macaroni
2 tablespoons butter *or* margarine
8 ounces fully cooked ham, cubed
1 7½-ounce can tomatoes, cut up
1 4-ounce can sliced mushrooms
1 5⅓-ounce can evaporated milk
3 egg yolks
¼ cup snipped parsley
¼ teaspoon ground nutmeg
⅛ teaspoon pepper
¼ cup shredded mozzarella cheese
2 tablespoons grated Parmesan cheese

Cook rotini or macaroni according to package directions; drain and keep warm. Meanwhile, in a skillet melt butter or margarine. Stir in ham, *undrained* tomatoes, and *undrained* mushrooms. Beat together evaporated milk, egg yolks, parsley, nutmeg, and pepper. Add to skillet; cook and stir till slightly thickened. Add mozzarella cheese. Cook and stir till cheese is melted. Toss with pasta. Sprinkle Parmesan cheese atop. Makes 4 servings.

RUM-RAISIN-PEACH SUNDAES

2 tablespoons raisins
2 tablespoons brown sugar
2 tablespoons orange juice
2 tablespoons butter *or* margarine
1 8-ounce can peach slices, drained
2 tablespoons rum
2 tablespoons chopped walnuts
Vanilla ice cream

In small saucepan stir together raisins, brown sugar, orange juice, and butter or margarine. Cook and stir 5 minutes or till hot. Stir in peach slices and rum. Heat through. Add walnuts. Serve over ice cream. Makes 4 servings.

BEET-SPINACH SALAD

If you have time, chill the beets ahead—

8 ounces torn spinach (6 cups)
1 8-ounce can sliced beets, drained
1 small onion, sliced and separated into rings
⅓ cup Italian salad dressing
¼ cup crumbled blue cheese *or* shredded cheddar cheese

In a large salad bowl combine spin-

continued

Now Lipton brings you
HERBAL TEA
The pleasure-time tea
Naturally Caffeine Free



Toasty Spice A hearty blend of sweet spices and herbs.

Gentle Orange With natural orange peel, clove and cinnamon.

Almond Pleasure Blended with natural almond flavor and cinnamon.

Quietly Chamomile Chamomile with natural orange and lemon flavor.

Cinnamon Apple A blend of cinnamon, hibiscus flowers and apple.

FREE 10 Lipton Herbal Tea Bags FREE
Plus a 12¢ coupon on your next purchase.

Just send 25¢ for postage and we'll send you 10 herbal tea bags in an assortment of delicious flavors.
Send your 25¢ to: Lipton Herbal Tea Offer, P.O. Box 9981, Clinton, Iowa 52736.
In Canada, P.O. Box 2156, Toronto, M5W 1H1.

Send my free Herbal Tea Bags to:

NAME_____
(please print)
ADDRESS_____APT._____
CITY_____STATE____ZIP*_____
*Must be included to guarantee delivery

9981-B

All varieties may not be available in your area.



Offer limited to one per family, group or organization. Void where prohibited, taxed or restricted. Please allow 6-8 weeks for delivery. Offer expires Dec. 31, 1982. Official Mail-In Certificate (offer void without this certificate)

continued

Home-cooked meals

ach, beets, and onion. Sprinkle with salt and pepper. Toss dressing with greens. Top with cheese. Serves 4.

SHOP-AND-SERVE SUPPER KITCHEN COUNTDOWN

1. Assemble Fruit Salad Dessert; chill in the freezer.
2. Wrap meat in foil; heat in oven.
3. Meanwhile, assemble horseradish sauce; set aside.
4. Cook green pepper in butter; set aside.
5. Prepare relish tray or bean salad.
6. Assemble sandwiches.

FRUIT SALAD DESSERT

For company, layer in parfait glasses—

1 pint (2 cups) creamy fruit salad (from the deli)
¼ cup broken walnuts *or* pecans
¼ teaspoon almond extract
1 cup coarsely crumbled spice, molasses, chocolate chip, *or* sugar cookies

In a bowl combine salad, nuts, and almond extract. Fold in *half* of the crumbled cookies. Spoon mixture into a 3- or 4-cup bowl. Top with remaining cookies. Chill in freezer 20 minutes or till serving time. Makes 4 servings.

HORSERADISH-BEEF SANDWICHES

12 ounces thinly sliced cooked roast beef, ham, *or* turkey
½ cup mayonnaise *or* salad dressing
1 tablespoon prepared horseradish
1 tablespoon prepared mustard
¼ teaspoon salt
Several dashes ground red pepper
2 medium green peppers, sliced into rings
2 tablespoons butter *or* margarine
4 hard rolls, halved horizontally
Leaf lettuce

Wrap meat in foil*; heat in a 350° oven for 20 minutes or till warm. Meanwhile, combine mayonnaise or salad dressing, horseradish, mustard, salt, and red pepper. Cook green pepper in butter or margarine till almost tender.

To assemble sandwiches, line bottom halves of rolls with lettuce. Top with meat, horseradish mixture, and green pepper. Add roll tops. Makes 4.

**To heat meat in microwave oven,* wrap in clear plastic wrap. Micro-cook on HIGH 3 to 4 minutes.

WIN MONEY FOR YOUR

RECIPES

Jams and Jellies

Barbecued Main Dishes

Do you capitalize on abundant summer produce by making your own jams and jellies? Does your favorite main dish have an irresistible barbecue flavor? Send us your recipes—you could be a winner. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next August. All winners receive a Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Jams and Jellies

Send us your special fruit or vegetable jam, jelly, preserve, or conserve recipe. Are fresh, frozen, or canned foods the basis of your spread? **Hints: herbed green tomato jam, apple-beet jelly, freezer grape conserve.**

Barbecued Main Dishes

You can submit any recipe for a meat, poultry, fish, or meatless main dish cooked on a grill. Is the secret of your recipe a special barbecue sauce? **Tips: Oriental chicken, spicy pineapple ribs, skewered fish amandine.**

THIS MONTH'S WINNERS

(See recipes on pages 109 and 110)

Cooks-of-the-Month

Mrs. Daniel W. Hottenstein, Hershey, Pa.
Joan Tunnicliff, Omaha, Nebr.

Runners-up

Judee Disco, Preston, Conn.
Ms. Carley Lindsay, Iowa City, Iowa
Elinor Reskusic, Ferndale, Wash.
Mrs. Judy M. Sax, San Antonio, Tex.

Honor Roll

Mrs. J. L. Beasley, Sarasota, Fla.
Mrs. Ruth Boyd, Las Vegas, Nev.
Mrs. DeWarren Bridges, Paradise, Calif.
Mrs. John P. Gallahue, Piper City, Ill.
Delene K. Hood, Wichita, Kans.
Ardy Mattox, Gilchrist, Oreg.
Mrs. Clara McKeand, Belpre, Ohio
Cheryle Mullins, Parkersburg, W.Va.
Janie Schleifke, Reading, Pa.
Karen Stinson, Norman, Okla.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "August Jams and Jellies" or "August Barbecued Main Dishes."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, January 31. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8201 Food Department, Better Homes and Gardens, Des Moines, IA 50336.**





Pour in the Eagle Brand for...

Marvelous Mocha Cheese in a breeze

Chocolate lovers. Cheesecake lovers. Everyone will love this delicious new dessert from the dessert maker.

And you'll love it too! Because with Eagle® Brand Sweetened Condensed Milk it's so easy to make this elegant Frozen Mocha Cheesecake.

Eagle Brand is a special precooked blend of milk and sugar—the secret to so many creamy, rich desserts.

So your luscious mocha cheese is a piece of cake to make!

Frozen Mocha Cheesecake

(Makes 12 to 15 servings)

1¼ cups chocolate wafer cookie crumbs (about 24 cookies)
¼ cup sugar
¼ cup margarine or butter, melted
1 (8-ounce) package cream cheese, softened
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
⅔ cup chocolate flavored syrup
2 tablespoons instant coffee
1 teaspoon hot water
1 cup (½ pint) whipping cream, whipped

In small bowl, combine crumbs, sugar and margarine. In buttered 9-inch springform pan or 13x9-inch baking dish, pat crumbs firmly on bottom and up sides of pan. Chill. In large mixer bowl, beat cheese until fluffy; add Eagle Brand and chocolate syrup. In small bowl, dissolve coffee in water; add to Eagle Brand mixture. Mix well. Fold in whipped cream. Pour into prepared pan. Cover. Freeze 6 hours or until firm. Garnish with additional chocolate crumbs if desired. Return leftovers to freezer.



The dessert maker for 125 years.

© Borden, Inc



File under Desserts

Photographs: Mike Dieter

Dried Fruit Desserts

Elegant Apricotta Dessert

This top-rated recipe features pureed dried apricots and ricotta cheese in a graham cracker crust. If desired, use a purchased 8-inch piecrust—

1¼ cups graham cracker crumbs (18 squares)
¼ cup granulated sugar
6 tablespoons butter *or* margarine, melted
1 cup dried apricots
⅔ cup granulated sugar
1 cup ricotta cheese
1 teaspoon vanilla
½ cup whipping cream
1 tablespoon powdered sugar
Snipped dried apricots (optional)

Stir together the cracker crumbs and the ¼ cup sugar. Stir in the melted butter or margarine till moistened. Spread the crumbs evenly in an 8-inch round baking dish, pressing onto the bottom and 1 inch up sides to form a firm, even crust. Chill about 1 hour. Meanwhile, combine the 1 cup dried apricots and 1 cup ***water.*** Bring to boiling. Cook, covered, over low heat about 5 minutes or till tender. Add the ⅔ cup sugar; simmer, uncovered, about 5 minutes or till slightly thickened. Cool. Transfer mixture to blender container or food processor bowl. Process till smooth. Add cheese and ***half*** of the vanilla; blend till smooth. Spread mixture in crust; chill several hours. Just before serving, beat cream, the remaining ½ teaspoon vanilla, and the powdered sugar to stiff peaks. Pipe or spoon a whipped cream border atop filling. If desired, garnish with snipped dried apricots. Makes 6 to 8 servings.

Mrs. Daniel W. Hottenstein, Hershey, Pa.



File under Meat

Buying information, page 122

Budget Roasts

Sweet and Sour Brisket

Tomatoes, sauerkraut, and applesauce liven up economical beef brisket in the first-place budget recipe—

1 16-ounce can stewed tomatoes, cut up
1 8-ounce can sauerkraut
(1 cup) applesauce
2 tablespoons brown sugar
1 2½- to 3½-pound fresh beef brisket
2 tablespoons cold water
2 tablespoons cornstarch
Parsley sprigs

In a 10-inch skillet combine ***undrained*** tomatoes, ***undrained*** sauerkraut, applesauce, and brown sugar. Bring to boiling; reduce heat. Add brisket, spooning some of the tomato mixture over meat. Cover and simmer for 2½ to 3 hours or till meat is tender, spooning sauce over meat occasionally. Transfer meat to serving platter; keep warm. Skim off excess fat from pan juices. Combine cold water and cornstarch; stir into tomato mixture. Cook and stir till thickened and bubbly; cook and stir 2 minutes more. Spoon some sauce over meat; pass remainder. Garnish platter with parsley sprigs, if desired. Makes 6 to 8 servings.

Joan Tunnicliff, Omaha, Nebr.



PRIZE TESTED RECIPES®
ADD TO YOUR COOK BOOK

Order your 460-page loose-leaf cook book. Contains 1,200 tested recipes. Room to add extra pages like this one. At booksellers or mail $15.95 + $1.45 postage to Better Homes and Gardens, Dept. 22A, P.O. Box 374, Des Moines, IA 50336.



Yugoslavian Pot Roast

- **1 3- to 3½-pound beef chuck pot roast**
- **2 tablespoons cooking oil**
- **1 10¾-ounce can condensed tomato soup**
- **½ cup dry red wine**
- **1 clove garlic, minced**
- **1 bay leaf**
- **½ teaspoon ground allspice**
- **1 medium onion, sliced**
- **1 large stalk celery, sliced**
- **1 large carrot, sliced**
- **2 tablespoons cornstarch**

In a Dutch oven brown meat on both sides in hot oil; drain off fat. Stir together soup, wine, garlic, bay leaf, allspice, ¼ teaspoon ***salt,*** and ⅛ teaspoon ***pepper;*** pour over meat. Add onion, celery, and carrot. Cover; simmer 1½ to 2 hours or till meat is tender. Remove meat and vegetables to platter; keep warm. Combine 2 tablespoons ***cold water*** and cornstarch; stir into sauce in Dutch oven. Cook and stir till bubbly; cook and stir 2 minutes more. Spoon some sauce over meat; pass remainder. Makes 8 servings.



Five Spice Pork Roast

Rub a ***4-pound pork shoulder roast*** with 1½ teaspoons ***five spice powder**** In a 4-quart Dutch oven brown meat in 2 tablespoons hot ***cooking oil.*** Add ¼ cup chopped ***onion,*** 1 to 2 tablespoons ***sesame seed,*** and 1 clove ***garlic,*** minced; cook 2 to 3 minutes, stirring constantly. Add 1 cup ***apple juice*** or ***cider,*** ½ cup ***dry white wine,*** and 3 tablespoons ***soy sauce.*** Cover; bake at 325° for 2½ to 3 hours. Remove meat to platter; keep warm. Skim fat from pan juices. Measure 1½ cups juices. Return to Dutch oven. Combine 2 tablespoons ***cold water*** and 4 teaspoons ***cornstarch;*** stir into reserved juices. Cook and stir till bubbly; cook and stir 2 minutes more. Spoon over meat. Serve with ***fried rice;*** garnish with a ***green onion fan.*** Serves 8.

*Use commercial five spice powder purchased in Oriental food stores *or* combine ¾ teaspoon ***ground cinnamon;*** ¾ teaspoon crushed ***aniseed;*** dash ***freshly ground pepper;*** and dash ***ground cloves.***

Ms. Carley Lindsay, Iowa City, Iowa



Dried Apple Custard

- **2 cups (8 ounces) dried apples**
- **½ cup granulated sugar**
- **¼ cup packed brown sugar**
- **6 egg yolks**
- **½ cup butter *or* margarine, melted**
- **1 teaspoon vanilla**
- **1 tablespoon lemon juice**
- **6 egg whites**

In saucepan combine apples and enough ***water*** to cover. Simmer, covered, for 30 to 40 minutes or till apples are very soft. Drain. In mixer bowl beat apples, granulated sugar, brown sugar, and ¼ teaspoon ***salt*** on medium speed of electric mixer till almost smooth. Add egg yolks, beating till well combined. Beat in melted butter or margarine. (Mixture will be thick.) Transfer mixture to top of double boiler. Stir custard over boiling water about 6 minutes or till thickened and creamy and egg yolks are cooked. Remove from heat. Stir in vanilla and lemon juice. Wash beaters well. In large mixer bowl beat egg whites to stiff peaks. Fold in apple mixture. Serve warm or chilled. Makes 6 to 8 servings.



Tutti-Frutti Strudel

In saucepan heat 3 tablespoons ***light rum*** just till warm. Stir in 1 cup ***mixed dried fruits,*** chopped. Cover; let stand 10 minutes. In bowl combine ½ cup ***sugar,*** ⅓ cup ***all-purpose flour,*** 2 teaspoons ***ground cinnamon,*** and ¼ teaspoon ***ground nutmeg.*** Cut in ¼ cup ***butter*** or ***margarine*** till mixture resembles fine crumbs. Set aside. Layer 7 sheets frozen phyllo dough (18x13-inch rectangles), thawed, on a pastry cloth, using ⅓ cup melted ***butter*** or ***margarine*** to brush between each sheet. Sprinkle ½ cup toasted ***sliced almonds*** over dough. Top with the crumb mixture, and the ***undrained*** fruits. Roll up jelly-roll style, starting at long side. Fold in ends. Place, seam side down, on a baking sheet. Score top layers at 1-inch intervals. Combine 1 beaten ***egg white*** and 1 teaspoon ***water;*** brush over roll. Sprinkle with ***sugar.*** Bake in a 375° oven for 15 to 20 minutes or till golden brown. Serve warm or cool, cut into slices. Makes 16 servings.

Judee Disco, Preston, Conn.

Maxwell House® Master Blend.® Delicious ground coffee that can save you money!

With Maxwell House® Master Blend® Coffee you enjoy delicious ground coffee. And you can save money, too.

Maxwell House Master Blend tastes delicious.

Master Blend is 100% pure ground coffee that's specially roasted and ground, not concentrated or flaked.

You can save money, too.

Because we make it a special way, 13 ounces of Master Blend goes as far as 16 ounces of ordinary coffee. And you make it the same way you usually do.

Use the same number of scoops. That's how Master Blend can save you money.

Maxwell House Master Blend Coffee comes in three grinds: *Regular, Electra-Perk,*® and *Automatic Drip Blend.* It's the delicious ground coffee that's always..."Good to the Last Drop,®" and it can save you money, too.



Mmm... smell that rich aroma! It's 100% ground coffee.



Use the same number of scoops you use with ordinary coffee.



The flavor is always... "Good to the Last Drop.®"



© 1981 General Foods Corporation

The Sunsweet® Self-Improvement Plan.



The Sunsweet Self-Improvement Plan includes exercise and a healthy, well-balanced diet. And that includes Sunsweet Prune Juice, with no preservatives or added sugar. Sunsweet is 100% pure natural fruit juice, with lots of iron, potassium and vitamin B_2. And best of all, it tastes good. So drink a toast to yourself. With Sunsweet.

SUNSWEET.

To your health.™

Two Tasty Uses for Leftover Candies

The last of the holiday fudge or peanut brittle can be the start of something delicious. Here's how to recycle those leftover candies into an easy dessert sauce and a crunchy coffee cake.



Photograph: Mike Dieter

Buying information, page 122

PEANUT BRITTLE COFFEE CAKE

This crumb coffee cake can double as a great coffee klatch treat and a simple dessert—

2 cups packaged biscuit mix
1 cup finely crushed peanut brittle (about 5 ounces)
¼ cup packed brown sugar
¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
2 tablespoons butter *or* margarine
⅔ cup buttermilk *or* sour milk
1 slightly beaten egg
1 teaspoon vanilla

In mixing bowl combine packaged biscuit mix, peanut brittle, brown sugar, cinnamon, and nutmeg. Cut in butter or margarine till crumbly; set aside *⅔ cup* of the mixture. To remaining mixture add buttermilk, egg, and vanilla; mix well. Spread in greased 9x1½-inch round cake pan. Sprinkle reserved crumbs atop. Bake in 350° oven for 30 to 35 minutes. Cool in pan on wire rack. Makes 6 to 8 servings.

FUDGY BUTTERED RUM SAUCE

1 cup crumbled chocolate fudge (about 6 ounces)
2 tablespoons all-purpose flour
Dash salt
1 5⅓-ounce can (⅔ cup) evaporated milk
¼ cup water
2 tablespoons butter *or* margarine
2 tablespoons light rum

In medium saucepan combine crumbled fudge, flour, and salt. Stir in evaporated milk and water. Cook and stir till fudge melts and mixture thickens and bubbles. Remove from heat. Add butter and rum; stir till butter melts. Cover surface of sauce with waxed paper. Serve over ice cream or cake. Makes 1⅓ cups sauce.

Kodel®, the fiber that puts the yes in polyester.



Springmaid® bed fashions say yes to Kodel.

The Springmaid Bassetti collection is a garden of sheer delight. A deep, rich palette helped create this lush "Blue Grotto" pattern. Designed in a stay-fresh fabric of Kodel polyester and cotton. Because Kodel provides easy care and outdoor freshness. The comforters and bedspreads are plumped with Kodel polyester fiberfill for luxurious softness and lightweight warmth. The "Blue Grotto" ensemble including sheets, pillow cases, comforters and bedspreads is available at fine stores everywhere.

EASTMAN CHEMICAL PRODUCTS, INC., a subsidiary of Eastman Kodak Company, 1133 AVENUE OF THE AMERICAS, NEW YORK, N.Y. 10036
KODEL is Eastman's trademark for its polyester fiber. Eastman does not make fabrics or consumer textile products and therefore makes no warranties with respect to such products

981 Eastman Kodak Company

An Up-Front Addition







Photographs: E. Alan McGee. Architect: Randall Bray Associates. Field editor: Ruth Reiter

Building an addition to your house is always something of a challenge. But it's especially challenging if the addition will put you closer to your neighbors or to the street. Somehow you must maintain privacy without making your house look awkward or "unfriendly." Here's how one family managed to meet the challenge.

This house sits toward the back of the lot, so the only way to gain extra space was to build a new wing on the front *(top)*. The new addition contains an upstairs nursery and a downstairs guest room and bath. To maintain privacy from the street, windows were kept to a minimum. The bedroom *(above right)* and bath on the main floor are brightened by large skylights above a six-foot wall, and the nursery on the second floor has a single window up front.

A small sitting room *(above left)* buffers the new wing from the main living areas. The sitting room was created from a veranda that fronted the area where the new wing now stands. Adjoining the sitting room is a south-facing stair hall that brightens both levels of the addition. The south end of the stair hall (behind the plants at left) is all glass, so daylight flows into the sitting room and also the new nursery upstairs. Little privacy is sacrificed here because the glass wall doesn't face the street. And the south glazing provides direct-gain solar heat along with the daylight. The door to the guest room is visible beyond the circular staircase, and the door to the new bath is just to the left, hidden behind the stone pillar. (The bath also can be entered from the guest room.)

The addition was designed to blend perfectly with the Dutch colonial style of the house. The gambrel roof lines, double-hung windows, and clapboard siding were carefully matched, and the landscaping was reworked to balance the projecting shape of the new wing.



YOU ALWAYS HAD A GOOD FEELING ABOUT SOUP. AFTER YOU READ THIS YOU'LL KNOW WHY.

Soup makes you feel good
n so many ways. It's the wholesome
ood that satisfies your appetite
nd your spirit.

You know that when you've got
o go somewhere on a cold windy
ight, a bowl of steamy Clam Chow-
er can stoke you up for the trip, and
nsulate you inside till you get there.

Or, when the midday sun is
weltering you, a bowl of refreshing,
hilled Consommé (maybe with a
alad and iced tea) tastes great and
eeps you going through the day.

**But did you know nutritionists
re now finding out that nutrition-
ise, soup is super.** Three different
ources support the goodness
f soup.

Using data from one of the larg-
st studies ever made on nutrition
onducted by Government health
gencies), experts from leading universities identified differences in people's diets.* **It was found that soup can be a significant part of a balanced and healthful diet.**

And when compared to other foods in a Nutrient Density Rating System** used by nutritionists, many of the most popular soups come through with flying nutrients. **In fact, some soups have more nutrients per calorie than other good foods you think are very nutritious.** For instance, calorie for calorie, Campbell's Chicken Noodle Soup has more protein and thiamin than peanut butter, or rye bread.

In another way of rating soup, based on U.S. Department of Agriculture data, one 10 ounce serving of Campbell's **Old Fashioned Vegetable Soup has more Vitamin A than 2 heads of lettuce, 12 ears of corn, or four tomatoes.**

And soup is not only good for your body. It's good for your soul. When you come home from a hard day all frazzled, a heart-warming cup of zesty Minestrone can really unwind you. Because what could be more soothing than soup?

And so digestible. If you've got a little empty spot late at night, a bowl of delicious Mushroom Soup will hit the spot perfectly and let you sleep like a log.

So you can see, there's a good reason for the good feeling you get with soup. One of the many reasons why Soup is Good Food.

Campbell's

SOUP IS GOOD FOOD.

*As published in The American Journal of Clinical Nutrition, April, 1981

**Source: Hansen, R.G., Wyse, B.W., Sorenson, A.W., The Nutritional Quality Index of Foods, AVI Publishing Co., Inc., Westport, Conn. 1979

Note—Mean value sources for nutrient comparison: USDA Handbooks No. 8 and 456 and Campbell Soup Co.

A Porch Revamp That Brings the Outside In

Whether you are inside this house or just approaching it, you may wonder where landscaping ends and living spaces begin. The fool-the-eye effect was achieved by enclosing a little-used front porch with a skylight and a wall of glass.

The original porch was nestled between two wings on either side of the living room. To bring the outdoors inside, homeowners Lorraine and Frank Serena asked their architect to span the two wings with a skylighted roof, build a wall of glass across the front of the new garden room/entry, and extend the roof beams to form a wide trellis out front.

As you enter the massive redwood double doors on the right-hand side of the new room, *right,* you don't leave the outdoors behind. The expanses of glass on both sides of the doors reveal the lush front yard, and the patio-like texture of the floor contributes to the outdoor atmosphere. The flooring is exposed aggregate, laid in four-foot modules and framed with redwood 2x2s. It's an ideal surface for houseplants.



Photographs: George de Gennaro. Architect: Don Pedersen. Field editor: Dorothy Campbell





Opposite the entry doors is the wide-open living room, *lower right.* The dark columns show where the exterior wall once stood. The dining room, formally a wing, is now integrated into the living room and entry by a much-expanded archway. Scarcely visible is the new exterior wall ten feet behind the couch. Again, the glass on that wall fools the eye by fusing indoors with outdoors. Adding to the illusion is the beamed trellis that projects from the entry into the garden and echoes the dark-stained beams in the living room.

When you view the living room from the entry, *above left,* you can see how bright and inviting the whole room has become. The original mantel comes alive now that daylight plays across its paneled surfaces. Other architectural details—especially the beamed ceiling—also benefit from the infusion of light.

TUACA. ITS TASTE HAS COME.

Tuaca is a very different liqueur. It costs a bit more but it's worth it. Imagine a big, bold brandy taste lightly laced with a subtle sweetness. Unboring. Unusual. Imported from Italy.

Tuaca. It's what's missing from your collection of liqueurs.



Tuaca.
The bold but subtly sweet
Italian liqueur.

Opening Up a Whole House

Sometimes, a charming bungalow on a quiet, tree-lined street is just too good to pass up, even if the rooms are cramped and outdated. How, then, do you make the interior more livable without spoiling the exterior? A great way to begin is to knock down the partitions between the rooms and let them flow together freely.

The big-house look in this updated 1½-story home *(top left)* is a good example of what can be accomplished with that simple strategy and a bit of imagination. Part of the transformation involved opening the old living room ceiling all the way to the roof *(right)*. This bold step was accompanied by another: large cutouts were made in the upper part of the long interior wall. The cutouts make the living room, the stairwell, and the new second-floor sitting room flow together as one continuous space. And to further dramatize the soaring effect, large skylights were installed in the vaulted ceiling.









Photographs: E. Alan McGee. Interior designer: Anita Ault. Field editor: Ruth Reiter

There's a new spaciousness at eye level, too. The living room extends beyond the fireplace into a former porch at the far end. The porch floor was raised level with that of the living room, and the wall between was removed on both sides of the fireplace to make the two rooms work as one. Even the fireplace was opened up—the original firebox was replaced with a two-way hearth.

On the upper level *(above)*, one of the two attic bedrooms was transformed into an airy loft. The owners use this space for entertaining and for watching television and listening to the stereo. Incidentally, the large cutouts are more than just space-expanding; they allow air to flow up from the living room and over to the stairwell, where a ceiling fan recirculates the air to the lower level. The old narrow staircase was reworked to aid the downdraft cycle and to handle extra traffic to the upper level.

The transformation also involved the dining room, kitchen, and breakfast room *(top right)*. Although the effects are more subtle here, the strategy was the same: to remove as many barriers as possible so the spaces could flow together freely and naturally. The kitchen, which was completely redesigned, now is separated from the dining room by a freestanding built-in counter and wall cabinet. And the flat ceiling in the breakfast room (just visible on the right) was removed to create a mini-vault effect under the turreted roof.

Cooking For One or Two

Preparing meals for one or two doesn't have to mean stocking up on TV dinners or dining on leftovers for a week. The following hints can help you fix a variety of fresh-tasting and nutritious meals without creating a lot of leftovers:

Equipment needs

- Choose kitchen equipment you can use for more than one job, such as freezer-to-oven-to-table baking dishes and casseroles, and oven-going skillets.
- Stock your kitchen gradually. Concentrate first on the more basic equipment and utensils. Then fill in with less essential equipment as the need arises. For example, one 6- to 8-inch, and one 10-inch covered skillet, one 1-quart covered saucepan, and one 2-quart covered saucepan will fill most any top-of-the-range needs.
- A mini-fryer makes it easy and economical to deep-fat fry small batches of food. A hibachi is handy for grilling small quantities of food outdoors.

Cooking tips

- If a recipe makes several individual casseroles, assemble and bake them all at once. Then cover and refrigerate up to two days; or cover, label, and freeze to use within two to three months.
- Save money by purchasing more economical large cuts of meat. Then cut and freeze them in individual serving-size portions.
- Shape ground beef into patties and wrap in clear plastic wrap or foil before freezing. This saves thawing time and lets you cook just what you need.
- If the recipe calls for a small amount of onion or green pepper, chop vegetables. Store the excess in the refrigerator for a few days, or freeze.
- Buy frozen fruits or vegetables in loose-pack plastic bags. They separate easily while frozen so you can remove and cook just what's needed.
- Choose a 4-pound beef rib roast or a 3-pound pork center loin roast. This cuts down on leftovers. BH&G

Discover Lean Strips.

TEXTURED PROTEIN STRIPS

The bacon lovers' alternative. Only 25 calories a strip and no cholesterol.



Lean Strips® have the sizzle, crunch, and smoked flavor of bacon, but they're not bacon. They're made with soybeans, egg whites and wheat. So they have no cholesterol and are only 25 calories a strip.

Lean Strips don't shrink like bacon either. That means each 4½-oz. package gives you about as much as a pound of bacon, cooked.

And Lean Strips cost less than bacon. So you can afford great bacon taste every morning, and cut down on calories and cholesterol.



©1982 General Foods Corporation.

Hidden Valley Ranch®
salad dressing.
Makes ordinary
foods taste...

extraordinary!

The distinctive, rich, creamy flavor you love on salads can also perk-up potatoes, do-up dips, beef-up burgers, soup-up sandwiches and more.

Hidden Valley Ranch is the salad dressing that can dress-up almost every dish, deliciously.

Nobody else has our secret recipe or our special taste.

Hidden Valley Ranch.
Milk Recipe
ORIGINAL
Ranch

© 1980 The H.V.R. Co.

Architectural Add-Ons

One way to give your home character—and preserve a bit of history—is to add architectural elements salvaged from old buildings. Here, doors from an old French post office cover up a bar, and cabinets from a barber shop serve as a buffet display area.



Photograph: Maris/Semel. Design: David Jenkins. Field editor: Ruth L. Reiter

Open or closed, these recycled doors are a handsome focal point. Their eye-catching features include brass mail slots and doorknobs, an interesting glass and grillwork panel, and a variegated wood grain. When the 9½-foot-tall doors are swung open, a well-equipped bar is revealed. Its brass-covered counter top and matching cabinet fronts echo the brass trimmings on the doors. And a recycled, old stained-glass fixture lights the bar from above.



Photograph: E. Alan McGee. Design: Bill Ericson and Tom Sweeny

This oak wall cabinet, which was salvaged from an old barber shop, now performs dining room duties. The unit's marble-lined counter top serves as an easy-care buffet surface, or as shown here, a display area. Cupboards below the counter top store tableware and linens while open shelves above show off a glassware collection. The mirrored sections lighten the look of the massive unit.

Remember Wyler's® Bouillon so they'll remember the meal.



Leave it to Wyler's Bouillon to turn everyday meals into flavorful feasts.

Both Wyler's cubes and instant are made with the finest ingredients to bring out the best in your cooking.

And now enjoy Wyler's exciting "Bouillon Is Basic" Cookbook, filled with delicious easy-to-make recipes.

It's yours FREE when you send two labels to:

"Bouillon Is Basic" Cookbook
P.O. Box 1130
Maple Plain, MN 55348.

Offer expires Dec. 31, 1982. Good only in U.S.A. Please allow 6 weeks for delivery.



© Borden, Inc., 1982

Put in the Wyler's. Bring out the taste.







DECORATING

Bed Skirt How-To

The tie-on bed skirt pictured on page 82 goes together in a jiffy. Just follow these directions.

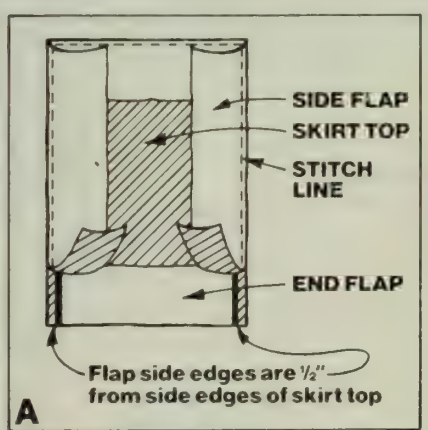
First, for the top of the bed skirt, cut a fabric panel one inch wider and longer than the mattress top.

Then, for the bed skirt's two side flaps, cut two fabric panels two inches wider than the length of the bed and one inch longer than the distance from the top of the mattress to the floor. (You may have to piece two panels together for the needed width.)

For the two end flaps, cut two fabric panels two inches wider than the bed and the same length as the side flaps.

Finally, for the four insets (which fit behind the corner slits), cut four 6-inch-wide fabric panels the same length as the side and end flaps.

To hem the side edges of the end and side flaps, fold the edges under ½ inch and press. Then roll them under another ½ inch, press, and stitch.

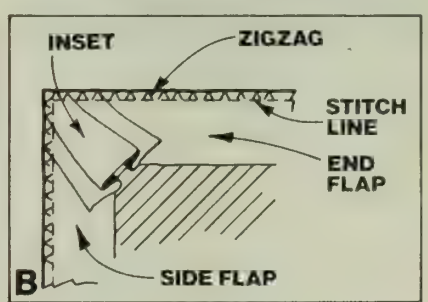


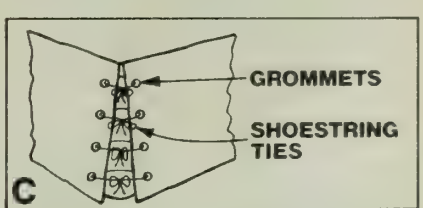
Illustrations: Blaser Kimball

Pin the two end flaps to the top of the bed skirt, right sides together. Next, pin the two side flaps in place, overlapping the end flaps as shown in illustration A. (The flaps' side edges will be ½ inch in from the sides of the top piece.) Stitch ½ inch away from the edge, then zigzag the seam allowance or cover it with seam binding.

Zigzag the top edges of the four insets and hem the side edges as described above. To help ease the insets around the bed corners, make a box pleat along the top edge of each inset; baste the pleats in place.

Position the insets on the bed skirt so they overlap the side and end flaps as shown in illustration B; stitch.





Fit the skirt on the bed, pin up the hems of the flaps and insets, and stitch.

Replace the skirt and mark the placement of the grommets. Insert the grommets and tie with shoestrings as in illustration C.



Anytime is bedtime with the Beautyrest® Adjustable Bed. Touch a button and you'll discover new ways to read, write and lounge in total comfort. No matter which position you choose, our unique Beautyrest mattress will provide years of firm, comfortable support.

The Beautyrest Adjustable Bed. It makes bedtime a good time.

For information, call 800-447-4700. Toll-free. In Illinois, call 800-322-4400.

The Beautyrest® Adjustable Bed BY SIMMONS

Copyright ©1981, Simmons U.S.A.
DuPont TEFLON® Soil & Stain Repeller.
Many fine Hide-A-Bed® sofas treated with DuPont TEFLON.

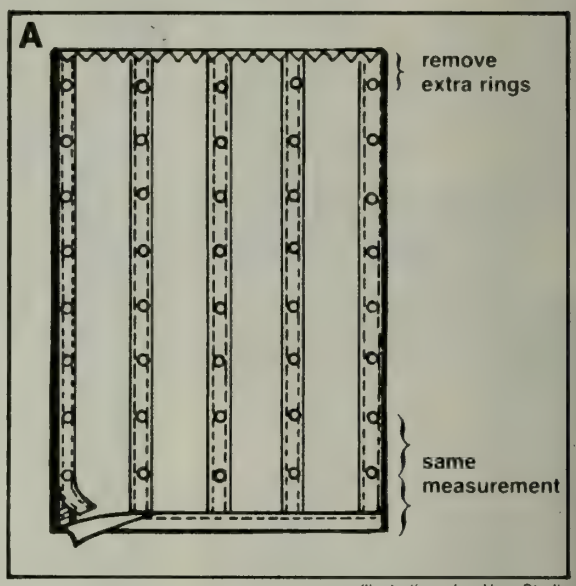
Roman Shade How-To

It's easy to make a handsome Roman shade, like the one pictured on page 82. Just measure your window carefully, then follow these step-by-step instructions.

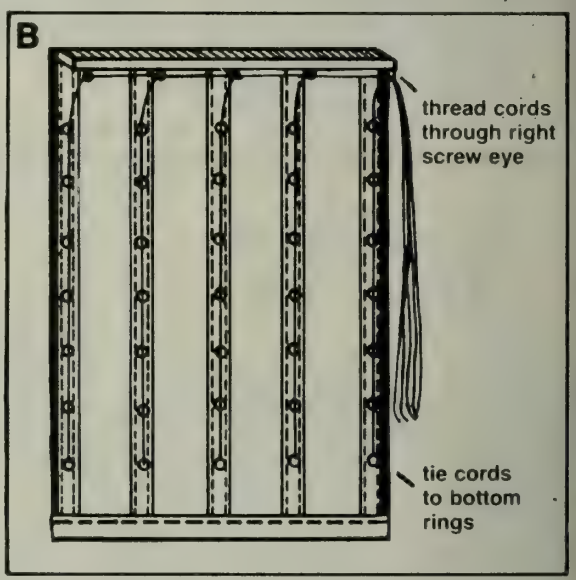
First choose a crisp, tightly woven fabric for your shade. (Loosely woven fabrics tend to sag and lose their shape.) Then cut a fabric panel two inches wider and four inches longer than the area the shade is to cover.

With the panel's wrong side up, fold over the side edges one inch and the bottom edge ½ inch; press. Then fold over the bottom edge another 1½ inches and press again. Overcast the top edge with wide zigzag stitches.

Next, position lengths of Roman-shade ring tape ½ inch from each side of the panel, being sure to cover the side hems (see illustration A). Adjust the tapes so the distance between the bottom ring and the hemline equals the measurement between the rings. Pin the tapes in place, then remove any rings that are closer than 3½ inches to the top edge of the shade. Sew the tapes to the shade, leaving the bottom 1½ inches of the tapes loose.



Illustrations: Les Hays Studio



Using the same method, attach other tape lengths at equal intervals between the two side tapes. (The tapes should be no more than 12 inches apart and all the rings should align horizontally.) Then fold the shade's bottom hem over the tape ends and stitch.

To mount the shade, first cut a 1x2 board to fit either inside or above the window casing. Overlap the top two inches of the shade on top of the board and staple the shade in place. Insert screw eyes in the bottom of the board above each row of ring tape (see illustration B). Then cut lengths of cord, making sure they're long enough to string up through the rings and screw eyes and down the side of the shade. Tie the cord ends to the bottom rings and lace the cords as shown.

Next slip a cut-to-fit rod into the bottom hem pocket and slip-stitch the ends closed.

Mount the shade with angle brackets. Adjust the tension of the cords, then knot the cords just below the right-hand screw eye. Secure the cord ends around an awning cleat.

Electrasol costs less* than any other national brand.

And nothing cleans any better.

Think about it. Since not one top-selling national brand cleans any better than Electrasol, why pay even one penny more? Buy Electrasol and you can save on every size. For example, save as much as 25¢ on our 65-ounce package when compared to the price of the leading brand.

But price isn't the main reason to buy Electrasol. Our performance is. Electrasol cleans away the Dry-Hards – yesterday's tough, dried-on food. In fact, with Electrasol, everything – dishes, glasses, silverware – comes out sparkling clean.

Electrasol. Great performance at a great price. No wonder millions buy Electrasol year after year!

ECONOMICAL ELECTRASOL

*Independent survey. Prices vary by package size and city.



ECONOMICS LABORATORY, INC., St. Paul, Minn. 55102

Judy Crawford

UPDATE

BLACK HISTORY HAPPENINGS

February is Black History Month, and it's being celebrated with a wide variety of events across the country. As you travel, you'll discover nearly every city has planned some kind of tribute: a cultural tour, an art exhibit, a film festival, even a special project like helping families trace their genealogical roots.

Howard University, for example, schedules a full slate of activities on its historic campus. Symposiums for studying famous Black leaders, plus poetry readings, musical productions, and addresses by nationally known speakers are just a sampling. For details, contact Alan Hermesch, Department of University Relations, Howard University, 2400 Sixth Street NW., Washington, DC 20059.

The Afro-American Museum of Detroit also features an outstanding month-long fete. This year, its exhibits will focus on Black classical composers, conductors, and performers. For more information, write to Margaret Dudley, Director, Afro-American Museum of Detroit, 1553 West Grand Boulevard, Detroit, MI 48208.

To find out what's happening in places you plan to visit, check with libraries, museums, and universities in those areas. You can get background information about Black History Month by writing to Dr. J. Rupert Picott, The Association for the Study of Afro-American Life and History, 1401 14th Street NW., Washington, DC 20005.

GUIDE TO AMERICAN B & Bs

Bed-and-breakfast lodgings originated in England, and now their American counterparts are fast becoming popular with U.S. travelers. Many of these hostelries are located in resort areas and near sight-seeing attractions.

In *Bed & Breakfast American Style,* author Norman Simpson recommends some of the more charming B & Bs this side of the Atlantic (several Canadian lodgings also are included). Rates often are lower than commercial hotel/motel prices. You'll find the book in most bookstores ($7.95). Or you can get a copy from the Berkshire Traveller Press, Stockbridge, MA 01262.

BEST BLOOMING SHOW AROUND

Planning to vacation in Europe this year? Be sure to schedule a visit to Holland's spectacular Floriade 82 in your plans. This 152-acre botanical bonanza, which fans out from the banks of gorgeous Gaasp Lake near Amsterdam, will be in constant bloom from April 8 through October 10. Besides seeing the predictable array of vivid tulips, you also will discover gardens of every variety.

Admission is about $3.75 for adults; less for children. You'll find lodgings in Amsterdam and other nearby cities. For more information, contact the Netherlands National Tourist Office, 576 Fifth Avenue, New York, NY 10036.

PRESIDENTIAL MUSEUM NUMBER 7

If you're traveling in Michigan, take the family on a half-day trek to Grand Rapids, hometown of former president Gerald R. Ford and the country's newest presidential museum. The city is easily accessible by car via major highways that crisscross the state. The museum's sister facility, the Ford Library, is in Ann Arbor, Michigan.

Inside the museum are fascinating films, displays, and memorabilia that recall Ford's years in Congress, and later as vice president and president. Walking through the full-scale replica of the Oval Office is a special thrill.

Admission is $1 for adults, free to children under 16. For more information, write to the Gerald R. Ford Museum, 303 Pearl Street NW., Grand Rapids, MI 49504.

PHILLY'S BIRTHDAY FETE

The "City of Brotherly Love" is celebrating its 300th birthday this year with a full slate of special activities. Festivities begin in early spring with a colorful flower show that re-creates gardens from the past and a harbor visit by Cunard's *Queen Elizabeth II.*

May brings a city-wide culinary fair, followed by a sailing spectacular of more than 40 tall ships in June. Other summer events include a salute to American music and a series of weekend block parties hosted by Philadelphia's many ethnic neighborhoods. A week-long birthday party in October caps off the year's activities. For more information about this Century IV celebration, contact Sam Rogers, Philadelphia Convention and Visitors Bureau, 1525 John F. Kennedy Boulevard, Philadelphia, PA 19102.

SCANDINAVIAN SPECIALS

If you've ever fancied traveling in the Nordic countries, now is the time to make your dream come true. Affordable packages that include some of the lowest air fares in 20 years are making a visit to the Scandinavian countries more appealing than ever.

- "Scandinavia Wonder Weeks," offered by Scandinavian Airlines (SAS) through April, feature special tours to Copenhagen, Denmark, and Stockholm, Sweden, from New York, Chicago, Los Angeles, and Seattle. Cost of the six-night Copenhagen package, including round-trip air fare, lodgings, breakfasts, and city sight-seeing, starts at $590 per person from New York, $705 from Seattle. A similar six-night package to Stockholm starts at $690 per person from New York, $805 from Chicago, $975 from Los Angeles, and $880 from Seattle.

Ask a travel agent for details or contact SAS, 630 Fifth Avenue, Suite 1465, New York, NY 10020.

- Finnair's ski-touring packages challenge even the most seasoned cross-country buff. Consider the eight-night "Hut-to-Hut Ski Trekking" tour over Lapland's rugged terrain. You'll spend four nights in hotels and four in heated wilderness huts. Cost per person, including air fare from New York to Helsinki and all meals, is $949. The tour departs Saturdays, January 30 through April 24, and includes transportation within Finland, too. For details, write to Finnair, Box 32, Irvington, NY 10533.

SHORT-NOTICE SAVINGS

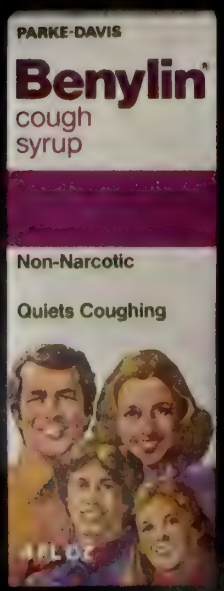
If you like to pick up and go on a moment's notice, Stand-Buys Ltd. is worth investigating. Tour operators left

continued


Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
Benson & Hedges & Afternoons & Me
BENSON & HEDGES Menthol 100's
LIGHTS
BENSON & HEDGES 100's
LIGHTS
Because the pleasure lasts longer.
Benson & Hedges Lights

Now there's good news for bad coughs.





Strong, effective Benylin® Cough Syrup is now permitted for sale without prescription!

For 29 years, Benylin has been a leading doctor-prescribed cough medicine, for children as well as adults. It has been thoroughly tested and proved safe and effective—it's the first cough formula to go from prescription to "over the counter" in full strength.

You get the same active ingredient, in the same quantity and dosage: the unique cough suppressant, diphenhydramine hydrochloride, developed at the Parke-Davis medical laboratories.

When you and your family get coughs this winter, get Benylin at your pharmacy. Use as directed. You won't need a prescription.

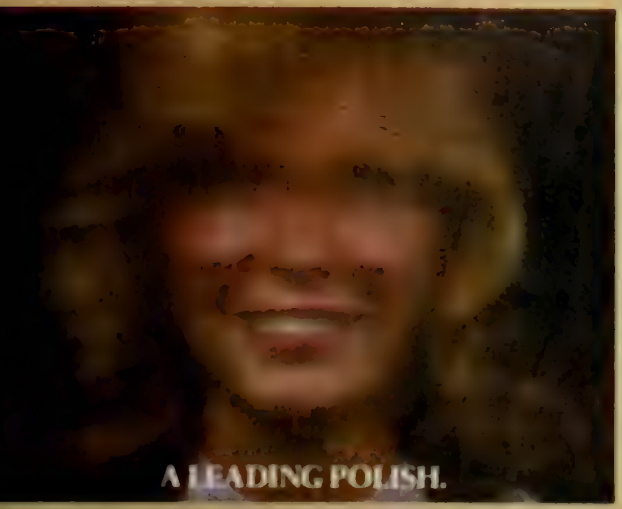
Benylin Cough Syrup.

Same full prescription strength without a prescription.

PARKE-DAVIS Div of Warner-Lambert Co, Morris Plains, NJ 07950 USA

© 1981 Warner-Lambert Company

How do I get clearly more beautiful wood?"





retouched photography



"I side with Pledge."

"My wood is special to me. So I always dust with Pledge. Other products may say they work on wood, but they just don't give my furniture the clear, beautiful shine that Pledge does. That's because Pledge is made especially for wood. And that's what my wood deserves!"

Doesn't your wood deserve Pledge?

©1981 S C Johnson & Son, Inc

continued

Travel update

with unsold seats and space use this subscription service as a clearinghouse. Stand-Buys offers these fares and packages to its members at 15- to 60-percent discounts from three days to three weeks prior to departure. Once you pay your money, your reservation is confirmed. Subscription fees run $35 a year. For details, write to Shannon Myler, Stand-Buys Ltd., 26711 Northwestern Highway, Suite 310, Southfield, MI 48034.

LAKER'S NEW LOW-COST VACATIONS

Laker Airways has taken its no-frills air fares a step further by combining them with low-cost package tours from the U.S. to just about everywhere. Tours depart from New York, Miami, or Los Angeles through April for destinations in Europe, Africa, and Asia.

There's a variety of vacations to choose from. Options range from a conventional six-day London tour (starting at $399 per person from New York) to an exotic 23-day excursion through China (starting at $2,895 from New York). Prices generally are higher from Miami and Los Angeles. All packages include airport transfers, round-trip air fare, lodgings, and often meals. For more information, contact a travel agent or write to Stuart Alderman, Laker Vacations, 95-25 Queens Boulevard, Rego Park, NY 11374.

NEW HOT SPOT FOR SCHUSSERS

Downhill skiers frustrated by long lift lines will find relief at Deer Valley near Park City, Utah. This spanking new ski resort limits the number of skiers on its slopes to keep lift lines moving. Reservations for skiing (tickets are $20 a day) are recommended.

Deer Valley boasts intermediate and advanced slopes (2,200-foot vertical drop, runs up to 1.2 miles), and easier slopes for novices. Five-night packages, including lodgings and skiing, cost $527 per person double ($302 per person for a family of four). The Copperbottom Inn, in nearby Park City, has five-night packages that cost $243 per person (skiing costs extra). Buses serve Park City from Salt Lake City, only 45 minutes away. For details, write to Colleen Kelly, Deer Valley, Box 1525, Park City, UT 84060.

ICELANDAIR EXPANDS SERVICE

Tiny Luxembourg is the base for Icelandair's expanded service from the U.S. to Amsterdam, Athens, Frankfurt, Nice, Paris, and Rome. What's more, Icelandair's fares are as much as 40 percent lower than those offered by other airlines to the same destinations.

For example, Icelandair's round-trip Super Apex fares (you buy your ticket at least 14 days in advance and stay from seven to 90 days) from New York to Paris, Frankfurt, or Amsterdam cost $499 per person, $559 from Chicago. Super Apex fares run $599 from New York to Rome, $669 from Chicago; $659 from New York to Athens, $729 from Chicago; and $599 from New York to Nice, $669 from Chicago. From Luxembourg, you'll connect with a Luxair flight to your final destination. For information, contact Icelandair, 630 Fifth Avenue, New York, NY 10111.

Gardener's log

**"When young, sow wild oats;
When old, grow sage."**
—Old proverb

JANUARY RESOLUTIONS

Start a garden diary so you don't have to rely on your memory or on loose scribbled notes that are easily lost. Jot down in a calendar appointment book reminders on planting, spraying, blooming, harvesting, and other observations about your outdoor world.

While you're at it, make a map of your garden, showing the location and names of every tree, shrub, and flower bed. Then keep the map up to date by indicating new plantings as you make them.

Fill a steel drum or pail with oiled sand and place it in your garage or service yard for cleaning tools after use. Just stick the tool in the sand and twist; the tool will emerge both clean and rustproof.

Enjoy the beauty of amaryllis

This dependable winter beauty produces four or five 8- to ten-inch flowers on a single stalk. Colors available include white, pink, red, salmon, and bicolors.

You can plant amaryllis bulbs anytime during fall or winter, one per pot, in rich, well-drained potting soil. Use a pot three inches wider than the bulb, and leave an inch or two of bulb above the soil level.

Place the plant where it will receive at least four hours of sun a day. Water thoroughly after planting. Do not water again until the flower stalk appears; then keep the soil evenly moist. Feed your amaryllis once a month with a weak solution of a regular houseplant fertilizer.

After the blooms fade, cut off the flower stalk at soil level. Continue to water and feed the plant until late summer when the foliage should begin to turn yellow; remove the leaves as they die. Put the pot, bulb and all, in a dark place for a six- to eight-week rest. Then repot the bulb in fresh soil, water well, and place the pot on a sunny windowsill. When repotting, remove any offsets and pot them up individually for additional plants.



Amaryllis 'Summertime'

IN THE NORTH

Perennial patrol

After each thaw, check your perennial beds. Gently push back into the soil the crowns of any plants that have been forced out of the ground by frost action during the warm spell.

Vine time

Prune grapevines heavily now for good fruit production. To prune grapes properly, learn to identify the three different kinds of canes (shoots or branches). "Water sprouts" are spindly, short canes with joints (nodes) close together. "Bull canes" are quite thick and healthy-looking canes with joints eight to ten inches apart. Both of these types can be pruned off annually, leaving only intermediate size "fruiting canes" with joints four to five inches apart. Keep no more than ten one-year-old fruiting canes per vine, and prune these back to between five and nine joints in length.

IN THE SOUTH

Lawn wait

Don't feed your grass until there is a tinge of green showing. Do irrigate, when needed, when the weather is warm. It is still too early to reseed bare spots. Be patient.

Rose activity

In Florida, some gardeners like to prune their hybrid tea roses in January, but it's not really necessary, unless some bushes are getting out of hand. Cut the canes back, but remove no more than one-third of their length.

Roses can be planted now in warmer parts of the south and southwest. Growers who live in altitudes of over 5,000 feet should wait until March or April. Some rosarians recommend soaking the roots of the dormant bare root bushes for 24 hours in a pail containing a weak solution of plant food prior to planting.

IN THE WEST

Important chores

Planting, pruning, and spraying are on the schedule for Californians. Use a dormant spray on your rose bed to control overwintering pests. Bad weather and hard-to-work soil may postpone your work, but there are usually a few dry periods in between rainy spells. In Washington and Oregon, all the same jobs can be stretched out for another six to eight weeks.

Illustration: Steven Schindler

The winter season. Another reason for Purina High Protein®.

BRAND DOG MEAL



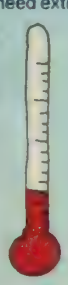
The temperature doesn't have to drop to minus 25° for your dog to need extra energy ... the kind he can get from High Protein.

Every 10° drop in temperature, even from a warm 70° to a balmy 60° makes a dog burn up 7.5% more calories than normal.

To give him the food energy he needs to help him maintain his body temperature during this colder weather, give him the dog food with more energy per pound than any leading dog food: Purina High® Protein Plus™ brand dog meal or Purina® High Protein Flavors™ brand dog meal.

It'll provide the nutrition to help keep your dog active, strong and healthy whatever the weather.

So even if it doesn't get cold enough for you to put on a ski parka, it's still the season for you to bring out the High Protein.



Another Season. Another reason for High Protein.

Ralston Purina Company

SAVE **50¢** ON ANY SIZE

STORE COUPON

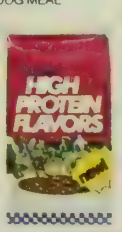
SAVE **50¢** ON ANY SIZE

PURINA HIGH PROTEIN FLAVORS™
PURINA® HIGH PROTEIN PLUS™
BRAND DOG MEAL



CONSUMER: Please be sure the coupons you redeem have not expired and are accompanied by the required purchase. RETAILER: For payment of face value, plus 7¢ handling, send to Ralston Purina Company, P.O. Box PL 1, Belleville, Illinois 62224. Coupon will be paid only if presented by a retailer of our merchandise or a clearing house approved by us and acting for and at the risk of the retailer. Retailer must submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the coupons presented for redemption. Ralston Purina Company reserves the right to withhold payment on and declare void coupons received in mint condition or mass cut. This coupon is nontransferable, nonassignable and nonreproducible. Any sales tax must be paid by customer. Offer good only in U.S.A., A.P.O.'s, F.P.O.'s. Void where prohibited, taxed or otherwise restricted. Cash redemption value of 1/20 of 1¢.

LIMIT ONE COUPON PER PURCHASE AS SPECIFIED ON THE FACE OF THIS COUPON. ANY USE NOT CONSISTENT WITH THESE TERMS CONSTITUTES FRAUD AND MAY VOID ALL COUPONS SUBMITTED FOR REDEMPTION.



229B DM 229B

COUPON EXPIRES JANUARY 31, 1983

Ralston Purina Company 1981

MOVING? U-HAUL

EVERYTHING FOR MOVING
Wherever you're going, whatever you're moving, U-HAUL has everything you need. Trucks, trailers, packing boxes, hand trucks, furniture pads, hitches, tow bars. Everything from self-storage rooms to packing and loading help.

TRIM LINE GAS SAVER FLEET
The rental fleet designed specifically for household moving. For the care and protection of your personal possessions. U-HAUL moves families, not freight.

SAVINGS IN MONEY, TIME AND WORRY U-HAUL will match any competitor's rate, discount or guarantee.* U-HAUL has more than 7,000 Moving Centers and Dealers ready support your move.

SAFETY AND SECURITY
Over 70 million family moves ha been made the do-it-yourself way w U-HAUL. Your safety and security is primary objective.

PLUS OUR WIN A MILLION SWEEPSTAKES Study this ad a discover why millions of families save millions with



SHOPPING

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

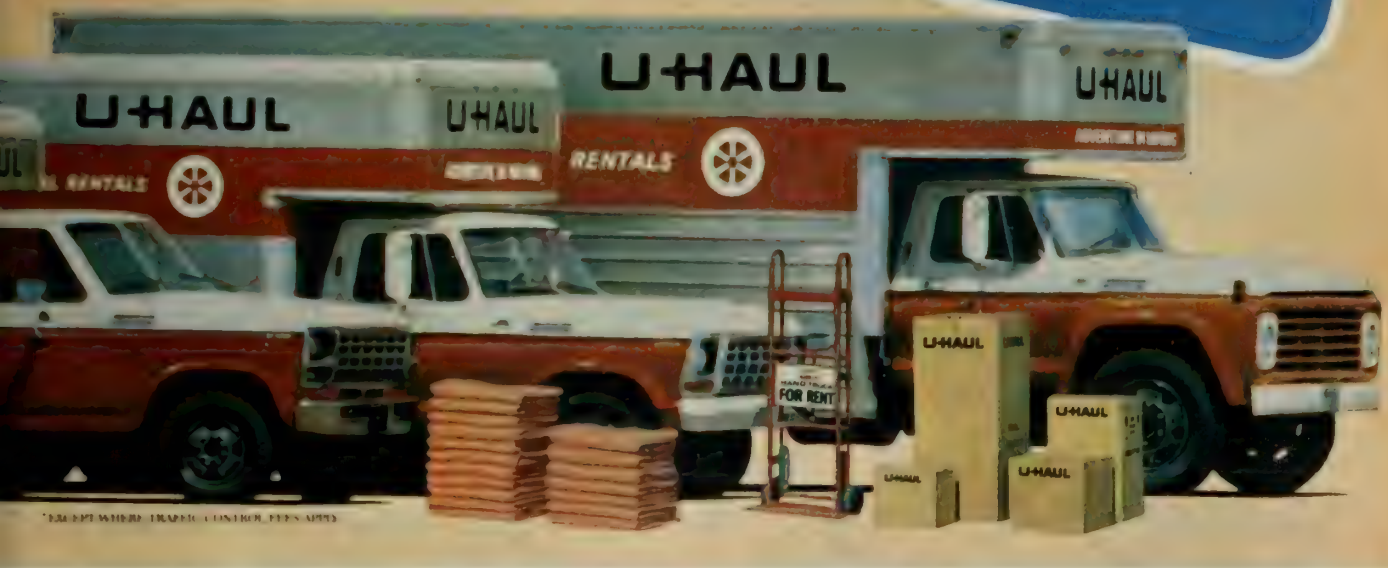
AMISH-STYLE QUILT
Page 3: Movers blankets—The Village Stripper, 519 Hudson, New York, NY 10014
SUPER-SIMPLE CRAFTS
Pages 40-41: Flannel sheets for rug—Sears Catalog Order, Sears Tower, Dept. 703, D.S.C. 40-19, Chicago, IL 60684. "Pfun felt" on screen—Pellon Corp., 119 W. 40th St., New York, NY 10018. Screen-fabric glue—Slomons Laboratories, Inc., Garden City, NY 11530. Fabric paints for apron, place mats Magic Touch Artists Colors—The Colorful Co., 530 S. Zeyn St., Anaheim, CA 92805. Marking pen for apron, place mats—Sanford Corp., Bellwood, IL 60104. Wrapping paper—Family Line, 648 Blackhawk, Westmont, IL 60559. Ribbon—C. M. Offray & Sons, Inc., 261 Madison Ave., New York, NY 10016.
Pages 42-43: Fabric paints for sweatshirts—American Crayon Co., 1706 Hayes Avenue, Sandusky, OH 44870. Decals—The Meyercord Co., 365 E. North Ave., Wheaton, IL 60187. Poster print "Watermelon"—Museum Editions, Ltd., 12 John St., No. 12, New York, NY 10038. Red grid wrapping paper—Sample House, 2525 Butler, Dallas, TX 75235.
Pages 44-45: Paper for 3-D pictures "Art Nouveau Ceramic Tiles From an English Collection"—Evergreen Press, P.O. Box 4971, Walnut Creek, CA 94596. 3-D paper glue—General Electric Co., Silicone Products Division, Waterford, NY 12188. Dishes—Royal Doulton & Co., Inc., 400 Paterson Plank Rd., Carlstadt, NJ 07072. Embroidery floss—DCM, 197 Trumbull St., Elizabeth, NJ 07206. Hurricane shades, candle holders—Conran's, 160 E. 54th St., New York, NY 10022. Hearts—Soft Antiques, 43 Main St., P.O. Box 1826, Orleans, MA 02653. Liquid embroidery pens for blouse—Vogart Craft Corp., 230 Fifth Ave., New York, NY 10001. Blouse pattern Vogue #8040—Vogue Pattern Service, 161 Sixth Ave., New York, NY 10013.
STEP BY STEP TO A LAMINATE TUB ENCLOSURE
Page 64: Tub enclosure kit—Lambco Inc., 1350 Budd Ave., P.O. Box 416, Maple Plain, MN 55359.
AWARD-WINNING HOUSE: AN OPEN PLAN IN COMPACT SPACE
Pages 74-75: Sofa—Lambert Furniture Corp., 200 Lexington Ave., NYC 10016. Drapery and furniture fabrics—P. Kaufmann, Inc., 261 Fifth Ave., NYC 10016. Clock—Chapman, Avon, MA 02322. Lamp—Spear, 351 Peachtree Hills Ave., NE., Atlanta, GA 30305. Wooden sculpture—Donato Grillo, 167 Fearrington Post, Pittsboro, NC 27312. Bird on mantel—Sarreid, P.O. Box 3545, Wilson, NC 27893. Parquet flooring—Cherokee Flooring, Burlington, NC 27215. Rug in dining area—Cabin Crafts, WestPoint Pepperell, P.O. Box 1208, Dalton, GA 30720. Light fixture in dining area—Hart's Country Shop, P.O. Box 1387, Ruston, LA 71270.
Page 75 (top): Chairs—Lambert Furniture Corp. (address above). Drapery and furniture fabrics—P. Kaufmann, Inc. (address above). Picture—Dr. Bob Bailey, 125 Fearrington Post, Pittsboro, NC 27312. (Bottom): Coffee table—Travis & Co., 351 Peachtree Hills Ave. NE., Atlanta, GA 30305.
Page 76 (top): Refrigerator and cooktop—Frigidaire Co., W.C. Box 4900, Dayton, OH 45449. Wallpaper and fabric on shade—Marimekko, Motif Designs, 26 Pryer Terrace, New Rochelle, NY 10804. Fabric on stools—P. Kaufmann, Inc. (address above). Pottery next to cooktop—Jim Pringle Pottery, RFD 1, Pittsboro, NC 27312. Weather vane—Sarreid (address above). (Bottom): Chaise—Jessup Furn. Corp. 205 Virginia Ave., Collinsville, VA 24078. Fabric on bench—Marimekko, 7 W. 56th St., NYC 10022. Butterfly soft sculpture—Shirley McConahay Durham, NC. Corner clips on art unit—Fitch

HAS IT ALL!℠

-HAUL products and services. And
u could win $50,000 a year for 20
rs in the U-HAUL "Win A Million"
eepstakes. Official Entry Forms,
es and full details are available only
U-HAUL Moving Centers and partici-
ting Dealers. See the Yellow Pages
your nearest U-HAUL location.

No purchase or rental required. Sweepstakes open to licensed drivers 18 years and over residing in the 48 conterminous United States. Limit one Entry Form per family per visit per week. Void wherever prohibited by law. Sweepstakes ends April 30, 1982. The odds of winning will depend upon the number of entries received. Only residents of Ohio and Wisconsin may receive an Entry Form and details by submitting a separate self-addressed stamped envelope to: U-HAUL Ohio Wisconsin Entry Forms, P.O. Box 21503, Phoenix, Arizona 85036. Requests must be received by March 31, 1982. Limit one request per envelope.

WIN A MILLION DOLLARS!



Creations, Inc., P.O. Box 111B, Chapel Hill, NC 27514. Free idea catalog on request.

Page 77 (top): Deck furniture—Added Oomph, 270 S. Wream St., High Point, NC 27260. Windows and sliding glass doors—Capitol Products Corp., P.O. Box 3898, Harrisburg, PA 17105.

QUICK AND EASY DECORATING IDEAS

Page 78 (upper left): Lamp—Luxo Lamp Corp., Purdy Ave., Port Chester, NY 10573. Chair—Gold Medal, Inc., 1700 Packard Ave., Racine, WI 53403. Drapery fabric—Cohama Riverdale, 200 Madison Ave., New York, NY 10016.

Page 79 (center): Rug—Conran's, 145 Huguenot St., New Rochelle, NY 10801. Slipcover—Spiegel, Suite A, 1061 W. 35th St., Chicago, IL 60672. Hutch—Habersham Plantation, P.O. Box 1209, Toccoa, GA 30577. Ruffle and pillow fabric—La Provence by Pierre Deux, 353 Bleecker St., New York, NY 10014.

Page 80 (left): Carpet—Woodcrest Carpet Mills, 14933 Calvert St., Van Nuys, CA 91411. Fabric on walls—Cone Mills Corp., 1201 Maple St., Greensboro, NC 27405. (Right): Upholstered furniture—Herman Miller, Inc., Zeeland, MI 49464. Plastic furniture—Beylerian, Ltd., 11 E. 26th St., New York, NY 10010. Floor lamp—Koch & Lowy, Incorporated, 21-24 39th Ave., Long Island City, NY 11101.

Page 81 (right): Sheets—Martex (Div. of West-Point Pepperell), 1221 Avenue of the Americas, 40th Floor, New York, NY 10020.

Page 82 (left): Roman shade fabric and graphic over worktable—Marimekko, 7 W. 56th St., New York, NY 10022. Fabric on work table—International Print Works, 100 Wells Ave., Newton, MA 02159.

Page 83 (left): Duvet cover and wallpaper—Whimsical Walls by Motif Designs, 15 Beechwood Ave., New Rochelle, NY 10801. Lamp—Alsy Manufacturing Inc., Railroad & Webster Sts., Pottsville, PA 17901. Chair—Workbench, 470 Park Ave. South, New York, NY 10016. (Upper and lower right): Carved molding—The Woodworkers' Store, 21801 Industrial Blvd., Rogers, MN 55374.

WORKING AT HOME IN STYLE

Page 84 (top): Desk and chair—Design Institute America, 1677 Merchandise Mart, Chicago, IL 60654. Desk lamp—Raymor/Morredi, 734 Grand Ave., Ridgefield, NJ 07657. Blinds—Levolor Lorentzen, Inc., 720 Monroe St., Hoboken, NJ 07030. (Bottom right): Desk lamp—Laurel Lamp Mfg. Co., Inc., 230 Fifth Ave., New York, NY 10001. Fabric on wicker chairs—Pierre Deux, 353 Bleecker St., New York, NY 10014. Fabric for curtains—Pierre Deux (address above). Windows—Caradco Window & Door Div., 201 Evans Dr., Rantoul, IL 61866.

Page 85 (bottom left): Desk lamp—Luxo Lamp Corp., Purdy Ave., Port Chester, NY 10573. Desk chairs—Stendig Inc., 410 E. 62nd St., New York, NY 10021. (Bottom right): Desk—Chapman Mfg. Co., 481 W. Main St., Avon, MA 02322. Brass drum table—Sarreid Ltd., P.O. Box 3545, Wilson, NC 27893. Wicker stool—Hurricane International, 131 W. 33rd St., National City, CA 92050.

HIGH-STYLE TABLE LINENS FROM LOW-COST TOWELS

Page 86-87 (left): Dinnerware "Trapnell"—Spode, Royal Worcester Spode, Inc., 26 Kennedy Blvd., East Brunswick, NJ 08816. Silver plate flatware "Palazzo"—The Gorham Co., 333 Adelaide Ave., Providence, RI 02907. (Top): Crystal fruit and vase—Kosta Boda, 225 Fifth Ave., New York, NY 10010. (Middle): Dinnerware "Morning Blossom"—Lenox China, Lawrenceville, NJ 08648. Glassware—Sasaki, 225 Fifth Ave., New York, NY 10010. (Bottom): Candlestick—Fostoria, 1200 First St., Moundsville, WV 26041. Fabric paint—American Crayon, 1706 Hayes Ave., Sandusky, OH 44870.

HOME-COOKED MEALS IN SHORT-ORDER TIME

Pages 88-89 (left): Canisters—Libbey Glass Co., Div. of Owens-Illinois Glass Co., Owens-Illinois Bldg., P.O. Box 919, Toledo, OH 43696. White dinner plate "The Sand Dollar"—Franciscan Ceramics, 2901 Los Feliz Blvd., Los Angeles, CA 90039. Red plate—Hutschenreuther Corp., 100 Shaw Rd., North Branford, CT 06471. (Right): Plastic accessory holder—Two's Company, Inc., 33 Bertel Ave., Mt. Vernon, NY 10550. Individual soup bowls—Marsh Industries, 1224 E. 28th St., Los Angeles, CA 90011. Platter—Rosenthal-Studio Haus, 584 Fifth Ave., New York, NY 10036.

Pages 90-91 (left): Pie plate "Hearth"—The Pfaltzgraff Co., 140 E. Market St., York, PA 17401. White casserole "Grand Prix"—Hutschenreuther Corp. (address above). (Right): Baking dish—Copco, Inc., 11 E. 26th St., New York, NY 10010. Canisters—Libbey (address above).

Pages 92-93 (left): Napkins—Leacock & Co., Inc., 1040 Ave. of the Americas, New York, NY 10018. (Right): Glass baking dish—Pyrex, Corning Glass Works, Corning, NY 14830. Round baking dish—Schott-Zwiesel Glass Inc., 11 E. 26th St., New York, NY 10010. Silverware—H. E. Lauffer Co., Inc., Belmont Dr., Somerset, NJ 08873. Small canister—The Pilgrim Glass Corp., 225 Fifth Ave., New York, NY 10010.

Pages 94-95 (left): Spoon—H. E. Lauffer Co., Inc. (address above). Large canister—Corning Glass Works (address above). (Right):Take-out container and plastic tray—Two's Company, Inc. (address above). Glass bowl—Anchor Hocking Glass Corp., Fifth and Pierce Sts., Lancaster, OH 43130. Napkin—Ingrid, 5547 N. Ravenswood, Chicago, IL 60640.

PRIZE TESTED RECIPES

Page 109 (left): Round dish—Pyrex, Corning Glass Works, Corning, NY 14830. (Right): Platter/bowl set—Copeland & Thompson, Inc., 206 Fifth Ave., New York, NY 10010.

Page 110 (middle left): Oval platter "Palermo Blue"—Ginori, 711 Fifth Ave., New York, NY 10022. (Middle right): Plates—Crystal Country, A Division of American Cut Crystal, 225 Fifth Ave., New York, NY 10010. Spoons—The Gorham Co., 333 Adelaide Ave., Providence, RI 02907.

TWO TASTY USES FOR LEFTOVER CANDY

Page 112: Round white plate—Trend Pacific, 507 Towne Ave., Los Angeles, CA 90013.



Enjoy smoking longer without smoking more.



Low tar Saratoga 120's

© Philip Morris Inc. 1981

15 mg "tar," 1.1 mg nicotine av. per cigarette, FTC Report Mar.'81.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

SHOPPING

How to Order Material From the Magazine

Cupid Cards Make valentine giving special! Your unique cards are quickly and easily completed in bargello needlepoint. Kit for three 5"x7" cards include 14-mesh Zweigart® canvas, embroidery thread, cotton yarn, needle, instructions, and three envelopes.

Cupid Pillow This appealing cherub adds a touch of elegance to your home decorating year round. Kit includes screened polyester/cotton fabric, polyester batting, polyester/cotton to back batting, welting, polyester quilting thread, needle, and instructions for quilting your 16"x16" pillow.

Army Blanket Stencils You will give an army blanket a brand-new look with these easy-to-do stencils. Your stencil kit includes all designs shown, stencil paper, craft knife and blades, stencil brush, and illustrated instructions.

Hurricane Lampshade Stencils Give your hurricane lampshades the look of hand-painted antique glass with these colonial design stencils. Kit includes reusable, precut stencils, brush, and instructions.

CREDIT CARD USERS SPEED DELIVERY BY PHONING TOLL FREE 800-247-5099!

Send check or money order to: Better Homes and Gardens **Dept. 27A, Box 374 Des Moines, IA 50336**

Page	Description	Qty.	Price	Total
73	No. 19938 House Plan 1 Set $95; 5 sets $135; 8 Sets $155; Additional sets of the same plan $25.			
43	No. 21688 Cupid Cards $9.99			
	No. 03239 Floss Caddy $2.49			
45	No. 11534 Hurricane Lamp Stencils $5.99			
43	No. 11535 Army Blanket Stencils $6.99			
	No. 03273 Acrylic Paints (7 colors) $15.99			
44	No. 22217 Cupid Pillow $14.99			
	No. 22218 Cupid Pillow and Pillow Form $22.49			
	No. 03269 12" Quilting Hoop $6.49			
45	No. 01246 Paint Embroidered Blouse Pattern FREE! (except for 75c shipping and handling)			
	No. 00900 Craft Kits Catalog $1.25 (includes shipping and handling)			

OUR GUARANTEE: 100% REFUND if not completely satisfied!

Total of Merchandise	
State Sales Tax*	
Shipping and Handling	
Total	

Shipping and Handling:
For orders up to $10.00 $2.15
$10.01 to $20.00 ..... $3.00
$20.01 to $30.00 ..... $3.75
$30.01 to $50.00 ..... $4.35
Over $50.00 ..... $4.75

Name _____
Address _____
City _____
State _____ Zip _____

*TAX NOTE: We are required to collect and pay **STATE** taxes in: Arizona, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Pennsylvania, Wisconsin.
We are required to pay **STATE AND LOCAL** taxes in: California, Georgia, Nebraska, New Mexico, New York, Tennessee, Texas, Virginia, Washington.

Credit Card Orders Only

Fill in the boxes below—or on orders of $20 or more **PHONE TOLL FREE 800-247-5099.** In Iowa, call 1-800-532-1526. (Toll free not available in Alaska or Hawaii.)

Credit Card No. | | | | | | | | | | | | | | | | |

Expiration Date Month/Year | | | | |

master charge THE INTERBANK CARD | AMERICAN EXPRESS | VISA

CROCHET *WORLD

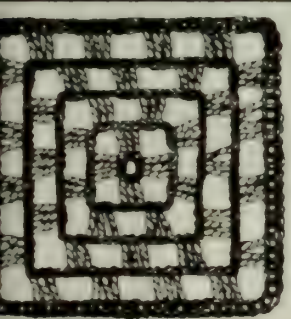
*FOR ALL THOSE WITH CROCHET IN THEIR HEARTS

OVER 100 CROCHET PATTERNS DURING THE YEAR
LESS THAN 6¢ PER PATTERN



Each issue BURSTING with CROCHET DELIGHTS!

- Crochet Contests
- Crochet Exchanges
- Crochet Gossip
- Antique Crochet Patterns
- Crochet Information
- Lovely cover in full color!
- Handy size. Easy to take along with you!
- Published Bimonthly!
- All new for 1980!
- For all beginner or advanced crochet fans!
- Crochet News
- Crochet Patterns
- Crochet Designs
- Crochet Photos
- Crochet Articles
- Crochet Columnists



No need to pore through needlecraft magazines looking for crochet patterns if you like to do them. You'll find nothing but crochet here – everything you want to know about it – crochet news, crochet patterns, crochet designs, crochet photos, crochet articles, crochet columnists, crochet contests, crochet exchanges, crochet gossip.

Over 100 crochet patterns throughout the year! That's less than 6c a pattern! Can you beat that for a bargain? "Crochet World" is in a handy size, easy to look work over, easy to carry with you. Each issue has a lovely cover in full color.

JUST $6.00 per year! 3 years $16.50

Give a gift subscription to those who love to crochet and those you love! We'll send them a gift card if you request it!

Your money back at once if the 1st issue you receive doesn't please and thrill you beyond measure!

CROCHET WORLD
Box 337-TH Seabrook, N.H. 03874

[ ] 1 year **$6.00**
[ ] 3 yrs. **$16.50**
[ ] 1 yr. Canada **$8.00**
[ ] 1 yr. foreign **$10.00**

Please print name and address clearly.

NAME.....
ADDRESS.....
CITY.....STATE.....ZIP.....

Please allow 45 to 60 days to receive your first issue.



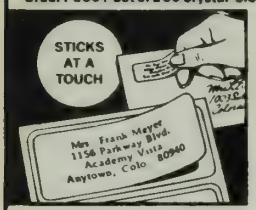
1000 RETURN ADDRESS LABELS **$1.00**

1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) . $1.00



250 Crystal-Clear RETURN ADDRESS LABELS **$1.98**

The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $1.98



250 Self-Stick WHITE GLOSS LABELS **$1.98**

Glossy white self-stick labels cling to any smooth surface — no moistening. Sharp black printing up to 4 lines.
Order P6030 Set of 250 White Gloss Labels (boxed) $1.98

Walter Drake 3051 Drake Bldg. Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
___S717 1000 Labels @ $1 each $_____
___P2031 Crystal-Clear Labels @ $1.98 ea $_____
___P6030 White Gloss Labels @ $1.98 ea $_____
Add 20¢ per set for shipping & handling $_____
SATISFACTION GUARANTEED Total $_____

Select Your LOG HOME



"AMERICA'S BEST INSULATED LOG HOMES!" Pre-cut "Extra Insulated" log home kits with full 10" walls. Select the natural hand-crafted beauty of **Northern White Cedar** or **Quality Pine** priced from $5900. Your log home can now have a superior "R" 23 wall and "R" 40 roof insulation value. Energy efficient, easily maintained and solar adaptable. Send now for new full color Plan Book with 40 exciting designs $5.00, a Dealership Information Package $8.75, or call (414) 893-8416.

Wilderness Log Homes
Route 2-BH12 Plymouth, WI 53073

Please Send ☐ Plan Book $5.00
☐ Dealer Information Pack w/Plan Book $8.75

Enclosed is $_____
Name _____
Street _____
City _____ State _____
Zip _____ Phone ( ) _____
I own a lot. ☐ Yes ☐ No
Building Date _____

Your choice only $39.00

35th Anniversary SALE



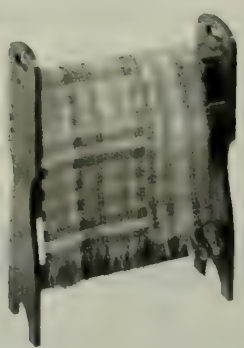
30"h x 23½"w x 15¼"d

Martha Ann Quilt Rack
Kit ~~$34.00~~ **$29.00**
Fin.* ~~$49.00~~ **$39.00**
Add $3.50 postage

*Finished items stained a rich, dark pine.



25"h x 15" dia.



32"h x 24"w x 8½"d

Shaker Quilt Rack
Kit ~~$37.95~~ **$29.00**
Fin.* ~~$49.95~~ **$39.00**
Add $5.00 postage

3-Legged Candlestand
Kit ~~$37.00~~ **$29.00**
Fin.* ~~$49.00~~ **$39.00**
Add $4.50 postage

Send check or money order or charge to your MasterCard, Visa, American Express or Diner's Club.

Yield House®
Dept. D21A
North Conway, N.H. 03860
Call toll-free: 1-800-258-4720

Better Homes™

Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

by Ann Lively



From the Orient
An actual Rattan leaf covered with a layer of 24K Gold! No two are alike . . . perfect for a charm bracelet or with an 18K Gold Plated Necklace (pictured). 24K Gold Plated Rattan Leaf $5.95 each (specify #TM-A7). 18K Gold Plated 18" Serpentine Necklace $4.95 each (specify #SNC-18). Add $2 Post. Color Portfolio 50¢. Tropical Island Imports, Dept. C1 901 N.W. 8th Ave., Ft. Lauderdale, FL 33311.



Sale—solid brass fan
Ornate Solid Brass Fan transforms your fireplace into a dramatic decorative display. Hinged filigree fan leaves open outward to 38" Wide or close up to 10½" Wide for storing. 27½" High, 6" Deep. Was $89 now $59. You save $30. Please add $5.50 postage. Sale Prices Expire April 15, 1982. Order from Yield House, Dept. D218, North Conway, New Hampshire 03860.

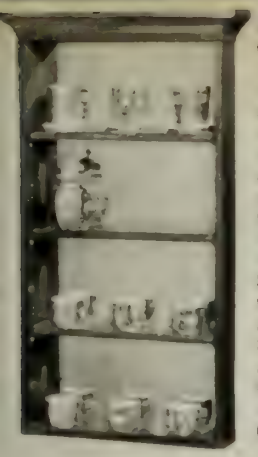
Crystal hurricanes
Clear candleholders add elegance to your table. 12" High. Set of two, $19.95 ppd. In stock for immediate shipment. Major credit cards accepted. Color catalog free with order or 50¢. Sturbridge Yankee Workshop, Dept. 860, Blueberry Rd., Westbrook, ME.



Self Protection Device-"KEY ALERT"



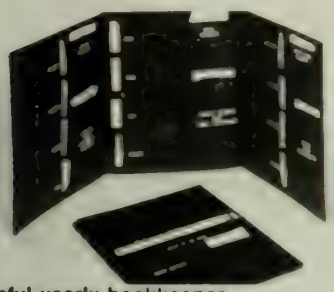
BEAUTIFUL TEXTILE LEATHER KEY CASE CONTAINS A SONIC DEVICE WHICH WHEN PRESSED EMITS A VIOLENTLY LOUD, SHRILL SHRIEK!
*SUMMON HELP *SCARE AWAY ATTACKERS
*FRIGHTEN AWAY STRANGE ANIMALS
Always in reach when you need it! No need to remove device from case - just depress top of key case!
MONEY BACK GUARANTEE! For each KEY ALERT send $6.95 plus $1.00 postage & handling to:
MATTHEW ADAM Inc. 2074 Congressional Dr., St. Louis, Mo. 63141
Send check, M.O., VISA or M.C. (please include card no. & expiration date.) Mo. residents add 32¢ sales tax (each).



Shadow box curio shelf
A plate glass mirror behind the shelves adds dimension. 3 shelves, 16¼" x 3¼" are adjustable. Solid pine with birch plywood backing. 36" H, 21"W, 5½"D. Kit was $54, now $34. Fin. (dk. pine) was $69, now $44. Add $9 post. ea Sale prices expire April 15, 1982. Yield House, Dept. D21C, N. Conway, NH 03860.



Gorgeous silken spider plant
To enhance your home or office. Variegated leaves and "baby shoots" look real. Mother Nature might claim this spider plant as her own. Hanging plant comes with glazed brown stone ceramic urn and macrame hanger Approx. 16"H x 18"W. (specify plant #47), $24.95 + $3 post. Color Portfolio 50¢. Tropical Island Imports, Dept. B1, 901 N.W. 8th Ave., Ft. Lauderdale, FL 33311.



Helpful yearly bookkeeper
This yearly Bookkeeper will solve the problem with its pockets for separate monthly checks, receipts, for credit cards, utilities etc. There's even room for your bank statement and passbook, plus a jumbo pocket for unpaid bills. It folds into a compact 12" x 15". Of handsome leather-grained vinyl. $6.95 + $1.45 post. Holst, Inc. Dept. BH-182, 1118 West Lake, Box 370, Tawas City, MI 48763.



Deep drop dust ruffles
Revive a romantic mood with this charming dust ruffle. Embroidered eyelet on highest quality, no-iron poly/avril broadcloth. Split corners; fabric platform. Natural or White. 18" drop-Twin $42; Double $46; Queen $52. 22" drop-Twin $46; Double $50; Queen $57. Add $2.50 postage. Free 56 page Color Catalog. Colonial Maid Curtains, Dept. BH1, Mamaroneck, New York 10543.

Solve Your Most Common Home Problems!

New and Revised from Better Homes and Gardens®

A pocketful of **Guide-To** miracles for almost any household project. 15 new and revised titles in easy to handle booklet form! Contains over 750 pages and more than 900 illustrations covering Home Insulation, Bathrooms, Landscaping and much more! **Save by ordering all 15 today! Booklets are $1.25 each, 5 for $3.95, all 15 for $9.95. Include $.95 postage and handling.**

Quantity
_____ No. 02213 All 15 Booklets
_____ No. 02205 Patios and Decks
_____ No. 02218 Landscaping and Fencing
_____ No. 02209 Bookshelves and Storage
_____ No. 02205 Kitchen Planning
_____ No. 02208 Family and Rec Rooms
_____ No. 02211 Bathroom Planning
_____ No. 02210 Painting and Wallpapering
_____ No. 02219 Fireplaces
_____ No. 02232 Floors, Walls, and Ceilings
_____ No. 02242 Houseplants
_____ No. 02233 Home Upkeep and Repair
_____ No. 02235 Basic Home Carpentry
_____ No. 02234 Repairing and Refinishing Furniture
_____ No. 02248 Insulating Your Home
_____ No. 02237 Masonry and Concrete

Better Homes and Gardens®
Dept. 27E, Box 374
Des Moines, Iowa 50336

Name _____
Address _____
City _____
State _____ Zip _____

*TAX NOTE We are required to collect and pay **STATE** taxes in Ariz., Ill., Ia., Kan., Mich., Minn., Miss., Penn., Wis. We are required to collect and pay **STATE AND LOCAL** taxes in: Cal., Geo., Neb., N.M., N.Y., Tenn., Tex., Virg., Wash

Credit Card Orders Only To use your credit card, fill in the boxes below — or on orders of $10 (entire set) PHONE TOLL FREE 800-247-5099. In Iowa, call 1-800-532-1526. (Toll Free not available in Alaska and Hawaii.)

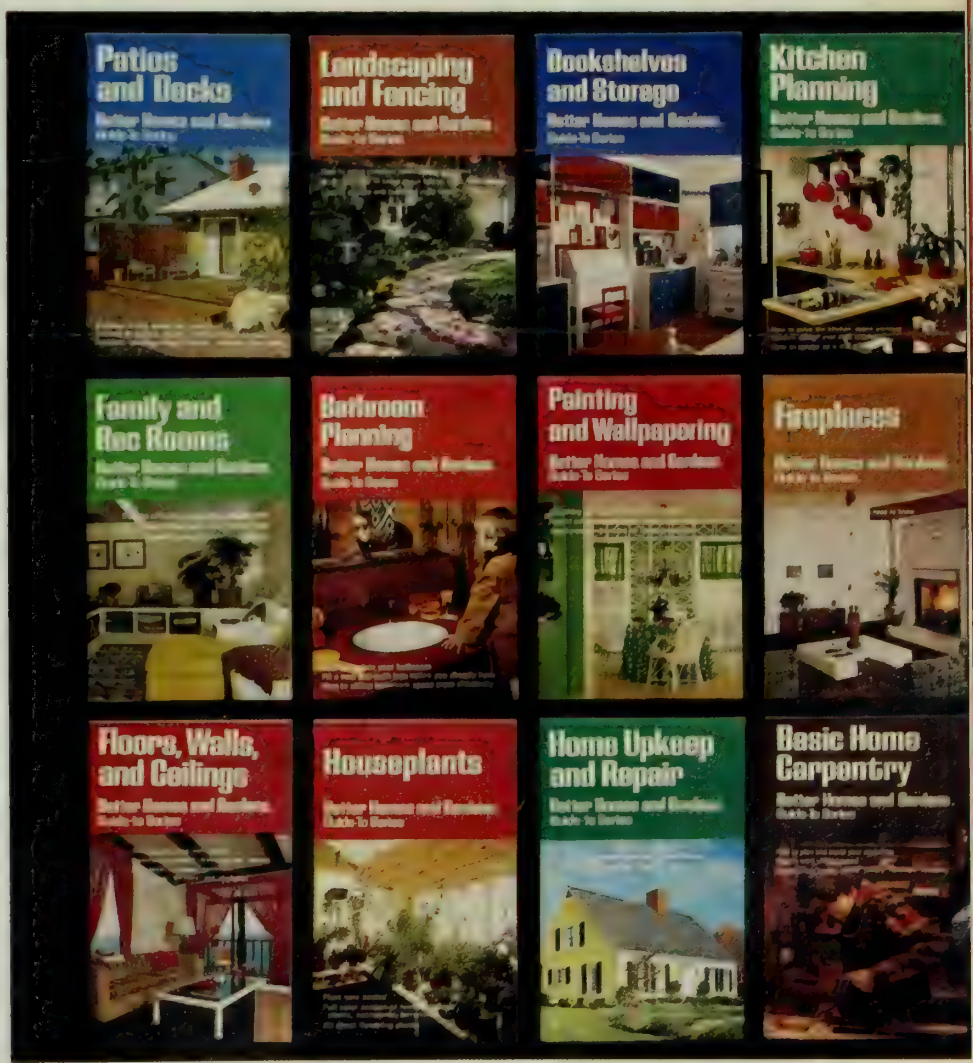
Credit Card No

Expiration Date Month Year

Total of Merchandise $ _____
State Sales Tax* $ _____
Postage and Handling $ .95
Total $ _____

AMERICAN EXPRESS · master charge · VISA

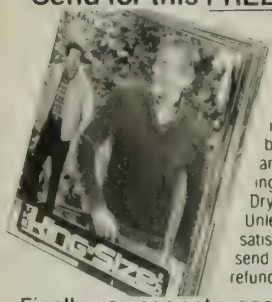
OUR POLICY: Full refund if not completely satisfied.



Guide-To Booklets Short cuts that save you hours . . . extra touches that assure **professional** results . . . material buying hints that save you lots of dollars . . . that's what the editors of Better Homes and Gardens® Guide-To series have put into each and every booklet — to make sure your do-it-yourself projects are the fun, rewarding experiences they're meant to be. Each booklet is pocket size for on-the-job convenience. Easy to follow and fully illustrated directions take you step-by-step from start to finish. Save now by ordering the booklets you need for today's and tomorrow's projects. Complete and return the above coupon **today!**

TALL & BIG MEN

Send for this FREE Catalog



What a guarantee!

Your order from The KING-SIZE Co is GUARANTEED both BEFORE and AFTER Wearing Washing or Dry Cleaning Unless you are fully satisfied, you may send it back for a full refund or exchange

Finally, you can get a good selection of great looking clothes that fit!

IT'S ALL HERE!

- ★ Dress/casual shirts up to 22" neck and 38" sleeve
- ★ Slacks and jeans to 60" waist and 38" inseam
- ★ Jackets and outerwear to size 60
- ★ Shoes, boots, and sneakers to size 16 EEE

FREE 96 PAGE COLOR CATALOG

Please send the latest KING-SIZE Co. Catalog

My Telephone Number ___ (Area) _____

Name _____

Address _____

City _____ State _____ Zip _____

THE KING-SIZE CO.

1012 King-Size Bldg. Brockton, MA 02402



ADDRESS LABELS WITH NICE DESIGNS

Any initial in Old English or Script, most dogs, palm, gull, saguaro, U.S. flag, pines, horse, treble clef, rose, happy face . . . also any zodiac sign, roadrunner, palette. Printed in black ink on 500 white or 250 gold gummed labels. To 20 letters per line, 4 lines. Order by initials shown . . .

#DD	500 white 1¾"x⅞"	$3.95
#GDD	250 gold 1¾"x⅞"	$3.95
#DR	500 white 1½"x½"	$3.50
#GDR	250 gold 1½"x½"	$3.50

Please add 75¢ postage and handling. Useful 80-P. Gift Catalog, $1.00. Bruce Bolind, 151-L Bolind Bldg., PO Box 9751, Boulder, CO 80301. (Since 1956, thanks to you!)

DRAW ANY PERSON *in one minute!*

NO LESSONS! NO TALENT!

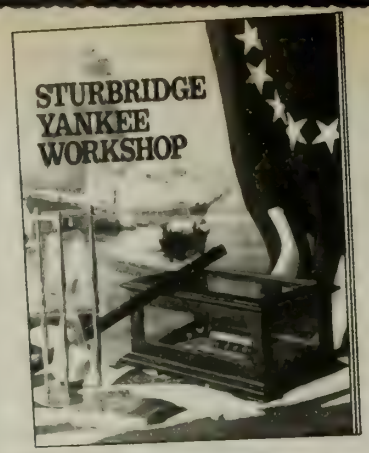


Artist's Conception

New Amazing Invention—"Magic Art Reproducer." You can draw Your Family, Friends, animals, landscapes, buildings, vases, bowls of fruit, copy photos, comics, designs, maps, anything — Like An Artist Even If You CAN'T DRAW A Straight Line! Anything you want to draw is automatically seen on any sheet of paper thru the "Magic Art Reproducer." Then easily follow the lines of the "Picture Image" with a pencil for an original "professional looking" drawing. Also reduces or enlarges. Send $4.98 plus $.75 for shipping and handling. No C.O.D.'s, please. Money Back Guarantee if not satisfied

NORTON PRODUCTS

Dept. 390, P.O. Box 2012
New Rochelle, NY 10802



The Great Early American Catalog

Send 50¢ — get 4 issues. Fascinating catalog of Early American & Traditional home furnishings, decorating items, gifts. Upholstered furniture, lamps, linens, figurines, china, clocks, dolls, curtains, collectibles, curiosities. All items superior quality — most not available elsewhere. Absolute money-back guarantee; major credit cards. Send 50¢ with name, address, zip code. New catalog sent by return mail: 3 future editions sent Spring, Summer, Fall.

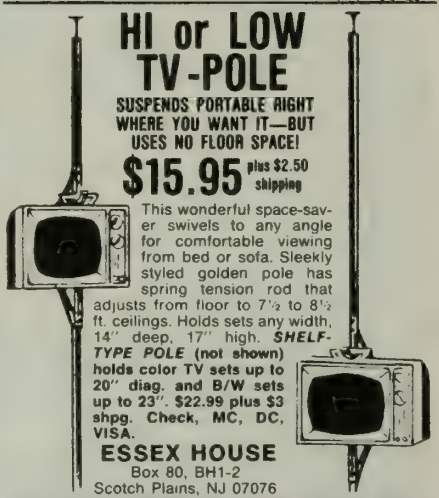
STURBRIDGE YANKEE WORKSHOP

Dept. 820, Blueberry Rd., Westbrook, ME 04092

HI or LOW TV-POLE

SUSPENDS PORTABLE RIGHT WHERE YOU WANT IT—BUT USES NO FLOOR SPACE!

$15.95 plus $2.50 shipping



This wonderful space-saver swivels to any angle for comfortable viewing from bed or sofa. Sleekly styled golden pole has spring tension rod that adjusts from floor to 7½ to 8½ ft. ceilings. Holds sets any width, 14" deep, 17" high. ***SHELF-TYPE POLE*** **(not shown) holds color TV sets up to 20" diag. and B/W sets up to 23". $22.99 plus $3 shpg. Check, MC, DC, VISA.**

ESSEX HOUSE

Box 80, BH1-2
Scotch Plains, NJ 07076

greenhouses

Shatterproof fiberglass/California Redwood. Designed for the home gardener. Freestanding and lean-to models and accessories. Use my "guaranteed lay-away" plan.

Send $1.00 (refundable) for my color catalog, plus a regular $1.50 greenhouse booklet.

Peter Reimuller

—The Greenhouseman®

980-17th Ave., Dept. 7-A, Santa Cruz, CA 95062

CROCHETED-SNOWFLAKES BOOK



116 PATTERNS—Colored photos of table settings, wall hangings, Christmas and wintertime decorations.

$3.25 plus 75¢ for mailing

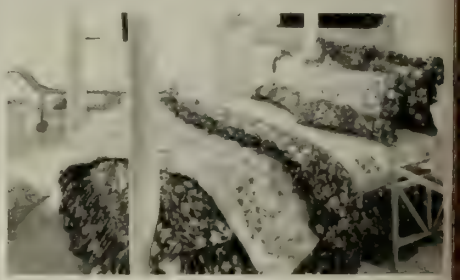
Vee Vee's

Box 1727, Temple, TX 76503



The demi boot

Smartly styled low-cut pant boot. In kid-soft polyurethane/nylon laminate with a bonded lining. A sturdy resilient rubber-like non-skid sole and 1½" heel. Bone, Black, Brown, White and Burgundy. S(5-5½), M(6-6½), ML(7-7½), L(8-8½) & XL(9-10). $15.99 + $1.95 Post.; 2/$29.90 + $2.95 post. Old Pueblo Traders, Dept. BD1DB, Palo Verde at 33rd, Box 27800, Tucson, AZ 85726.



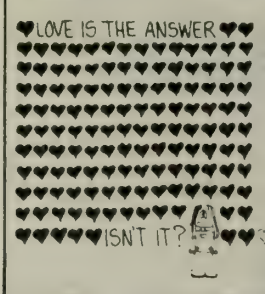
The ultimate in bedroom luxury

At wholesale prices from The Wholesale House Of Designer Linens. Designer sheers (shown, Martex Arabian Nights), cases and comforters plus matching custom-made draperies, shams and dust ruffles. Write for Free Color Brochure and price list. The Wholesale House, Dept. BHG50, 1319 Broadway, Hewlett, New York 11557; or telephone 1 (516) 569-2688.

LOVE IS THE ANSWER

A T shirt by Cathy is also the answer for your loved one on Valentines Day. Cathy's cartoon is screenprinted on high quality women's T-shirts. We also carry a full line of printed T shirts by Cathy, Kliban, and more. Send $1.00 for a full color catalog (applicable to order)

Women's Sizes: S, M, L, XL White $12.50 ppd.



Order by phone or mail. Send check or money order, VISA, Mastercard No. and exp. date to:

Dallas Alice
1047 Taft Street
Suite #B182
Rockville, MD 20850
301-424-1640
TOLL FREE
800-638-8516
(credit card orders only)

"REAL BABY" from FRANCE



Beautiful life-like 6 month old baby doll 24", can wear real baby clothes. Soft body, soft vinyl head, arms, legs, sleeping eyes, white romper pink or blue trim comes only with its straw bassinet and pillow. The set only **$99** + $6 ship & handl. Visa, M.C., M.O. Order now money back guarantee.

BEAUTIFUL TOYS

Box 1566, Ferndale, WA 98248

Be an INTERIOR DECORATOR



Learn at home in spare time. No previous experience needed. Married or single, young or old, get free facts about exciting full or part-time career. If you're trapped at home or in a hum-drum dead-end job, find out how this professional home-study course can change your outlook on life without upsetting your present schedule. No obligation. No salesman will call.

ICS School of Interior Design

ICS Center, Scranton, Dept. VT001, PA 18515

Amazing Price Breakthrough!

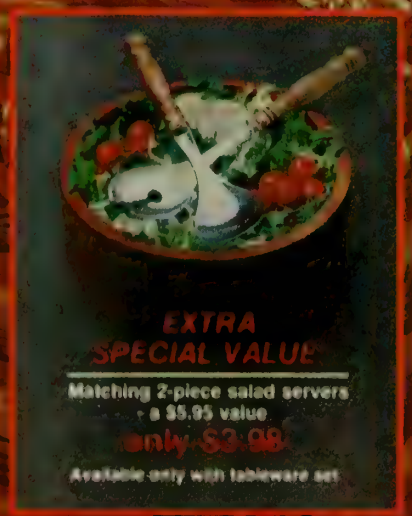
Buy direct and save up to 50% on this complete service for six

only $11.88

SET INCLUDES:
- 6 Dinner Knives
- 6 Dinner Forks
- 6 Soup Spoons
- 6 Teaspoons

Old Colony Stainless Tableware

Now you can accent your table setting with the warmth and elegance of real wood. This Old Colony dinnerware combines the everlasting mirror finish of fine stainless steel with beautifully grained, hand turned solid pine handles - handsomely crafted the old fashioned way and specially treated to withstand warping, cracking or coming apart in your dishwasher. The complete set makes an ideal gift for any occasion. Order two at this special price.



EXTRA SPECIAL VALUE

Matching 2-piece salad servers - a $5.95 value

only $3.98

Available only with tableware set

ENJOY THE ELEGANCE OF REAL WOOD



ACT NOW! MAIL THIS COUPON TODAY!

Homemaker's Shopping Service, Dept. 06, 308-19
5729 Pearl Road, Parma, Ohio 44129

Send me ___ set(s) of the complete tableware service for 6 on your money-back guarantee for only **$11.88**, plus $1.75 per set for postage and handling.

Send me ___ matching salad sets @ **$3.98** (available only with tableware sets)

☐ Enclosed is my check or money order for $_____.

Charge to my account: ☐ MASTERCHARGE ☐ BANKAMERICARD

Account No. | | | | | | | | | | | | | | | | |

Interbank No. (Mastercharge) | | | | Exp. Date_____

Name _____
(please print)

Address _____

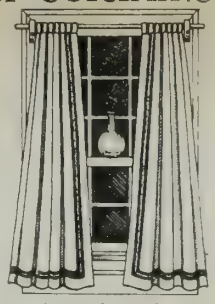
City_____ State _____ Zip _____

Signature _____

Ohio residents only, please add sales tax.

06-23-22

Canadian orders—$3.00 additional per set.



FREE SPRING CATALOG

Country Curtains are a tradition . . . years of old-fashioned quality and conscientious service.

Curtains in cotton muslin and carefree permanent press, some with ruffles, others with fringe or lace trim. Also tab curtains, bed ensembles, tablecloths, wooden rods and other accessories. Free catalog and color flyer . . . fabric swatches available to help you decide. Please call 413-298-3921 or write us. Satisfaction guaranteed.

☐ PLEASE SEND FREE CATALOG

Name

Address

City

State Zip

COUNTRY CURTAINS
AT THE RED LION INN
Dept. 12, Stockbridge, Mass. 01262



REMOVE HAIR FOREVER

Perma Tweez® is the **ONLY** home electrolysis instrument recommended by 4 medical textbooks (titles on request). 'Tweezer-like' action **permanently** removes hair from face, arms, legs and body. Save hundreds of dollars over salon electrolysis. **14 DAY MONEY BACK GUAR.**

$16.95—*ADVERTISED ELSEWHERE AT $19.95*

Cal. residents add 6% sales tax.

A LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

☐ I enclose $16.95.
☐ MasterCard/Visa # /Exp. date
☐ COD requires $4.00 deposit. Pay balance plus COD charges and $1.00 handling. COD in U.S. only.

GENERAL MEDICAL CO., Dept. BH-196
1935 Armacost Ave., W. Los Angeles, CA 90025

©1981 GENERAL MED. CO.

An Early American Kitchen can be yours with a

COUNTRY CHARM
ELECTRIC RANGE



...**CAST IRON** reproduction from original patterns. Combined with the Early American charm of this antique is the convenience of automatic oven and burner controls and easy-care porcelain top. Coffee mill houses clock, oven timer and minute minder. Fits modern range space. Prices start at *$875.00*, plus freight charges.

Send 25¢ for your *"Country Charm"* Appliance Folder and Gift Catalog.

Quality backed by 35 years of Skilled Craftsmanship.

Made and Sold Only by

THE HOUSE OF WEBSTER
"Old Fashioned Gifts"
BOX BH182 ROGERS, ARK 72756



"CASTLE" NEEDLEPOINT $1.95

10"x14" 6-color canvas, a $12 value. This offer is below cost because we want to get new friends and customers and tell them about the club that is changing the needlepoint industry. Send $1.95 plus $1 p&h to:

Needlepoint Club of America
352 Route 59 Dept. A-023
Monsey, N.Y. 10952

REALISTIC PRICE $29.95

'CAVALIER I'

LADIES' pant boot favorite, crafted in Genuine Glove LEATHER. Smooth, no-seam vamp with adj. buckle strap. Resilient ribbed sole and 1" heel. CAMEL, BROWN, BLACK, WHITE, NAVY or BONE. Comb. full & half sizes: 6-10½ N, 5-10½ M & W.



KRAUS of CALIFORNIA

SATISFACTION GUARANTEED OR MONEY BACK!

ADD $1.95 P&H
AZ res. add 6% tax.

CHARGE ORDERS
602-747-5000

Send $1 for our NEW CATALOG *(credited to 1st purchase)*

Dept. BT1CV,
Palo Verde at 33rd
Box 27800, Tucson, AZ 85726

OLD PUEBLO TRADERS



7 SUPER OFFERS!

COLOR Wallet Photos & Enlargements

FREE ONE PHOTO IN PLASTIC WITH WALLET PHOTO ORDER

20 Wallet Photos

2 8"x10" Enlargements

ONLY $1.95 EACH OFFER

1 8"x10" Enlargement & 12 Wallet Photos

1 8"x10" & 2 5"x7" Enlargements

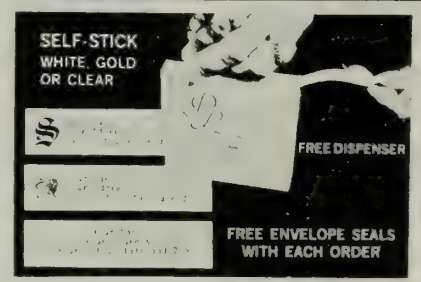
2 5"x7" Enlargements & 12 Wallet Photos

4 5"x7" Enlargements

Fine quality, smudgeproof, lustre finish. Send Polaroid, instant color print or photo (up to 5"x7"), negative or slide. **GUARANTEED!** Add 80¢ per order for postage and handling. Originals returned unharmed.

Big! Big! COLOR POSTER
FROM COLOR NEGATIVE, SLIDE OR PRINT
APPROX 20"x25" ONLY $8.55
GREAT VALUE SUITABLE FOR FRAMING
POSTAGE & HANDLING $1.95

CAPRI PHOTO Box 1381, L.I.C., N.Y. 11101, Dept. Z-69



ADDRESS LABELS IN FREE DISPENSER

Self-Sticking labels dispense with ease ready to apply. No moistening needed. Up to 4 lines in rich black. FREE ENVELOPE SEALS with each order. Deluxe 2¼" Lg. Money back guarantee. 500 labels per order.

	WHITE	GOLD	CLEAR
1 Order	$3.95	$ 4.95	$ 5.95
3 Orders (Mixed copy OK)	$9.95	$11.95	$14.95

Specify: Plain ( ) Initial ( ) Zodiac ( )
Add 50¢ per order Post/Hdlg. (Cal. res. add 6%)

Send to: LABELS UNLIMITED, Dept. 550
182 Paul Dr., San Rafael, CA 94903

VARICOSE VEINS?

ACHING, TIRED LEGS?

SAVE UP TO 50%

ON SUPPORT PANTY HOSE AND ELASTIC STOCKINGS

Top quality hosiery from B&B, Futuro, Hanes, Round-the-Clock, Berkshire and other famous makers. Wide choice of colors and styles.

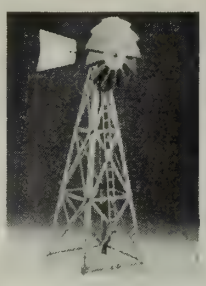
SEND FOR FREE SALE CATALOG

SURGICAL PRODUCTS COMPANY
Box 369-B12, Needham, MA 02192



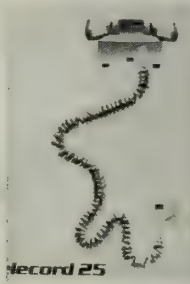
Telephone sound amplifier

Now you can hear every word! End the embarrassment of asking callers to repeat themselves, hear over shop, office or home noises. Attaches easily to any standard phone. Fingertip volume control; lightweight, compact. Uses 1½ volt "N" battery, included. Order S5119, Sound Magnifier, $16.99 postpaid, from: Walter Drake, BH41 Drake Building, Colorado Springs, CO 80940.



Miniature windmill

Wheel turns and top part revolves at slightest air movement. Of galvanized steel with bronze bearings. 17" tall. Authentic replica, ideal for rock gardens, mantle, etc. $14.95 + $2 shp. Holst, Inc., Dept. BH-182, 1118 West Lake, Box 370, Tawas City, MI 48763.



Phone-tastic

Telecord 25 fits all phones with clip in cords in white, ivory, beige, yellow, green, brown, black, red, blue. Specify Wall to Phone or Receiver to Phone. $9.95 + $1.75 post. (CA res. add 6% tax) Telecord 25, Dept. BHE2, Box 698, Malibu, CA 90265.

If tweezing your brows and applying eye makeup makes you frantic . . . Fret no more!!!



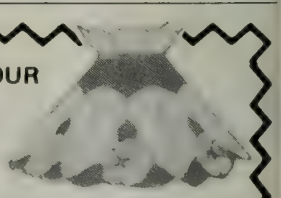
This marvelous Magic Focus mirror was developed by a noted eye doctor for the woman who can't see what she is doing without her glasses, and can't do what she is seeing with glasses. Distortion-free, optically perfect mirror has a flexible brass gooseneck arm for hands free grooming; adjusts to perfect focus for your eyes. Tweeze or apply makeup WITHOUT GLASSES, regardless of your prescription or need for bifocals. 4" mirror, white frame and base.

$19.98

plus $1.95 post & hndlg

FERRY HOUSE Dept. BU
Briarcliff Manor, N.Y. 10510

MAKE YOUR OWN TIFFANY SHADE



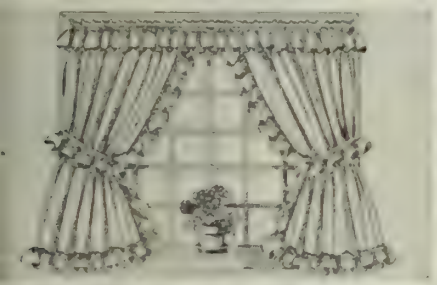
Send for our full 16 pg. color brochure - hundreds of designs to choose from. Lampshades 8" to 30" diameter, wall or window panels, terrariums, mirrors, ceiling panels, suncatchers, clocks. All kits come with pre-cut genuine stained glass pieces and simple instructions. THE LARGEST!

Send $2.00 to:

RAINBOW ART GLASS
Dept. BH1, 49 Shark River Rd., Neptune, N.J. 07753



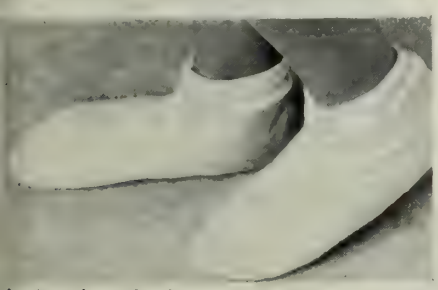
Charming mantel clock
Circa 1900 Mantel Clock kit comes with pre-cut solid ¾" and ⅜" cherry case pieces; solid brass, key-wound, hour-striking, Westminster chiming movement and solid brass dial with glass bezel made by W. German family firms; easy to follow instr. Also, fin. 12½ H x 15¼ W x 5½ D. Factory direct prices. Emperor Clock Co., Dept. FS, Emperor, Industrial Park, Fairhope, AL 36532.



Curtains with extra wide ruffles
Add charm to any room in your home. Made of cotton/polyester permanent press; in Natural or White. 144" wide per pair with 5½" ruffles. 45", $35 pr.; 54", $36.50; 63", $40 pr.; 72", $43; 81", $45.50 pr.; 90", $49. Please add $2.75 postage per order. Other widths available up to 276". Free Catalog. Order from Country Curtains, Dept. BG1C, Stockbridge, MA 01262.



Eagle hearth mat
Now put an end to those burned spots and ashes on carpets and floors with the fire-resistant mat! Attractive golden eagle and stars design mat is big 46" x 22". Not only is this fire-resistant material a protection to your expensive carpet, but is also a charming asset to your fireplace setting. $7.97 + $1 post. Holst, Inc., Dept. BH-182, 1118 West Lake, Box 370, Tawas City, MI 48763.



Instant heat for ice cold feet!
Heavy duty thermal quilted socks keep your feet warm down to 30° below zero. Perfect for camping, sports or playing outdoors in the cold. Remarkable all by themselves as cozy slippers to wear around the house. Elastic ankle grip assures snug fit. #20012, Pair, $2.95 + 95¢ post.; 2 Pair, $4.95 + $1.25 post. Creative Marketing, Dept. TS-111, 500 Market St., Perth Amboy, NJ 08861.

Start Playing Boogie



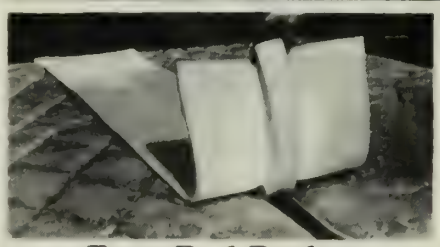
READ MUSIC WITHOUT TRYING

or Bach in 15 Minutes

RoJan Music enables you to play rich modern chords on sight using both hands and entire keyboard, piano or organ. We guarantee you'll play a ***professionally*** styled song arrangement 1st day . . . without study, memorizing or lessons . . . or we refund your money in full! Do not confuse with highly advertised books offering little more than big notes and one finger melodies. RoJan has updated standard notation with logic and simplicity long overdue, eliminated a needless language barrier. ***Makes learning fun.*** 14 ALL-TIME SONG HITS ONLY $9.95 plus $1.65 mail cost.

RoJan Dept. BH-201 • Box 31475
951 N. 45th • Seattle, WA 98103

© until now, 9/10 of learning piano or organ has been just learning to read the music



Twin Bed Bridge

FOR ROOMY TOGETHERNESS

Original Twin Bed Bridge with patented square rib transforms twin beds into one luxurious king size bed instantly. Hidden bridge of soft polyurethane foam gives custom-made king size appearance. No ridge, no lump, no gap. Saves money – uses standard size flat sheets. Saves space between beds – makes room seem bigger. 6' long by 14" wide. $11.95. Order from this ad, we'll pay postage, ship promptly. NJ residents add 5% tax. Money back guarantee.

Send Check or Money Order to – **BETTER SLEEP, INC.** Box BP, New Providence, NJ 07974

THE ORIGINAL

BASEMENT TOILET

Genuine Porcelain



FLUSHES **UP** TO SEWER OR SEPTIC TANK

-No Digging Up Floors-

INSTALLS EASY ANYWHERE!

Write McPHERSON, Inc., Dept. BH
Box 15133 Tampa, Florida 33684

50¢ OFF WITH THIS AD

COLOR PHOTO SALE!

REG. $2.50 NOW ONLY $2.00 YOUR CHOICE ALL BORDERLESS

16 WALLET SIZE WITH FREE 5x7
or
10 3½x5 PRINTS
or
4 5x7 ENLS.
or
1 8x10 ENL
or
20 WALLET SIZE

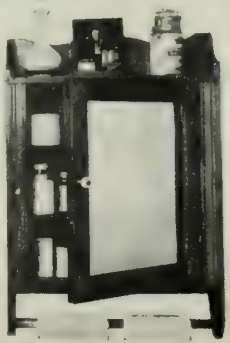


RELIANCE COLOR LABS, INC.
Studio 14-1, Box 159, Stamford, CT 06904 ★SALE★

Solid Wood Grandfather's

MEDICINE CHEST

A nostalgic masterpiece faithfully reproduced from a $120 circa 1890 collector's classic. Three generous shelves, gingham lined interior, beautiful mirrored door, nick-knack shelf, and towel rack. A full 20" tall **GRANDFATHER'S Medicine Chest #20923 $19.95** plus $3.95 S&H. Two **Medicine Chests $35.90** plus $5.90 S&H. Order from: **Creative Marketing, Dept.** BC-127, **Market Street, Perth Amboy, N.J. 08861.**



OLD PUEBLO TRADERS *since 1946*



send $1 today for a FALL PREVIEW CATALOG PLUS... $2 BONUS DISCOUNT to use on your first order

if you want...
famous labels
• top quality
• comfortable fit
many in hard to find sizes:
• missy • half
• large • petite
shoes & accessories...
• wide selection of styles and sizes

SEND COUPON TODAY— MONEY BACK GUARANTEE

OLD PUEBLO TRADERS
Dept. BH-1, 600 S. Country Club, Tucson, AZ 85726

☐ Enclosed is $ _____ (check or money order)

NAME _____ (please print)

ADDRESS _____

CITY _____ ST _____ ZIP _____



COLOR PHOTOS

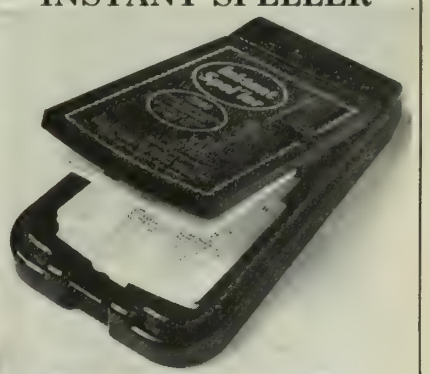
YOUR CHOICE **$1.95** FULL COLOR

24 Wallet Photos or 3 — 5 x 7 or 1 — 8 x 10 Enlargement

Send any photo or polaroid 8 x 10 or smaller, returned. Add 55¢ per selection for postage and handling and an additional 50¢ for 1st class service. Satisfaction guaranteed or money back.

COLOR LAB P.O. Box 230 M Irvington, N.J. 07111

The UNIQUE INSTANT SPELLER



Faster and handier than any dictionary, aid to businessmen and professionals, students, secretaries. Puts a world of words right at your fingertips. The 6,000 most commonly misspelled words are correctly spelled, divided and accented. Works on touch method. Press down release tab with pointer on first letter of word wanted. In a flash find your answer. No pages to turn. For every home, or office. Great Gifts. **$4.97** plus $1. p&h, two for **$8.97** plus $1.50 p&h.

Send Check or M.O. 20 day money back guarantee.

HOLST, Inc. **Dept. BH-182, 1118 W. Lake, Box 370, Tawas City, MI 48763**

Mail Order Garden Center

Inter-State Nurseries delivers Hamburg, Iowa 51640 Postpaid & Guaranteed

One Dozen Giant Ruffled Glads $1.00

Double your money back if not completely satisfied.

New and superior varieties...if bought by name they would cost $2.40. Colors range from white to purple, pink, rose, yellow, lavender, orange. This year we added **Red Beauty**, one of the brightest glads known. Big bulbs, 1 to 1¼ inches across. Glads will bloom for you this summer.

Free Spring Catalog

INTER-STATE NURSERIES

112 E Street, Hamburg, Iowa 51640

☐ **Free** Spring Catalog ☐ 12 Glads $1.00

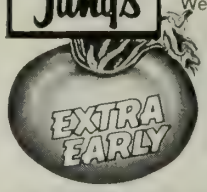
NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Glads will be shipped at proper planting time

Jung's



INTRODUCTORY OFFER! We will send you a trial packet of our famous Wayahead Tomato plus a packet of Super Giant Zinnias, both for only 10¢ ..... Send today!

TOMATO

BIG RED FRUITS AS EARLY AS JULY 4TH

FREE, Full color 75th Year Catalog of the best in vegetables, flowers, plants, shrubs, fruit, shade trees, at reasonable prices for home and garden.

J.W. JUNG SEED CO. Box Z-104
Randolph, Wisconsin 53956

☐ 10¢ enclosed for trial packets tomato & zinnia seeds

☐ Send me FREE CATALOG

Name _____

Address _____

City _____

State _____ Zip _____

Growing Rayner Strawberries Is Easy As Pie.



As much fun as strawberry ice cream. Send for Rayner's free 1982 Berry Book with 24 virus-free strawberry varieties; ornamentals; trees; blueberries; asparagus and more. All guaranteed.

Name _____

Address _____

City _____

State _____ Zip _____

Rayner Bros., Inc.

Dept. 85, Salisbury, MD 21801



LILIES

HUNDREDS OF WORLD FAMOUS GARDEN VARIETIES.

Send 10¢ for 68 Page Catalog.

REX BULB FARMS

Box 774-E Port Townsend, WA 98368

SAVE SAVE SAVE

Let **US** help you buy your seeds

Send $1 for ***NEW*** 1982 illustrated **SEED CATALOG** - Receive coupon worth $1 off on every $10 of **SEED!** *New Varieties!*

LIBERTY SEED COMPANY

AN INDEPENDENT AMERICAN CO

P O BOX 806-A, NEW PHILADELPHIA, OH 44663



Dwarf

FRUIT TREES

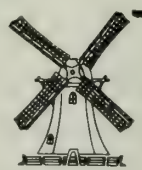
BIG FRUIT—SMALL TREES

Useful and ornamental. Large size fresh fruit from your own backyard. A real bargain. Also Roses, Shade Trees, Evergreens, Shrubs. Write today for our big FREE Color Catalog.

EMLONG'S **Box 638, Stevensville, Mich. 49127**

---

free



THE WAYSIDE GARDENS CATALOG FOR 1982



Ask *now* and this big, book-style catalog is yours free. Your single, most reliable source for superior GARDEN PLANTS -- over 1000 items for your home garden, with authoritative descriptions and sound advice -- 148 pages faithfully illustrated in FULL COLOR!

WAYSIDE GARDENS CO.
3 Garden Lane, Hodges, S. C. 29695

Please send to:

Name _____

Address _____

City _____

State _____ Zip _____

Wayside Gardens Co.
3 Garden Lane, Hodges, S. C. 29695

FREE! Kelly Bros.



Spring Planting Garden Guide & Nursery Catalog

Send For It Now!

Buy Direct from Grower & Save

Plan a better, more productive yard & garden. Get the new Catalog from Kelly, one of the oldest and largest nurseries. Beat inflation, have better food with dwarf fruit trees, grapes, strawberries, raspberries, nuts, asparagus. Beautify with ornamental trees and shrubs. For early delivery of your Free Kelly Catalog, send today.

102 Years of Growing with America

KELLY BROS. NURSERIES, INC.

701 Maple St., Dansville, NY 14437

Yes, rush my FREE Kelly Catalog as soon as printed.

PLEASE PRINT

Name _____

Address _____

_____ Zip _____

(Sorry, no catalogs to AZ, CA, OR, WA)

FREE GARDEN CATALOG



★ **Over 80 Beautiful Color Pages**

★ **Money Saving Values**

★ **Satisfaction 100% Guaranteed!**

FREE PLANTS

Details included with your catalog.

SPRING HILL NURSERIES

Spring Hill Nurseries N605Z
6523 N. Galena Road, Peoria, IL 61632

☐ Please rush money-saving FREE Garden Catalog with Free Plants offer.

Name _____

Address _____

City _____

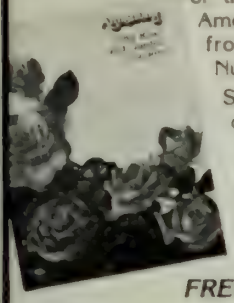
State _____ Zip _____

Armstrong

Proudly Presents . . .
Three AARS Winners for 1982.

Brandy • Mon Cheri
Shreveport

. . . gorgeous new introductions, which promise to become a permanent part of the long list of America's favorites from Armstrong Nurseries.



See these and Hundreds of other exciting rose and fruit tree offers in 40 beautiful full-color pages.

Send for your...
FREE CATALOG

Armstrong Nurseries, Inc.
Dept. 280 • P.O. Box 4060
Ontario, CA 91761

Name _____
Address _____
City _____
State _____ Zip _____

Send me Burpee's® free 1982 seed catalog!

It's packed with over 400 vegetables and 650 flowers—including new varieties and Burpee exclusives! Plus fruits, shrubs, garden aids, and more! Send for yours *now!*



Clip and mail today!
W. Atlee Burpee Co.
10 52 Burpee Building in...
Warminster, PA 18974 or Clinton, IA 52732
or P.O. Box 748, Riverside, CA 92502.

Name _____
Please print
Address _____
City _____
State _____ Zip _____
If you ordered from Burpee in 1981, your new Catalog will be sent to you automatically.

HY-X



Stalks so sturdy they bear their big load of fruit without staking!

Extraordinary
NEW TOMATO
Superb Flavor! Bears Abundantly!

BIG PACKET for only **10¢** POST PAID

You already have a favorite variety of tomato? **Fine!** Plant HY-X alongside, then watch it steal the show! HY-X starts early, turns out tomatoes like a factory right up 'til frost. And such **quality!** Deep scarlet, globe-shaped fruit, full of firm yet tender meat, not just a gloppy mass of water and seeds. Scientists call HY-X "self-determining," which means these plants will never become sprawling giants. Stalks are so husky you needn't bother to **stake** 'em! HY-X grows well most anywhere, even in semi-arid regions where ordinary tomatoes die of thirst. Won't sun scald or crack. To make sure you'll try the remarkable HY-X here's a bargain you can't pass up...**more than 80 seeds for only 10¢!** Sure, we lose money doing this, but we win you as a new friend, so it's a good deal for both us. Send us your dime today, won't you? (Note: 1 pkt. per customer)
MAIL THIS NOW

Henry Field's®
SEED & NURSERY CO.
Dept. 83, 2006 Oak St., Shenandoah, Iowa 51602

Sure, I'd like to try the new HY-X! Here's my dime. Also send your free Spring Catalog.

Name _____
Address _____
City _____ State _____ Zip _____

Since 1892

FREE

Big new PARK SEED CATALOG



OVER 3000 highest-yield vegetables and flowers—"*The Best of Both*"—all right here in Park's new FULL COLOR CATALOG. The choice NEW INTRODUCTIONS and the best proven all-time favorites. SEND FOR YOUR 124 PAGE CATALOG TODAY... It's yours FREE!

Geo. W. PARK SEED Co., Inc.
121 Cokesbury Road, Greenwood, S. C. 29647
"Home Garden Seed Specialist Since 1868"

Please send to:
Name _____
Address _____
City _____
State _____ Zip _____
Geo. W. PARK SEED Co., Inc.
121 Cokesbury Road, Greenwood, S. C. 29647

Hardy grower for stuffing, garnishing, salads...



GURNEY'S KING OF THE NORTH PEPPER

LARGE PACKET ONLY **10¢** *ppd.*

The crispiest, crunchiest, best and biggest early peppers you can grow—up to 6" long, 4" across! Seeds produce hardy plants that thrive anywhere. Even northern gardens produce plenty of mild, sweet-flavored peppers, packed with vitamin C.

Only 10¢ for a large packet, to introduce you to Gurney's quality. Limit one packet per family. Order yours today.

GURNEY Seed & Nursery Company
Dept. 82, 3302 Page St., Yankton, S.D. 57079

☐ Here's my dime. Please send a packet of your King of the North Pepper seeds.
☐ **I'd like your FREE full-color catalog, too.**

Name _____
Street or Route _____ Zip No
Post Office _____ State _____ Please Zip specific delivery

FREE
DUTCH BULB AND TULIP CATALOG



Breck's Advance Sale Catalog, with 60 beautiful full color pages, offers you an opportunity to fight inflation by reserving your plants for fall planting now. Includes newest varieties of Tulips, Hyacinth, Crocus and many more exotic bulbs you may have never seen before. Shipped to you direct from Holland.

PLUS FREE
TULIP BULB OFFER
Details included with your catalog.

BRECK'S
Serving American Gardeners Since 1818
BRECK'S, Peoria, Illinois 61632 E619Z

☐ Please rush money-saving FREE Garden Catalog with Free Plants offer.

Name _____
Address _____
City _____
State _____ Zip _____

Mail Order Garden Center

MAMMOTH SUNFLOWER

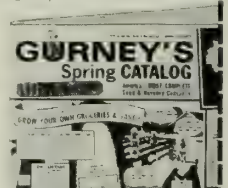


Grow giant seed heads up to two feet across! Plenty of nutritious, meaty seeds...special price for you to sample Gurney quality.

☐ **Here's my dime. Please send special packet of Mammoth Sunflower seeds. Limit one per family.**

FREE Spring Catalog.

Get America's most complete gardening catalog; with 64 big pages in full color...it's FREE! Includes:



- **over 4,000 items**
- **all choice, top quality guaranteed products**
- **exclusive Gurney varieties**
- **famous 1¢ money saving offers**
- **"How-to-grow" tips**
- **planting charts, moisture guides**

☐ YES I want your FREE Spring Catalog.

GURNEY Seed & Nursery Company
Dept. 84, 3300 Page St., Yankton, South Dakota 57079

Name

Street or Route | Zip No

Post Office | State | Please Zip-code for delivery

HERBST GOURMET HERBS.

Fun in the kitchen with basil!



Spice up your cooking with fresh, home-grown herbs. Just $1 buys a pack each of basil, anise and caraway seed plus a free mystery herb. We'll even include the recipe for Easy Basil Pesto Sauce. Write today for FREE 1982 catalog. Enclose $1.00 for herb seeds.

herbst
Quality Seeds for 106 Years

Herbst Seeds, Inc.
North Main Street 3054
Brewster, N.Y. 10509

COLORADO BLUE SPRUCE



10 for $1.00 Postpaid

Not Good West of the Rockies

3 to 5 in. plants that will grow into specimen trees.

FREE CATALOG

EMLONG NURSERIES

Box 614
Stevensville, Mich. 49127

STOKES



SEED CATALOG FREE

Select from 1300 varieties. Many exotic exclusives from England, Europe, Canada. Send for it today.

STOKES SEEDS, INC.
1002 Stokes Building, Buffalo, N. Y. 14240



Hand constructed octagonal planters
Made of Western Red Cedar known for its beauty and durability to weather. Useful and beautiful for interior and exterior accents around your home. 9¼" x 8½", $14; 11" x 10", $17.75; 12¾" x 12", $21.50; 14¼ x 14", $25.25; 16" x 15", $28.50. Prices include shipping and handling. Order from Sarasota Woods & Wickers, Dept. BHG-12, P.O. Box 2401, Sarasota, Florida 33578.



Old-fashioned valentine postcards
Quaint old-fashioned reproductions in full color. These are charming designs in rich antique colors. Each card has space for a short message plus address. 24 cards per package. 3 different assortments. Please order by number: Asst.1 (#200); Asst.2 (#510); Asst.3 (#5.0). $1.75 per package; all 3 assortments $4.50. Valentine Postcards, Box 428-BH1, Seabrook, NH 03874-0428.

Learn FLOWER ARRANGING

Quickly and Easily at Home



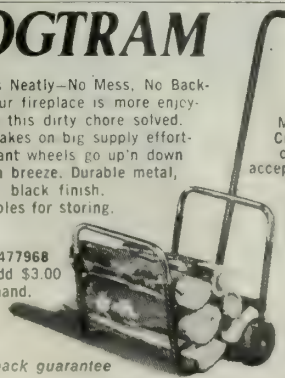
Learn to make Professional corsages, arrangements, wedding and room decorations designs. *Study and earn certificate at home.* Unusual spare or full time money making opportunities or hobby. Send for FREE BOOK... "Opportunities in Floristry."

LIFETIME CAREER SCHOOLS Dept B-869
2251 BARRY AVE., LOS ANGELES CA 90064

LOGTRAM

Lugs Logs Neatly—No Mess, No Backbreak. Your fireplace is more enjoyable with this dirty chore solved. Logtram takes on big supply effortlessly; giant wheels go up'n down steps in a breeze. Durable metal, handsome black finish. Disassembles for storing.

Major Credit cards accepted.



Order #Z477968
$9.88 Add $3.00 post. & hand.

Moneyback guarantee

Send for your free copy today—of our catalog of practical, decorative and fun gifts.

Old Village Shop
Dept.VZ-2126, Hanover, Pa. 17331

Preston's New 112 page Fully Illustrated Catalog of Ship Models and Decorative Nautical Ideas for the Home.



You could shop for months and never find the hundreds of decorative nautical ideas illustrated in Preston's new catalog: 112 pages teeming with ship models, marine paintings, nautical lamps and clocks, ships' wheels, figureheads and scores of other nautical ideas for the Home.

Send 25¢ for catalog to:

PRESTON'S
120-L Main St. Wharf, Greenport, N.Y. 11944

UPSTAIRS... DOWNSTAIRS



STAIR-GLIDE Stairway Lift

America's largest selling stairway lift is the ideal solution for people who can't or shouldn't climb stairs.

- Easily installed
- UL listed
- Will not mar walls or stairs
- Economy and Outdoor models available.

AMERICAN STAIR-GLIDE® CORP.
4001 East 138th, Dept. BHG-012
Grandview, Missouri 64030

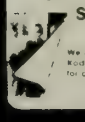
Kodacolor Film Processing

BORDERLESS PRINTS

12 Exp 110 126 & 135 mm only **$1.69** 35 mm 24 Exp **$3.49**

20 & 24 Exp 110 & 126 only **$3.49** 35 mm 36 Exp **$4.99**

KODACOLOR REPRINTS - **10 for $2.19**
Sizes 110, 126, 35mm negatives only.



We use Kodak paper for a good look

NO MINIMUM ORDERS

Please send this ad with order. Know by the quality we keep.

All orders returned 1st Class Mail Postpaid

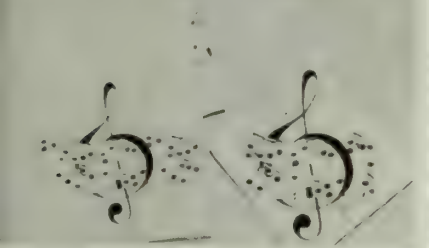
American Studios
Dept. BH, La Crosse, WI 54601



ortable baby chair
lamps securely to table, counter and picnic
able. Replaces the high chair at a fraction of
e cost. Allows your baby to eat with the
mily at the table. Made of chrome steel and
urable styrene seat. An ideal grandmother's
ft, or keep one for visiting days. Fits baby
p to 4 years old. $16.95 + $2.50 shpg. Essex
ouse, Dept. BHG1, Box 80, Scotch Plains,
J 07076.



oot comfort as you sleep
Want relaxed sleep? Free your feet from
eight of sheet and blankets. Folding Deluxe
lanket Support lifts regular, contoured or
ectric blankets for roomier foot comfort
olds bedspread and extra covers until
eeded. Makes beds seem bigger. Plastic-
oated steel arms fold flat when bed is
ade. $11.98 + $1 post. Better Sleep Inc.,
ept. BH1, New Providence, NJ 07974



or a music buff's kitchen
Whistle while you work with this silkscreened
usical pair. Nicely made, hemmed 15" x
" towel functions well for guests or dishes.
umply padded, looped potholder is an 8"
8" measure. 100% cotton; washable; black
n white. Towel costs $5.75; potholder, $4.75.
ease add 95¢ postage. Order from Ferry
ouse, Dept. BH-1, Briarcliff Manor, New
ork 10510.



DOLLS

Learn to make, repair, dress, and restore dolls of all kinds – old and new. Fascinating opportunity for women of all ages. Free booklet describes this unique home study course. NO SALESMAN WILL CALL.

Lifetime Career Schools, Dept. D-736
2251 Barry Ave., Los Angeles, Ca. 90064.



Solid Mahogany
VICTORIAN TABLE
with Italian marble top **$39.95**
New way to save on fine furniture. Shipped direct from the factory, to your home: Choice of love seats, sofas, chairs, tables, bedrooms, lamps, clocks. Send **$1.00** for America's largest Victorian catalog (80 pages!) and free fabric samples. We will include certificate good for $2 off on your first purchase.
Phone (404) 256-4747
MAGNOLIA HALL (Dept. BH-12)
726 Andover, Atlanta, Ga. 30327

WIND DIRECTION AT A GLANCE



WEATHER VANES add the finishing touch to your country home! Perfect for your garage, farm or ranch too. Ornamental as well as useful. Precise wind direction at a glance. Balanced arrow on friction free bearing responds to slightest breeze! Made of aluminum with baked vinyl coating for rust free care with Gold ornamental ball. Complete with mounting bracket and screws. Arrow 23" long, Support 24 to 27 high

Crowing Rooster **$13.95** + **$2.85 p&h**
Galloping Horse **$13.95** + **$2.85 p&h**
SAVE two for **$27.50** + **$2.85 p&h** Great gifts
Send check or M.O. 15 day money back guarantee
For a catalog of uniquely beautiful Weathervanes and 21" metal home decor send $1.00

HOLST, Inc. Dept. BHV-182, 1118 W. Lake, Box 370, Tawas City, Mich. 48763



Medicare Approved

EASY-LIFT® Cushion Lifting Chair

- Power cushion gently lifts you to a standing position
- Full, power recline feature
- Simple switch control
- Runs off household current
- Variety of colors, models and fabrics

AMERICAN STAIR-GLIDE CORP.
4001 East 138th Street, Dept. BHE-012
Grandview, Missouri 64030

Super Sale!
"Famous Brand"
Ultra-Soft Walkers
Reg. $28
$21.90



COLORS
- Black • Navy
- Brown • Red
- Camel • Grey
- Bone • Wine
- White • Gold

SEND FOR FREE CATALOG

Super-soft, super-flexible...built for comfort & fit! Buttery crinkle patent uppers, adjustable buckle, cushiony crepe soles. 1¼" heels. Ladies' sizes 6-10N, 5-12M,5-12W (no half sizes over 10). **SAVE MORE! 2/$42.** Add $2.00 p/h. For Visa/MC send no. exp date Money Back Guarantee **Faye Lynn**
Dept BH1, 1535 Delcrest Pl., Lakeland, FL 33803

27 COLOR PHOTO SPECIALS **$1.95**

Full color copies on quality KODAK paper – send any color photo or Polaroid® (prints only) up to 8"x10" (original returned)



Your choice only $1.95!
P4079 **27 Wallet Photos** (2½"x3½")
P4080 **15 Wallets, one 8"x10"**
P4081 **15 Wallets, two 5"x7"**
P4082 **Two 5"x7", one 8"x10"**
Order by item no. Satisfaction or money back. Add 50¢ each order for shpg. & hdlg.
Walter Drake Photo Labs
2051 Drake Bldg., Colorado Springs, CO 80940

COLONIAL MAID CURTAINS
Curtain & Bedspread Specialists Since 1947



TRADITIONAL BRUSH FRINGE
Charming colonial curtains with 2" brush fringe sewn on highest quality poly/ctn. blend muslin. Extra wide 90" per pair.
Natural or White

24" or 30" lg.	10.00 pr.
36" or 40" lg.	11.50 pr.
45" or 54" lg.	14.50 pr.
63" or 72" lg.	17.00 pr.
84" or 90" lg.	20.00 pr.
Tiebacks	1.65 pr.
Valance	5.50 ea.

Satisfaction guaranteed. Add 2.50 post. Send check, M.O., MASTERCARD, VISA or AM. EX.

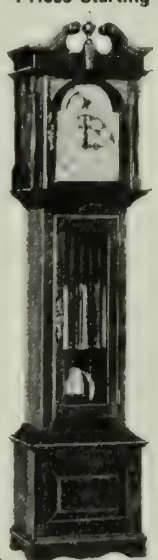
☐ SEND FREE 56-PG. COLOR CATALOG

My order enclosed $ _____
Name _____
Address _____
City _____ State _____ Zip _____
Colonial Maid Curtains, Dept. 41,
Mamaroneck, N.Y. 10543



FREE COLOR CATALOG

Build Your Own Grandfather Clock
Prices Starting Under $255
(including movement and dial)



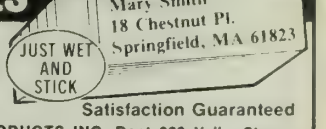
- Do-it-yourself case kit, parts pre-cut
- Finished clocks
- Solid 3/4" hardwoods: black walnut, cherry, oak
- Heirloom quality
- Factory direct prices
- Solid brass West German chiming movements
- Money back guarantee
- Prompt shipment

MASTERCARD and VISA ACCEPTED

EMPEROR® CLOCK COMPANY
WORLD'S LARGEST MANUFACTURER OF GRANDFATHER CLOCKS
Dept. 202, Emperor Industrial Park
Fairhope, Alabama 36532

1000 PERSONALIZED LABELS

only **$1.00**



Satisfaction Guaranteed
IMPRINT PRODUCTS, INC., Dept. 889, Valley Stream, NY 11582. Send your Name & Address and Zip Code together with $1.00 per set plus 35¢ per set for post/handling. Send Cash, Check or Money Order. Allow 3 to 4 weeks for shipment. NY res. add sales tax. U.S.A. only.

LANDSCAPING

Growing demand – good income for trained Landscape Contractors and Garden Nursery personnel. Start your own business part or full time or hobby. Home study course prepares you in 6 months. Certificate awarded. *Free booklet describes opportunities.* No salesman.



LIFETIME CAREER SCHOOLS Dept. A-957
2251 Barry Ave., Los Angeles, CA 90064

Name _____
Address _____
City _____ State _____ Zip _____

The Man Next Door®

Ken Floyd has come up with a surefire way to see that his son at college reads important messages from home. He writes them on the back of a check.

"Show me a procrastinator," says my laid-back friend at the office, "and I'll show you a man of tomorrow."

Isabel Norman says home video games are nothing new to her. For years she's been fiddling around with the "rabbit ears" atop her TV set, trying to outwit double images and snow.

After trying to balance the checkbook, Chris has given up hope of making ends meet. "These days we're lucky just to get them within waving distance of each other," she laments.

Liz Randall, after scanning the papers for a good family movie, comments that it's much easier to raise eyebrows than children these days.

Chris says the only couple we know who don't seem winter-weary at this time of year are the two chickadees who patronize our backyard feeder.



"Hi there! We'd like to come in, go over your records, search your house, and just sort of generally sock it to you!"

Mayor Henry Harding likes to compare ice skating to politics. "In both activities, you appear poised while you go in circles," he observes. However, the Mayor also admits that both skaters and politicians seem to have a propensity for pratfalls.



Dot Dresch says just one letter (and a few dollars) separate the Dresches' NOW account at the bank from being a NO account.

According to Bill Norman, whoever coined the expression "Less is more" must have had the sticker prices of today's subcompact cars in mind.

Doc Hannelly says he detects a trend toward verbosity at the hospital these days. The "Quiet" signs have been replaced with signs that read "Please minimize noise."

This week I took Burt, Jr., to the driver's license bureau to obtain his learner's permit, and since then we've been out for several trial "spins."

I should be a seasoned teacher by now, having successfully taught Rosemary and one of my nephews to drive in our family station wagon.

But somehow I find I'm still susceptible to the parental "sweaty palms syndrome."

Burt keeps telling me to relax and enjoy the ride—and I keep thinking I'm the one who should be telling Burt not to be nervous behind the wheel.

I just can't convince my subconscious mind to let up on the imaginary brake under my right foot.

Burt tells me I exaggerate his tendency to drive too close to cars parked alongside the curb—but then he's not sitting on the passenger side counting each fender we pass, either.

I will grant that teaching Burt to drive is sharpening my vision. Now I can spot a stop sign or a pedestrian in a crosswalk from a distance of several hundred yards.

But Chris assures me I'll eventually gain more confidence in Burt's driving ability. She reminds me that just ten years ago I was teaching Burt how to ride his first two-wheeler—and that both father and son survived the experience in excellent condition.

That leads to an interesting possibility: I wonder if anybody makes training wheels for cars?

Burton Hillis

1981 B&W T Co


Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
15 mg. "tar", 1.2 mg. nicotine av. per cigarette, FTC Report May '81.
There's only one way to play it...
Wherever the music is hot, the taste is Kool. Because there's only one sensation this refreshing.
20
KOOL
Filter Kings

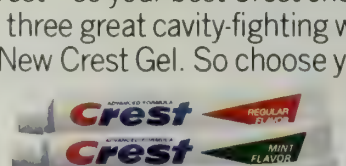
Introducing New Crest Gel.

The only gel with Fluoristat,® Advanced Formula Crest's proven cavity-fighting system.

KIDS LOVE THE FLAVOR. MOMS LOVE THE FIGHT.



Now there's a gel as tough on cavities as Crest...because it is Crest. New Crest Gel. It's the only gel with Fluoristat, the cavity-fighting system found only in Advanced Formula Crest—so your best Crest checkups may be ahead of you. Now your family has three great cavity-fighting weapons from Crest. Regular, Mint, and New Crest Gel. So choose your weapon, Mom.



Accepted Council on Dental Therapeutics American Dental Association

"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association

February 1982 • $1.25

Better Homes and Gardens.

RAFTS

afty sewing machine
hniques – cutwork,
uching, appliqué,
d embroidery

ECORATING

e charm of country
llectibles – how to
corate with
nericana

EMODELING

-lock entries –
o doors are
tter than one

NG

ack of
s

nerica's
cruises



Meringue and fruit flambé

Classic Cooking Techniques

TO MAKE SIMPLE FARE SENSATIONAL

JUN83
UUC 7434 45 3
11-NMEHLL13869Q1
MISS HELEN E NEMEC
1388 HILLSIDE CIR CR12
BURLINGAME CA 94010
0055



FLAMBÉ

Strike a long match, warm a favorite libation! That's all it takes to give razzle-dazzle flavor and eye appeal to a variety of main dishes, desserts, and beverages.



Frisky Shrimp



GLACÉ

Want to make food shine, shine, shine and spark its flavor, too? Simply spoon on a glossy coating, then refrigerate till set. In short order, you'll have a shimmering creation to dazzle your family and guests.



Glacéed Sandwich



REDUCE

Less really is more! For delicious proof, just boil down a sauce or gravy and taste the difference. Besides taking on a full and rich flavor, the sauce becomes creamy thick.



Pasta with Fish Sauce



PUREE

Blend, mash, or grind fruits, cooked vegetables, or cooked meat. The smoothing process adds full body and creaminess to soups, molded salads, desserts, and more.



Peach Mousse

ADDITIONAL TECHNIQUES AND RECIPES INSID

Stouffer's fits into your life as if it were made for it.

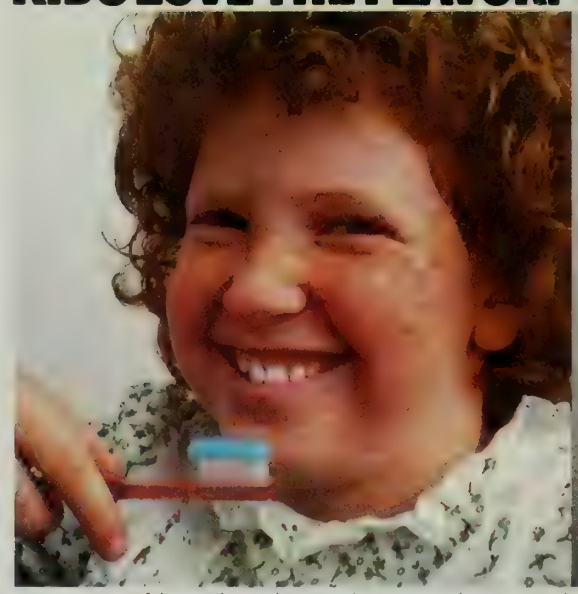
It was.

Set yourself free. With Stouffer's.®

Introducing New Crest Gel.

The only gel with Fluoristat,® Advanced Formula Crest's proven cavity-fighting system.

KIDS LOVE THE FLAVOR. MOMS LOVE THE FIGHT.





Now there's a gel as tough on cavities as Crest...because it is Crest.
New Crest Gel. It's the only gel with Fluoristat, the cavity-fighting system found only in Advanced Formula Crest—so your best Crest checkups may be ahead of you.
Now your family has three great cavity-fighting weapons from Crest.
Regular, Mint, and New Crest Gel. So choose your weapon, Mom.



Accepted by the Dental Therapeutics of the American Dental Association

"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association.


Ratatouille
Salisbury Steaks
Scallops & Shrimp Mariner with rice
Chicken Stuffed Pasta Shells
Cream of Spinach Soup
Spaghetti with meat sauce
Lasagna
Welsh Rarebit
(served over toast points)
Chicken Divan


Macaroni & Beef


Paprikash with egg


Swedish Meatballs with parsley noodles


burg *(served over pastry*


Spinach Crepes with Cheddar cheese sauce


Short Ribs of Beef


Beef Pie


England Clam Chowder


Green Pepper Steak with r


& Swiss Cheese Cr


Yams & Apples

These are just some of more than 60 Stouffer's Entree Crepes and Side Dis

Fit them into your


Cheese Stuffed Pasta Shells


Turkey Casserole with gravy & dressing



© 1982 Stouffer Foods C

Stouffer's fits into your life as if it were made for it.

It was.

Set yourself free. With Stouffer's®



The lamp that lit a thousand Victorian parlors inspires one of the most beautiful floors of our time.



Only Armstrong Designer Solarian® II could capture such richness of color, such depth of design.

Come home to Tiffany Square. To the tranquil beauty of a floor Victorians would have treasured for its warmth, its charm. And its extraordinary practicality.

Because like all floors of Designer Solarian II, Tiffany Square offers you thick inlaid vinyl construction for built-in toughness and excellent resistance to damage.

And an extra-durable Mirabond® surface that resists scuffs and scratches so it keeps its sunny like-new look—without waxing—far longer than vinyl no-wax floors.

See Tiffany Square and the other remarkable Designer Solarian II floors at your Armstrong retailer, listed in the Yellow Pages under "Floor Materials."

For a free sample and color brochure, send us the coupon below. Or call the toll-free Armstrong Consumer Line, 800-233-3823 (in Pennsylvania, call collect 717-397-0523).

Armstrong, Dept. 22FBH
P.O. Box 3001, Lancaster, PA 17604
Please send your free Tiffany Square sample and color brochure.

Name _____
Street _____
City _____
State _____ Zip _____

Armstrong
so nice to come home to™

See this beautiful Camille dining room at one of these fine furniture stores.

ARIZONA
Phoenix
LOU REGESTER'S
Sun City
FREED'S FURNITURE
Sun City West
MARY JANE INTERIORS
Tucson
LOU REGESTER'S

CALIFORNIA
Fremont
SMITH'S FURNITURE
Fresno
GARRETT'S
La Mesa
LA MESA FURNITURE
Lodi
M. NEWFIELD HOME FURN.
Los Angeles
BARKER BROTHERS
Monterey
FURNITURE SQUARE
Oakland
CLAY FURNITURE CO.
Orange
HIGGINS FURNITURE
Rancho Mirage
CANYON FURNITURE
Ridgecrest
MIKEL'S FURNITURE
Sacramento
MODERN FURNITURE
San Jose
RUSSELL'S FURNITURE
San Leandro
INTERIORS UNLIMITED
Stockton
FURNITURE LAND
Whittier
FOWLER-LEHMER
Woodland
WIRTH FURN. & INT.

ILLINOIS
JOHN M. SMYTH CO.— All Store Locations
Belleville
GOEHNER & EAVES, INC.
Collinsville
HOME FURNITURE CO.
Crestihll
ALFEO TOZZI INTERIORS
Decatur
ARTHURS INC.
GOODS FURNITURE
Kewanee
GOOD'S FURNITURE HOUSE
Marion
DISTINCTIVE INTERIORS
Morris
WILLIAM E. ALLAN FURN.
Peoria
BAURER FURNITURE, INC.
LIPPMAN FURN. & INT.
Sparta
LYNN FURNITURE CO.
Washington
BAURER FURNITURE, INC.

INDIANA
Bloomington
KITTLE'S HOME FURN.
Evansville
FINKE'S REGENCY SQUARE
Greenwood
KITTLE'S HOME FURN.
Indianapolis
KITTLE'S HOME FURN.
Jasper
JASPER HOME OUTFITTERS
Merrillville
ALBERT A. SLATER FURN.
Muncie
LEATH-COUNTRY HOUSE
Munster
TILLES FURNITURE
North Manchester
WENDEL'S DECOR SHOPPE
South Bend
J. E. WALZ, INC.
Terre Haute
HOMEMAKERS, INC.

IOWA
Burlington
BENNET'S HOME CENTER
Cedar Rapids
KENWOOD HOUSE
Elkader
McTAGGART'S
Fort Dodge
TERRACE HILL FURNITURE
Sioux City
KRIGSTEN HOME FURN.
West Des Moines
GINSBERG'S

KANSAS
Overland Park
HOUSE OF WELLS
Wichita
HORTON'S FURN. & CPT.

KENTUCKY
Covington
MODERN FURNITURE CO.

MICHIGAN
Alpena
ALPENA FURNITURE
Bay City
BISHOP-YOUNG FURNITURE
Benton Harbor
TURNER FURNITURE
Detroit
GARDNER-SCHUMACHER
MARGOLIS FURNITURE
Flint
PEOPLE'S FURNITURE
Grand Rapids
DITMARS FURNITURE
KLINGMANS FURNITURE
Kalamazoo
VANS FURNITURE
Lansing
ESTES FURNITURE
Owosso
ROBBINS FURNITURE CO.
Pontiac
CLAYTON FURNITURE
Saginaw
ART SAMPLE FURNITURE
MARKEY-ELLIOTT FURN.
Utica
SCHWARK FURNITURE
Whitehall
BELLS OF WHITEHALL

MINNESOTA
Minneapolis
DOHERTY FURNITURE
Osseo
SUBURBIA FURNITURE
Saint Paul
HOUSE OF FURNITURE
NORTHERN FURNITURE

MISSOURI
Ballwin
JACK BRANDT LTD.
Camdenton
HARRIS INC. INTERIORS
Columbia
MILO H. WALZ
Higginsville
HOEFER'S INTERIORS
Jefferson City
MILO H. WALZ
Poplar Bluff
JOE HEFNER FURNITURE
Saint Charles
CHARLESTOWNE HOME FURN.
Saint Louis
JACK BRANDT LTD.
CRAIG FURNITURE DECO.
DeBASIO FURNITURE CO.
PHILLIPS FURNITURE
Springfield
PAIGE MULHOLLAN CO.

NEBRASKA
Chadron
FREEDS FINE FURNITURE
Crete
WANEK'S OF CRETE
Grand Island
WILLIAMSON'S FURNITURE
Hastings
TOM & JERRY'S FURN.
Omaha
NEBRASKA FURN. MART
Scottsbluff
WEBBER'S FURNITURE

NEVADA
Las Vegas
GARRETT'S FINE FURN.
Reno
HOME FURNITURE INC.

NEW MEXICO
Alamogordo
FURNITURE PLAZA
Albuquerque
AMERICAN FURNITURE CO.
Clovis
McDANIEL'S FURNITURE
Las Cruces
IKARD'S FURNITURE

OHIO
Akron
BEST FURNITURE
MAIBACH'S HOME FURN.
Alliance
COPE FURNITURE
Bridgeport
WILSON FURNITURE CO.
Canton
SMITH & PHILLIPS CO.
THURINS HOME FURN.
Cincinnati
J. SCHLOEMER FURNITURE
Cleveland
BASISTA FURNITURE
Columbus
WHITE'S FINE FURNITURE
Dayton
EMOFF'S FURNITURE CO.
Findlay
AUGUST FURNITURE
Lima
BLANCH MARKLEY SHOPPE
Lorain
THE REIDY-SCANLAN CO.
Maumee
ROGERS FURNITURE
Toledo
SHAMY FURNITURE
Warren
VAN'S FURNITURE
Youngstown
ROSSI FURN. GALLERY

OKLAHOMA
Oklahoma City
BALLENGERS FURNITURE
Tulsa
MAYO FURNITURE CO.

OREGON
Beaverton
PARKER FURNITURE
Portland
ART ERICKSON FURNITURE
HOLLYWOOD FURNITURE

SOUTH DAKOTA
Rapid City
FREEDS FINE FURNITURE

TEXAS
Amarillo
SOUTHERN FURNITURE
Arlington
WARE FURNITURE
Brownsville
STROUD'S HOME FURN.
Corpus Christi
TREND HOUSE FURNITURE
Dallas
FREED FURNITURE CO.
Eagle Pass
EAGLE PASS FURNITURE
El Paso
AMERICAN FURNITURE CO.
Harlingen
STROUD'S HOME FURN.
Laredo
CITY SERVICE FURNITURE
Lubbock
SPEARS FURNITURE
McAllen
STROUD'S HOME FURN.
Odessa
McMINN FURNITURE
San Angelo
SHEPPERSON'S SOUTHWEST
San Antonio
STOWERS FURNITURE
South Padre Island
STROUD'S HOME FURN.

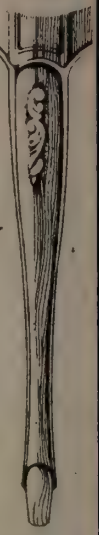
UTAH
Salt Lake City
GRANITE FURNITURE

WASHINGTON
Tacoma
GLASGOW FURNITURE

WISCONSIN
Elm Grove
BLUE MOUND FURNITURE
Green Bay
KIMMELS, INC.
Milwaukee
COLDERS FURNITURE



During the reign of Louis XV, furniture designers abandoned plain surfaces in favor of intricate details and ornamentation. The delicate molding and ornate door pulls on the base of the china cabinet exemplify the way Thomasville craftsmen have captured the decorative spirit of the period.



Louis XV furniture invariably featured carved cabriole legs very much like the ones found throughout the Camille collection.

Mesdames de Pompadour and du Barry, as well as other women in the court of Louis XV, greatly influenced the styles of this period. As a result, furniture became more delicate, more feminine and was frequently embellished with floral carvings like the flower-and-leaf design at the top of the Camille china cabinet.



To review the entire collection for dining room, living room, and bedroom—write for our full-color catalog. Send just $2.50 to Camille, Thomasville Furniture, Dept. 22TBH, Thomasville, NC 27360.

FROM THE INDOOR WORLD OF Armstrong



Camille by Thomasville.
Even dinner for two becomes a celebration.

You don't need a special occasion to make dinner a special occasion when the setting is the beautiful Camille. Inspired by Louis XV court-style French furniture. Available in misty blue or mellow fruitwood finish. Camille is just one of the memorable Thomasville looks for dining rooms, bedrooms, and living rooms that are so nice to come home to.

Thomasville®

so nice to come home to

Everything you always wanted to know about fine furniture. And more...



a page of coupons that can save you $700 on fine Thomasville furniture.



Take a fascinating journey through the history of furniture design—from ancient times through the Italian Renaissance to the present day—in the richly illustrated pages of The Connoisseur's Portfolio of Fine Furniture.

Every period is illustrated with photographs of actual antiques from renowned museums. You'll see many of the important design details of each period, recreated in the wide range of Thomasville collections. You'll find out how Thomasville furniture is crafted—step by step—from design concept through finishing. Color photographs of Thomasville furniture in decorator settings will help you visualize the pieces in your own home. There are sections on space planning, accessorizing, even point-by-point decorating tips on how to make your favorite furniture style come alive in your home.

The portfolio contains a page of half-price coupons that can save you $700 on fine Thomasville furniture. The money-saving coupons and the wealth of information in The Connoisseur's Portfolio are yours for just $2.50 now at participating Thomasville retailers listed at right. Or send $10.95 to The Connoisseur's Portfolio, Thomasville Furniture, Dept. 22TBH, Thomasville, NC 27360.

Thomasville®
so nice to come home to®

Get the money-saving fine furniture book from one of these Thomasville retailers.



ARIZONA

Sun City
FREEDS FURNITURE

CALIFORNIA

Bakersfield
SUMMER'S

Fresno
GARRETTS'

La Habra
CARL'S FURNITURE

La Jolla
STATESIDE FURNITURE

Laguna Hills
CARL'S FURNITURE

La Mesa
La MESA FURNITURE

Long Beach
CARL'S FURNITURE

Los Angeles
BARKER BROS.
DESIGNERS SHOWPLACE

Pasadena
FEDDE FURNITURE

Sacramento
JON'S FURNITURE

Salinas
FIRESIDE FURN. GALLERY

San Francisco
DON ERMANN ASSOCIATES
HOUSE OF KARLSON

San Leandro
INTERIORS UNLIMITED

Santa Ana
CHANDLER'S FURNITURE

Santa Clara
EASTERN FURNITURE

COLORADO

Colorado Springs
AMERICAN FURNITURE CO
HOMESTEAD HOUSE

Denver
HARPERS

Grand Junction
NORTH AVE. FURNITURE

ILLINOIS

Belleville
GOEHNER & EAVES, INC

Chicago
MARSHALL FIELD & CO

Elgin
ACKEMANN'S

Kewanee
GOOD'S FURNITURE HOUSE

Mount Pulaski
STAHL FURNITURE

Northbrook
COLBYS HOME FURNITURE

Oakbrook
MARSHALL FIELD & CO.

Peoria
LIPPMAN'S FURN. & INT

Rockford
ROCKFORD FURNITURE

Schaumberg
MARSHALL FIELD & CO

Skokie
MARSHALL FIELD & CO.

Washington
BAURER FURNITURE, IN

INDIANA

Evansville
FINKE'S FURNITURE

Madison
YOUNG FURNITURE

Richmond
HOLTHOUSE FURN. CO

IOWA

Cedar Rapids
KENWOOD HOUSE

Spencer
STEFFEN FURNITURE

West Des Moines
GINSBERGS

KANSAS

Overland Park
HOUSE OF WELLS

Topeka
KARLAN'S FURNITURE

Wichita
HORTON'S FURNITURE

KENTUCKY

Covington
MODERN FURNITURE C

MICHIGAN

Flint
PEOPLE'S

Saginaw
ART SAMPLE FURNITU

Troy
DOBBS

Utica
SCHWARK FURNITURE

MINNESOTA

Burnsville
WOODBRIDGE FURNITI

LeRoy
MARTZ FURNITURE

Litchfield
BROCK FURNITURE

Mankato
LANDKAMER BROS.

Marshall
THE FURNITURE PLAC

Meadowlands
SCHNEIDERMAN'S FUF

Waite Park
RANDY'S FURN. GALLI

MISSOURI

Columbia
MILO H. WALZ

Higginsville
HOEFER FURN. & INT.

Jefferson City
MILO H. WALZ

Kirkwood
PHILLIPS FURNITURE

Poplar Bluff
JOE HEFNER FURN.

Saint Charles
CHARLESTOWNE HOME FURN
Saint Louis
JACK BRANDT LTD
DeBASIO FURNITURE
DOLNICK'S INT
Springfield
MULHOLLAN FURNITURE

NEBRASKA
Chadron
FREEDS FINE FURN
Grand Island
WILLIAMSON FURNITURE
Lincoln
ARMSTRONG FURN & INT
Omaha
NEBRASKA FURN MART
Scottsbluff
WEBBER'S FURN CTR

NEVADA
Las Vegas
GARRETT'S FURNITURE

NEW MEXICO
Albuquerque
AMERICAN FURNITURE
Colvis
McDANIELS FURNITURE
Hobbs
MILLER-WALDROP

NORTH DAKOTA
Williston
CONLIN FURNITURE

OHIO
Akron
BEST FURNITURE
Canton
SMITH & PHILLIPS CO
THURINS HOME FURN
Chesapeake
BIG SANDY FURNITURE
Columbus
WHITES FURNITURE CO
Dayton
ELDER BEERMAN
Marietta
WIESER & CAWLEY
South Point
BIG SANDY FURNITURE

OKLAHOMA
Lawton
WOLVERTON'S
Oklahoma City
BALLENGERS INC
Sapulpa
MEL'S FURNITURE
Shawnee
PERRY & McGREE FURN

OREGON
Albany
RUBENSTEIN'S
Beaverton
PARKER FURNITURE CO
Eugene
RUBENSTEIN'S
Oregon City
NIZICH BROS FURNITURE
Salem
RUBENSTEIN'S

SOUTH DAKOTA
Rapid City
FREEDS FINE FURN
Yankton
HATCH FURNITURE

TEXAS
Abilene
WALDROP FURNITURE
Amarillo
SOUTHERN FURNITURE
Arlington
WARE FURNITURE
Clute
HERITAGE HOUSE FURN
Kenedy
STIMSON FURNITURE
Laredo
CITY SERVICE FURN
Longview
TREND SHOP
Lubbock
SPEARS FURNITURE
Odessa
McMINN FURNITURE CO
San Angelo
SHEPPERSON'S SOUTHWEST
San Antonio
DIANNE FLACK INTERIORS
STOWERS FURNITURE
Wichita Falls
HUFF FURN GALLERIES

UTAH
Ogden
BAILEYS HOME FURN

WASHINGTON
Auburn
VAN'S FURNITURE
Bellevue
KEN'S SUBURBAN FURN
Everett
GOLDBERG FURNITURE
Lynnwood
MacLEOD'S OF LYNNWOOD
Seattle
OLSEN FURNITURE
Tacoma
GLASGOW FURNITURE
Vancouver
KOPLAN'S
Yakima
SCHULTZ FURNITURE

WISCONSIN
Green Bay
KIMMELS
La Crosse
ROSS FURNITURE

WYOMING
Gillette
FREEDS FINE FURN

EDITOR at large

You might notice as you go through the magazine this month that our old "He Cooks" feature has received a new name. We've decided to rechristen it "My Turn to Cook," a title that seems to me more appealing and less sexist. Also, this feature is appearing in color after slightly more than a decade of being confined to black and white. That's not exactly a milestone in journalistic history, but it's symbolic nonetheless of a nationwide trend toward greater involvement by men in all aspects of food—grocery shopping, meal planning, plain and fancy cooking, and the creation, embellishment, and sharing of recipes. In fact, I myself have a favorite I'd like to share with you. It's a no-fuss, all-purpose pineapple cake to which I've added a few refinements that make it even tastier than the original. Here's my version:



Editor's Choice Pineapple Cake

In a large mixing bowl beat 2 eggs until they're light and fluffy. Add the contents of a 20-ounce can of crushed pineapple (undrained), 2 cups of all-purpose flour, 1 cup of granulated sugar, 1 cup of brown sugar, and 2 teaspoons of baking soda. Mix these ingredients well by hand. (If you use an electric mixer, too much air gets beaten in, and there's a very good chance that the cake will fall.) Then stir in 1 cup of chopped walnuts, and spread the contents of the bowl evenly in an ungreased 13x9x2-inch baking pan. Bake in a 350° oven for 45 or 50 minutes, or until a toothpick inserted in the middle comes out clean. After the cake cools, cover it with Cream Cheese Ginger Frosting, then sprinkle some additional walnuts on top.

To make the Cream Cheese Ginger Frosting: In a small mixer bowl beat together a 3-ounce package of cream cheese (softened), ¼ cup of butter or margarine, and 1 teaspoon of vanilla. (This time you can use the electric mixer; it's easier.) Then gradually add 2 cups of powdered sugar and ½ teaspoon of ground ginger, and continue beating until the frosting has a nice, smooth consistency.

Surveys disagree about how many men are cooking, but from the figures I've seen, I'd guess 50 percent, and maybe half of that number on a regular basis—as distinct from those men who restrict their involvement to now and then turning out a few special dishes. According to our latest surveys on the subject, the numbers are substantially higher in BH&G subscriber families, where nearly three out of four husbands help prepare meals at home. About 31 percent of these men, incidentally, say they're cooking more now than they used to do; nearly half claim also to be improving as cooks; and more than 26 percent say they're trying more new recipes.

The only thing that makes me uneasy about this trend is that it isn't yet reflected in the makeup of our staff. Our food editors are all women—as are the people in our test kitchen. It's our only remaining all-one-sex editorial department, which to me is both frustrating and hard to understand. After all, aren't men prominent in the history of gastronomy? Brillat-Savarin? The great Escoffier? And don't many topflight restaurants have a male as head chef? So why do I never hear from any qualified men who could carve out enjoyable careers for themselves as members of the BH&G food department?

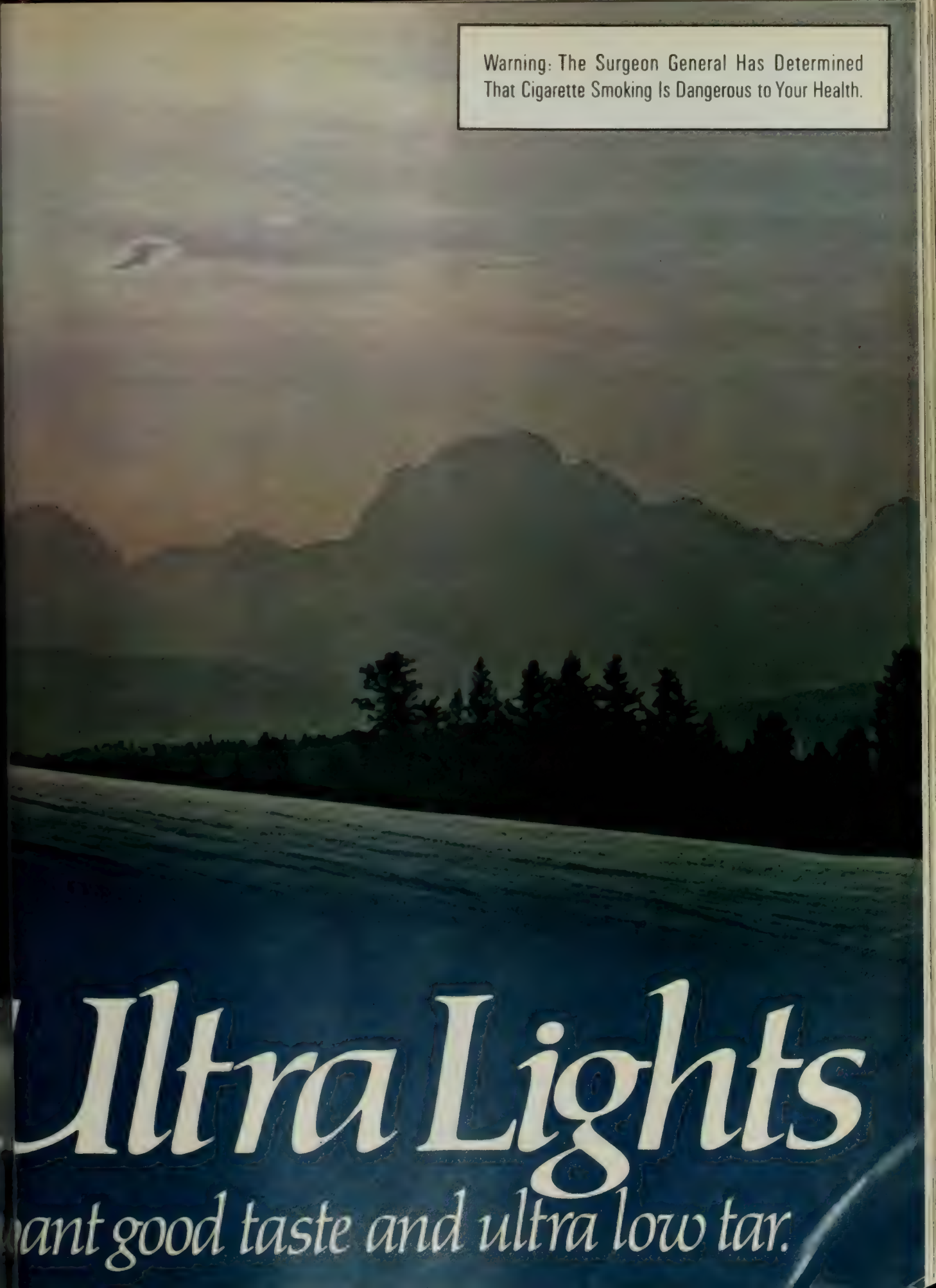
Gordon Greer

Gordon Greer, Editor

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $12 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines IA 50336 February, 1982 Vol. 60, No. 2

ULTRA LIGHTS 5 mg. "tar" 0.4 mg. nicotine; ULTRA LIGHTS 100's 5 mg. "tar" 0.5 mg. nicotine, av. per cigarette by FTC method.



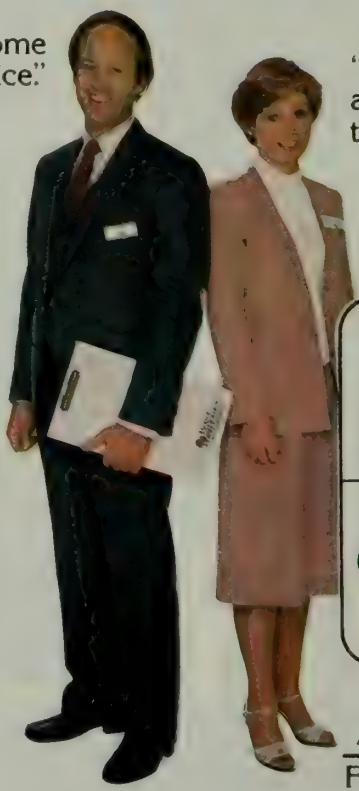

Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.
Ultra Lights
ant good taste and ultra low tar.



Saying goodbye may be the only hard part of this family's move to a new town.

"I sold their old home at the right price."

"I helped them buy a new home at terms they could afford."



If you're moving to a new town, the Better Homes and Gardens® Real Estate Service has member firms all across the country. Our personal attention combined with our computer relocation service can make your move easier.

Plus, our knowledge of current financing methods can make a big difference in selling your present home and buying a new home. We look at the entire picture...not just the price, but the tax advantages and appreciation potential. Then we'll help you find the right financing method.

So...start your next move by calling the firm that was selected by Better Homes and Gardens®, the Real Estate Service that grew out of one of America's most trusted publications.

The Real Estate Members of

Better Homes and Gardens®

An Association of independent Real Estate brokers

For your move across town or across the country, call: **1-800-247-5050.** In Iowa: **1-800-532-1430.**

EQUAL HOUSING OPPORTUNITY

IT'S LIKE MOVING WITH SOMEONE YOU KNOW.

Exotic Flight

NEW from Better Homes and Gardens

Bring the beauty of the Orient right into your own home!









Watch the delicate movement of graceful cranes in serene settings of the Far East! You can enjoy them all now in the comfort of your living room, dining room, family room, or even a hallway.

Wherever you choose to hang these special plaques, you'll be experiencing more than fine art. Cranes are the Oriental symbol of longevity—bringing good wishes to everyone who gazes at them.

FITS ANY DECOR

In true Oriental style, your cranes are depicted soaring past rising and setting suns, standing alert atop an evergreen or on the bank of a clear stream. The circular scenes are surrounded by contrasting black with complementary golden bamboo borders.

Subtle use of color and design elements perfectly blend Exotic Flight with any room. It makes no difference whether your furnishing tastes are contemporary, traditional or anywhere in between. This handsome set looks like it belongs wherever you put it.

FINISHED FOR YEARS OF ENJOYMENT

Each of the works is first lithographed, then laminated to durable pressed wood for lustrous, lasting beauty. Plaques measure 12" x 12" and feature gold beveled edges—enhancing them even more. You'll find the square shape makes the plaques easy to group on a wall. And of course, all come ready to hang. You'll have your exotic cranes up in minutes!

EASY CARE, TOO!

Because of the special finishing, you can easily wipe your plaques clean with a soft cloth. No worries about delicate frames or glass!

SPEED DELIVERY BY ORDERING NOW

Just imagine all the places you could enjoy Exotic Flight. Then pick a wall and order your plaques today. Use the handy coupon below—or better yet call in your order toll free!

MONEY-BACK GUARANTEE

If you are not completely satisfied with your Exotic Flight Plaques, simply return them for a full refund—no questions asked!



FREE
Picture Hanging Tips!

Order now and we'll send you this popular flyer at no cost. It's loaded with creative decorating ideas from the experts at Better Homes and Gardens®.

Order here for plaques and your FREE Picture Hanging Tips!

Send check or money order to: Better Homes and Gardens

Dept. 28D, Box 374
Des Moines, Iowa 50336

Quantity

_____ No. 23159 All 4 Exotic Flight Plaques **only $19.95**
(plus postage, handling and state sales tax*)

Total of Merchandise $_____

State Sales Tax* (if applicable) $_____

Postage and Handling $_____

Total $_____

*TAX NOTE: We are required to collect and pay **STATE** taxes in: Arizona, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Pennsylvania, Wisconsin. We are required to pay **STATE AND LOCAL** taxes in: California, Georgia, Nebraska, New Mexico, New York, Tennessee, Texas, Virginia, Washington.

Postage and Handling Chart:
For orders up to $25.00 $2.50
$25.01 to $50.00 .....$3.00
Over $50.00 .....$4.00

Name _____

Address _____ Apt. #_____

City _____

State _____ Zip_____

MONEY-BACK GUARANTEE: 100% refund if not completely satisfied!

Use your CREDIT CARD—Speed Delivery! Call Toll Free!

To use your credit card, fill in the boxes below: Or **CALL US TOLL FREE 800-247-5099.** In Iowa, call 1-800-532-1526. (Toll free not available in Alaska or Hawaii.)

Credit Card No

Expiration Date Month/Year

MasterCard AMERICAN EXPRESS VISA

"Now Bend Over® comfort also comes in a straight leg style."



"You can let yourself be a victim of fashion and fads. Or choose a classic look with a leaner fit. Like my new Straight Leg Bend Over Pants by Levi's® Womenswear."

"Straight Leg Bend Over Pants are just as comfortable as regular Bend Overs. I love the hidden elastic waistband. You can choose from Misses, Petites or fuller-figured Women's sizes."

"A victim of fashion? Not me. I'm old enough to know what I want, and young enough to get it!"

"The soft, stretch gabardine is wonderful. There's no cutting, no binding. And the color matches Levi's Bend Over Mate Tops beautifully."

For stores in your area carrying Bend Over Clothes, call 800-858-4444. In Texas, Hawaii and Alaska, call collect (806) 335-1715.

Ask for Straight Leg Bend Over Pants 25254-95 Misses, 15211-95 Petites or 29113-95 Women's. Misses sizes 6-20, Petites 2-14, Women's 32-46. Bend Over Mate Top 44514-91 or 42629-91 Women's, Misses sizes 6-18, Women's 38-46.

LEVI'S WOMENSWEAR®

QUALITY NEVER GOES OUT OF STYLE.®

Levi's® is a registered trademark of Levi Strauss & Co. San Francisco, CA ©1984 Levi Strauss & Co

CONTENTS

February 1982 Vol. 60, No. 2

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

OF CONCERN NOW

How is work affecting American families? 19

A report from 30,000 readers

- *How well are two-job couples juggling the demands of work, home, and family? How do today's homemakers feel about their lot in life? Our readers provide important insights and a few surprises, too.*



GARDENING

A RENAISSANCE OF CLASSIC ROSES 37

- *Old-fashioned garden roses are adaptable to a variety of landscaping situations. They are beautiful and fragrant, and most are extremely resistant to pests and diseases. Best of all, many are remarkably winter-hardy.*



Gardener's log 66

CRAFTS

CRAFTY SEWING MACHINE TECHNIQUES 44

- *It's time to dust off your sewing machine! Here are four upbeat ways to put it to good use, to learn something new, and to freshen your surroundings—all in one fell swoop!*



BUILDING

The 1982 BH&G Home Improvement Contest 58

Idea kitchen with a center for every activity 83

AIR-LOCK ENTRIES: TWO DOORS ARE BETTER THAN ONE 88

- *Do you feel a draft from clear across the room every time the front or back door opens? You can make your house more comfortable all year round and cut down on your energy bills by installing an air-lock entry.*



CONTENTS CONTINUED ON PAGE 14

This issue is published in multiple editions. **Subscription Prices**: One year $12 in the United States and its possessions. Canada, add $3 per year. Other countries, add $7 per year. Trademark registered in Canada and Australia. Marca Registrada en Mexico. **Manuscripts and photographs**: They must have return postage. If they're unsolicited, we cannot be responsible for them.

© Copyright Meredith Corporation 1982. All rights reserved. Printed in U.S.A.



KitchenAid versus other compactors.

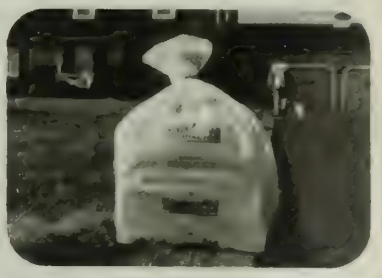
The KitchenAid trash compactor has many advantages cheaper compactors don't give you.



A Litter Bin® door for quick throwaways.

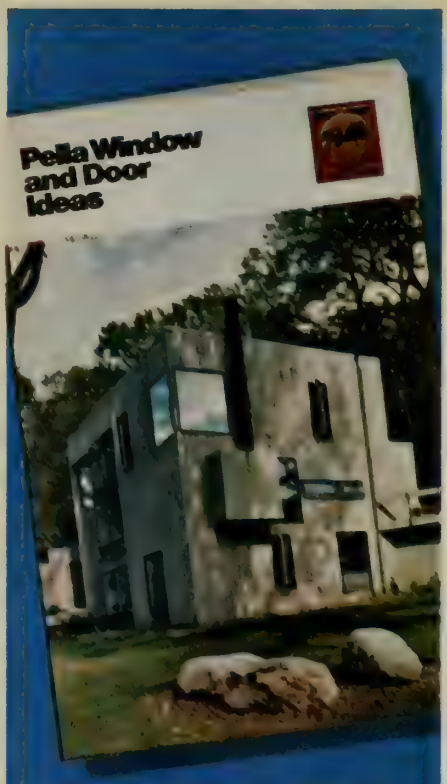


A large capacity drawer with a Tilt-Away basket that can be used with or without trash bags. And an activated charcoal filter that eliminates odors.



Once you've used a KitchenAid compactor to squeeze a week's trash into one small load, you'll wonder how you ever got along without it. Find out more by sending for our free point-by-point comparison.

KitchenAid®
Because it's worth it.
Hobart Corporation, Troy, Ohio 45374



Free Offer from Pella.

A book filled with ideas and information about wood windows and doors

Lots of handy facts and colorful photographs to help you make the right window choices. Everything you need to know about window styles and placement, plus information on how Pella windows conserve energy and reduce maintenance. Information on different styles of sliding glass doors and wood folding doors too. Send for the free 16-page brochure today.

Please send me a free copy of *Pella Window and Door Ideas*. I plan to
☐ build ☐ remodel ☐ replace windows.

Name_____

Address_____

City_____

State_____ Zip_____

Telephone_____

Mail to: Pella Windows & Doors, Dept. CO1B2, 100 Main St., Pella, Iowa 50219

Also available throughout Canada

This coupon answered within 24 hours



© 1981 Rolscreen Co

Pella. The significant difference in windows.

CONTENTS

continued

MONEY

Individual retirement accounts: A tax-free nest egg for you 60

HEALTH

Health update 71

GROOMING

Toothbrush tips 78

DECORATING

THE CHARM OF COUNTRY COLLECTIBLES 92

- *Displaying and enjoying a miscellany of collectibles is an art that Clay and Sunny Henderson have mastered. Their home is a living, changing gallery of country Americana, and it's filled with ideas to help you live beautifully with your own family's treasured collections.*



FOOD

CLASSIC COOKING TECHNIQUES TO MAKE SIMPLE FARE SENSATIONAL 98

- *Do some cooking methods make you a bit uneasy because of their fancy-sounding names? This month's feature takes the mystery out of seven classic cooking techniques to help you create extra-tasty foods with the greatest of ease.*



Food notes: Cook's guide to food terms 106

Win money for your recipes 108

My turn to cook: Pâté Maison Frank 111

Prize Tested Recipes 119

- *Winter vegetable ideas*
- *Sausage suppers*

TRAVEL

GUIDE TO AMERICA'S BEST FAMILY CRUISES 132

- *Have you ever considered a cruise? More families than ever are vacationing at sea and having a ball. Here's how to choose the cruise that's right for your family, and what you should know before setting sail.*

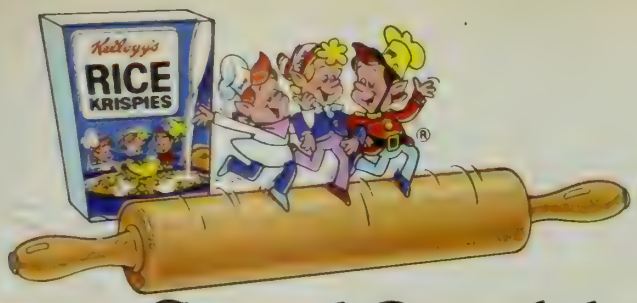


SHOPPING

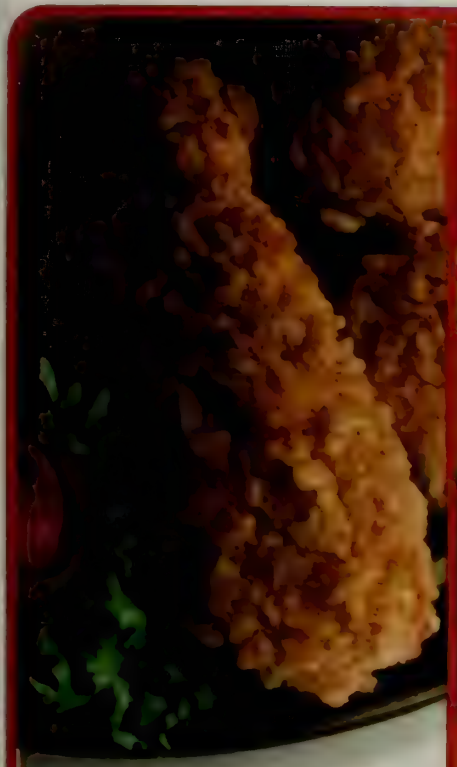
Buying guide 81

Shopping editor's choice 143

CUSTOMER SERVICE:
For service on your magazine subscription, including change of address, write to Robert Austin, P.O. Box 4536, Des Moines, IA 50336. Please enclose an address label from a recent issue.



Put some Snap! Crackle! Pop!® into your recipes.



Crispy Chicken Supreme

4 cups Kellogg's® *Rice Krispies*® cereal, crushed to 2 cups
1 teaspoon paprika
1 egg
¼ cup milk
¾ cup all-purpose flour
1½ teaspoons salt
¼ teaspoon pepper
1 teaspoon poultry seasoning
3 lbs. frying chicken pieces, washed and patted dry
3 tablespoons margarine or butter, melted (optional)

1. Place crushed *Rice Krispies* cereal in shallow dish or pan. Stir in paprika. Set aside.
2. In a second shallow dish or pan, beat egg and milk slightly. Add flour, salt, pepper and poultry seasoning. Mix until smooth. Dip chicken in batter. Coat with crushed cereal. Place in single layer, skin side up, in well-greased or foil-lined shallow baking pan. Drizzle with melted margarine.
3. Bake at 350°F about 1 hour or until chicken is tender. Do not cover pan or turn chicken while baking.

Yield: 6 servings

® Kellogg Company © 1982 Kellogg Company



Crunchy Fish Fillets

2 lbs. fish fillets, fresh or frozen
3 cups Kellogg's® *Rice Krispies*® cereal, crushed to 1½ cups
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon dried parsley flakes
½ cup margarine or butter, melted

1. If frozen fish is used, thaw, rinse and pat dry. Set aside.
2. Place crushed *Rice Krispies* cereal in shallow dish or pan. Stir in salt, pepper and parsley flakes. Set aside.
3. Pour margarine into a second shallow dish or pan. Dip fish fillets in margarine. Coat with cereal mixture. Place in single layer in well-greased or foil-lined shallow baking pan.
4. Bake at 375°F about 25 minutes or until fish flakes easily when tested with a fork. Do not cover pan or turn fish while baking.

Yield: 6 servings

Kellogg's®



Tangy Pork Cutlets

2 cups Kellogg's® *Rice Krispies*® cereal, crushed to fine crumbs
1 egg
3 tablespoons lemon juice or water
¼ cup flour
½ teaspoon salt
¼ teaspoon pepper
1 lb. pork cutlets, ¼ to ½ inch thick
¼ cup margarine or butter
4 thin lemon slices (optional)

1. Place crushed *Rice Krispies* cereal in shallow dish or pan. Set aside.
2. In a second shallow dish or pan, beat egg and lemon juice until foamy.
3. In a third shallow dish or pan, stir together flour, salt and pepper. Dip cutlets in flour mixture. Then dip in egg mixture. Coat with crushed cereal.
4. Melt margarine in large frypan over low heat. Increase heat to medium. Brown cutlets in melted margarine on both sides. Reduce heat to low. Cover. Cook about 20 minutes or until cutlets are tender. Garnish with lemon slices, if desired.

Yield: 4 servings


Marlboro Lights
The spirit of Marlboro in a low tar cigarette.
Marlboro LIGHTS
Marlboro LIGHTS 100's
Also available in King Size Flip-Top box.
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Better Homes and Gardens®

Editor GORDON G. GREER
Managing Editor KATE KEATING Art Director GERALD PREATOR

Food and Nutrition Editor DORIS EBY
Senior Food Editor NANCY BYAL *Senior Food Editor—Books* SHARYL HEIKEN
Senior Food Editor, Special Interest Publications SALLY PEDERSON
Recipe Development Editor MARION VIALL
Associate Editors ELIZABETH WOOLEVER ROSEMARY HUTCHINSON
SANDRA GRANSETH SANDRA DAY MARLENE BROWN PAT TEBERG
JOY TAYLOR MARCIA STANLEY DIANA McMILLEN JULIA MARTINUSEN
DIANE YANNEY JILL BURMEISTER NANCY WALL JANET FIGG

Building and Remodeling Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor DAVID R. HAUPERT
Senior Building Editor—Special Interest Publications DOUGLAS M. LIDSTER
Senior Building Editor—Books LAWRENCE D. CLAYTON
Remodeling Ideas Editor CHERYL SCOTT
Kitchens and Bath Ideas Editor JOANNE JOHNSON
Associate Editors CAROLANN SHINDELAR PAUL KRANTZ
LINDA JOAN SMITH JIM HARROLD WILLIAM L. NOLAN

Furnishings and Design Editor SHIRLEY VAN ZANTE
Interior Design Editor ROBERT E. DITTMER
Senior Furnishings Editor DENISE L. CARINGER
Senior Furnishings Editor—Books PAMELA WILSON CULLISON
Senior Furnishings Editor—Special Interest Publications PATRICIA POLLOCK
Associate Editors HEATHER SCHRADLE KAROL BROOKHOUSER

Garden and Outdoor Living Editor BEVERLY GARRETT
Senior Garden Editor STEVEN COULTER
Senior Garden Editor—Special Interest Publications DOUGLAS A. JIMERSON
Associate Editor LINDA DALLIMONTI

Money Management and Features Editor MARGARET DALY
Travel and Pets Editor BARBARA HUMESTON
Health and Education Editor DAN KAERCHER
Automotive and New Products Editor KIM GARRETSON
Associate Editors JUDY CRAWFORD MELL MEREDITH
Special Assignments Editor GEORGE S. BUSH

Crafts Editor NANCY LINDEMEYER
Senior Crafts Editor DEBORAH DUGAN
Senior Crafts Editor—Special Interest Publications JOAN CRAVENS
Senior Crafts Editor—Books ANN LEVINE
Associate Editors COLEEN DEERY GARY BOLING
LAURA HOLTORF REBECCA JERDEE

Copy Chief MARY ANN ROBERTSON *Makeup Editor* KATIE NORRIS
Associate Makeup Editor DOROTHY GRANT *Assistant Makeup Editor* NANCY HALL

Associate Art Director (Creative) BRYAN E. McCAY
Associate Art Director (Managing) DON NICKELL
Assistant Art Director KRISTIN FRANTZ
Graphic Designers CHRIS GRECO JUDY HALL SUSAN KOCH KEVIN S. LUDGATE
Art Production Director RAY WOODS *Art Production Manager* JOHN BERG
Art Production Associates JOE HEUER KATHRYN DAVIDSON

New York—Associate Editor STACEY SMITH *Shopping Editor* ANN LIVELY

Group Editorial Services Director **DUANE L. GREGG**
Executive Art Director **WILLIAM J. YATES**

Special Interest Publications: *Editor* RICHARD W. ROYER
Art Director JON SNYDER *Associate Art Director (Managing)* EVA PIETRZAK
Associate Art Directors (Creative) RICK BEAULIEU KAREN HUBER
Assistant Art Director TOM WEGNER
Senior Graphic Designer MARISSA CONNER
Graphic Designers JACK YOUNG JILL CAREY RHONDA BLACK
DOUG BYERS CHRISTOPHER J. DAVIA
Copy Chief ELIZABETH BROOKS

Books: *Editor* GERALD KNOX *Managing Editor* DAVID A. KIRCHNER
Art Director ERNEST SHELTON *Associate Art Director (Managing)* RANDALL YONTZ
Associate Art Directors (Creative) NEOMA ALT WEST LINDA FORD
Assistant Art Directors HARIJS PRIEKULIS FAITH BERVEN
Graphic Designers ALISANN DIXON LYNDA HAUPERT LYNE NEYMEYER
BILL SHAW GREG THOMPSON MIKE EAGLETON MIKE BURNS DEB MINER
Copy and Production Editors DAVID WALSH LAMONT OLSON
NANCY NOWISZEWSKI MARY HELEN SCHILTZ

Meredith Publishing Services: *Editor* DOUGLAS A. HOLTHAUS
Managing Editor SYLVIA MILLER
Special Projects Editors MIKE HOLMBERG DON JOHNSON
GREG ERICKSON MARJORIE GROVES
Art Director ROGER IHLENFELDT *Associate Art Director* C. L. GATZKE
Assistant Art Director DEETRA LEECH
Graphic Designers LINDA BENDER ROBERT RILEY STEVE LUEDER

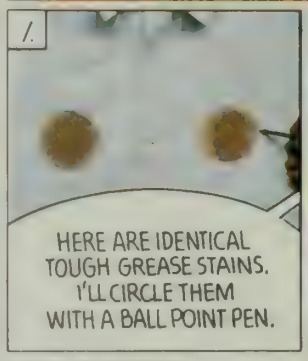
Director, Editorial Research C. RAY DEATON *Associate* CAROLYN A. HAMILTON
Administrative Editor ROSE ANDERSON *Art Business Office Manager* CECILEE LEWIS
Test Kitchen Director SHARON STILWELL *Photo Studio Manager* DON WIPPERMAN
Manager, Editorial Planning and Development DON DOOLEY

PUBLISHING GROUP PRESIDENT **JACK D. REHM**
Publishing Group Vice-Presidents: JAMES A. AUTRY General Manager, Magazines
NEIL KUEHNL Editor-in-Chief
JAMES R. NARBER General Manager, Publication Marketing Services
ROBERT E. GERHARDT Administration
FRED STINES General Manager, Books and Newspapers

Publisher and Advertising Director J. WESLEY SILK
Publishing Services Director AL NEY
Associate Advertising Sales Director LENNOX E. H. STUART

CORPORATE OFFICERS: **Chairman of the Board E. T. MEREDITH III**
President ROBERT A. BURNETT
Group Presidents JACK D. REHM, Publishing JOHN GREGG, Printing
JAMES CONLEY, Broadcasting JAMES A. RIGGS, Real Estate
Vice-Presidents DONALD L. ARNOLD, Corporate Relations
THOMAS G. FISHER, General Counsel and Assistant Secretary
HERB SCHULTE, Corporate Planning WILLIAM H. STRAW, Finance
GERALD D. THORNTON, Administrative Services WALTER A. VOSS
Secretary BETTY CAMPBELL MADDEN Treasurer MICHAEL A. SELL



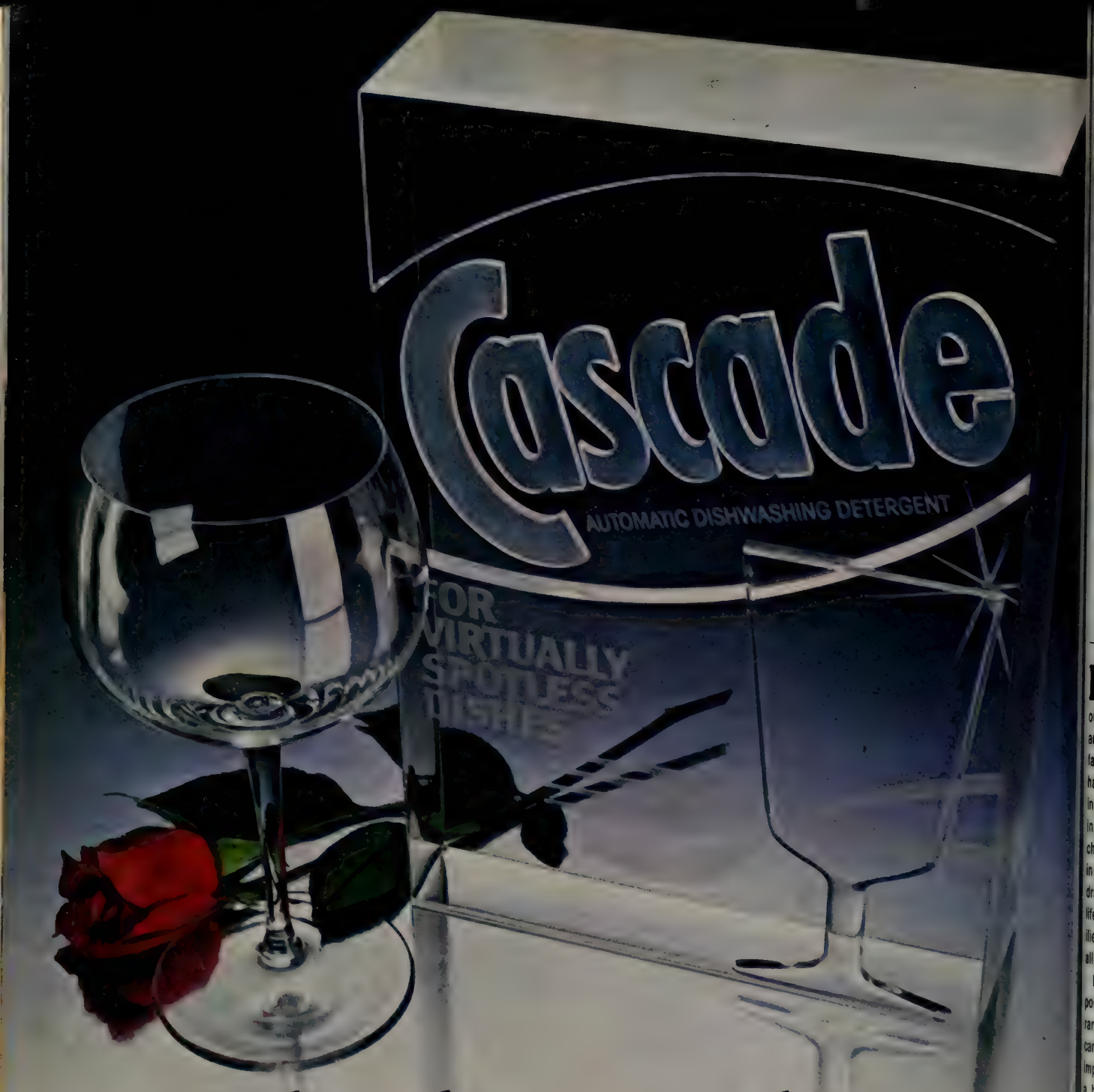




ACTUAL DEMONSTRATION



1981 THE CLOROX COMPANY



The choice is clear.

Get the Cascade look...virtually spotless.

Most detergents can leave drops that spot. But Cascade's sheeting action leaves glasses virtually spotless...beautifully clear.



By Kate Keating/Managing Editor

How Is Work Affecting American Families?

A REPORT FROM 32,500 READERS



Last June we published a questionnaire in this magazine to find out how our readers feel about work, and how their jobs are affecting their family living. In the past decade, we have witnessed a dramatic increase in two-job middle-income households in general, and in households with children under 18 in particular. Hand in glove with this trend are often drastic changes in expectations and life-styles for members of such families; men, women, and children are all profoundly affected.

In what ways is the workplace supporting or undermining contemporary American families? And how can society, employers, and workers improve the relationship and strike a better balance between job demands and family needs?

Focus on middle-class families

BH&G readers are largely middle-class, married homeowners with a primary interest in home and family. One expects them to be conscientious, and comfortable with the work ethic. Therefore, this report, rather than being a study of how work is affecting *all* American families, specifically reflects the thinking of concerned, middle-income, American families.

Besides taking the time to respond to our questionnaire, more than 4,000 of the 32,500-plus respondents attached letters, many of which are personal case histories rather than comments on questions. In this report, we give you a representative sampling of excerpts from those letters. Intriguingly, the letters add resonance to the results of the questionnaire, but also sometimes contradict them. It's much as if your neighbor tells you, "Oh, we're getting along just fine, but there's this one problem that's tearing my life apart."

Who answered the questionnaire

Of the 32,500 respondents, 80% are women, the remaining 20% are men, or men and women answering as couples. The great majority of respondents—87%—are married, and 79% have children. Their income and education levels and home-ownership rates are all considerably higher than national medians: Their median household income is $31,250, and 84% are homeowners. Of the women, 75% have attended or graduated from college, including 20% who have done postgraduate work. Of the men, 71% have attended or graduated from college, including 27% who have done postgraduate work.

Of the women respondents, 25% are full-time homemakers, 52% are employed outside the home in full-time jobs, 16% in part-time jobs, and 9% are self-employed and/or work in a family-owned business. Female median age is 33.7 years.

Of the men, 76% are employed outside the home in full-time jobs and 17% are either self-employed or work in a family-owned business. (We did hear from a few men who are full-time homemakers, but their number is too small to compute as a percentage.) Male median age is 37 years. Only 1% of the respondents, male and female, are unemployed and looking for work.

The work ethic restated

The vast majority of respondents like their jobs, or at least say their jobs are OK. At the same time, many think that *other* people do *not* like their jobs.

HOW DO YOU FEEL ABOUT YOUR JOB? (employed respondents)	
Like it very much	54%
It's OK	37%
Don't care for it	5%
Hate it	2%

DO YOU THINK THAT MOST PEOPLE LIKE THEIR JOBS?	
No	45%
Yes	42%
Don't know	13%

As a nurse-wife-mother from Missouri comments: "In our home, work is not considered a curse but rather something to give life meaning and a way to

continued

WHAT'S YOUR *Sara Lee* FANTASY?



"I had this fantasy that I was trapped inside a Black Forest and had to eat my way out."
Glenn Wolf

Nobody doesn't like Sara Lee

How Is Work Affecting American Families?

contribute to society. Our girls would like to go into social work and teaching. That makes my husband and me proud as we feel life is worth most when you are helping and/or serving others."

DO YOU BELIEVE THAT HARD WORK AND SELF-SACRIFICE LEAD TO SUCCESS?	
Sometimes	62%
Most times	34%
Seldom	4%





Note: We divided our questionnaire into four categories: Questions to be answered by everyone regardless of employment; questions to be answered by employed men and women; questions for full-time homemakers; and questions for dual-job couples or employed single parents with children. For some questions, we requested "check all answers that apply" or "check the three or four that most apply," which is why percentage totals often exceed 100%.

WHAT DO YOU LIKE MOST ABOUT YOUR JOB? (employed)	
Good income/benefits/financial security	53%
Creative satisfaction/ fulfillment	36%
Job requirements match your abilities and interests	36%
Employment security	32%
Having adequate time and energy left for family and leisure	31%
Good communication with co-workers	30%

WHAT DO YOU DISLIKE MOST ABOUT YOUR JOB?	
Little opportunity for recognition	28%
Low pay	25%
Feeling that your work isn't really appreciated	25%
Repetitious, boring, and/or exhausting work	21%
Little opportunity for professional growth	20%

Sticking with work

Our readers, like most other Americans, are working for the traditional economic reasons—salary, benefits, and security—but creative satisfaction is another strong factor. The reason most respondents give for sticking with their jobs is that they like what they're doing better than anything else they can think of (39%). The next most popular reason is practical: they need the money and think they couldn't do as well elsewhere (33%). And the reason given by 27% of the respondents is that their jobs allow adequate free time.





Do they enjoy work so much that they would continue to work if the proverbial ship came in and they suddenly became financially secure for life? Yes, say 66% (although half of these would look for different jobs). In general are they happier at home or at work? Well, 61% say they're happy at both places, 29% report they're happier at home, 6% are happier at work, and mercifully, only 2% are happy at neither.

Happiness is a *good* job?

With the evidence indicating so much job contentment, it is important to note that most of the respondents and their spouses have pretty good jobs. For instance, half of the women respondents' jobs fall into our category of *professional/executive,* which includes jobs requiring extensive, specialized education—anything from architect and auditor to physician, lawyer, teacher, and nurse. The next largest category of women is *homemaker* (the aforementioned 25%) and then *secretarial/clerical* with 16%. For men, 64% fall into the *professional/executive* grouping, 10% in *semiskilled worker* (anything from factory worker to bus driver) and then 9% *skilled worker* (carpenter, electrician, surveyor, etc.).

Expressing her enthusiasm for her profession, one young single parent from the state of Washington wrote: "I love my three children, my home, and my work. But accounting is my Rock of Gibraltar. When everyone lets me down, the ledgers, etc., always balance!"

However, other letter writers stress that while they enjoy their work, family has first priority. A young father from Florida explains, "Although my wife and I have full-time jobs, our family remains the number one priority. If there is a conflict between job and family, our family automatically comes first. Nevertheless, we are constantly balancing our careers and family." A legal secretary from Ohio writes about the enormous personal and professional satisfaction she gets from her job, but then goes on to say, "I still believe that if success on the job is at the cost of family life success, the price is too high."

Self-employment— the best job of all?

Content as they are with their work, 59% of our readers think that self-employed people are happier in their work than are people who are employed by someone else. In addition, 75% think that self-employed people work harder. Those who are self-employed emphatically confirm these views: 78% think the self-employed are happier than those employed by others, and 86% believe that the self-employed work harder.

How about youngsters? Are finding and holding a job important factors in developing a teen-ager's sense of responsibility? A resounding majority of respondents (92%) say yes.

Trouble on the home front: Who or what is to blame?



Despite seemingly positive attitudes toward work, all is not entirely well with our readers' lives. Consider that 70% of our respondents say that work pressures frequently or occasionally create a serious strain on their marriage.

HOW OFTEN DO WORK OR CAREER PRESSURES (YOURS OR SPOUSE'S) CREATE A SERIOUS STRAIN ON YOUR MARRIAGE?	
Occasionally	59%
Frequently	11%
Never	30%

continued

How Is Work Affecting American Families?





Why the marital strain? A spouse too involved with work? Job problems that come home with a worker and sour home life? Guilt about not giving children enough attention? No time for fun? None of those explanations is consistently supported by questionnaire responses. For instance, 63% of respondents do not feel that their spouse often is too involved with work at the expense of family time; only 29% feel they are. Do employed readers frequently bring work home to do on evenings and weekends? No say 64%; 32% say yes. When respondents are upset by a work situation, does that become a problem at home? Well, 58% say they discuss the problem with their spouse, 36% discuss it with a co-worker or friend, and only 13% admit that they brood and become moody at home. Are employed parents satisfied that their children are getting enough parental attention even though the parents are working outside the home? "Yes," claim 73%; only 16% say "No."

Well then, are employers the problem? Generally speaking, our readers give employers a good or at least neutral rating.

OVERALL, HOW WOULD YOU ASSESS YOUR EMPLOYER'S ATTITUDE TOWARD AND/OR EFFECT ON FAMILY LIFE?

Doesn't have much effect one way or the other	40%
Is sensitive to and supportive of employee's family life	35%
Contributes to tension and difficulty in family life	12%

Big gripes—government and the economy

We did hear from some readers who complained about chauvinistic and oppressive bosses, of dead-end jobs, low pay, high pressure, and boring routines. But far more often than they criticized employer policies, letter writers took government to task for its perceived failure to control inflation, which they say forces many wives and mothers to seek employment. Typical is this comment from an employed mother: "I blame government and the economic mess for two-income families. One paycheck is just not sufficient anymore. We have reached the point where I have to continue working full time, and when I do we are put in a higher tax bracket so it almost isn't worth it." A couple from Maine echo the sentiment: "The economy has made it so difficult for families to even survive, let alone get ahead, that the job has become the most important aspect of all life, including family life. We have a 16-month-old daughter and another baby on the way, and because of the economy, we cannot live on one salary. How can you be there when your children need you when you spend most of their waking hours on the job?"



OTHER THAN PREPARING OR EATING A MEAL, WHAT DO YOU USUALLY DO AT THE END OF THE DAY?

	Women employed full time	Women employed part time	Women full-time homemakers	Men
Clean house/do household chores	68%	51%	28%	32%
Watch television	66%	68%	76%	68%
Spend time with family	59%	76%	84%	64%
Do house and/or yard maintenance	41%	43%	44%	61%
Pursue hobbies and other interests*	36%	46%	44%	25%
Exercise/participate in sports	23%	16%	13%	23%
Just too tired to do anything	21%	14%	13%	16%

**Respondents often indicated such activities as church or community efforts, reading, crafts, music, etc.*

IN YOUR HOUSEHOLD, WHO IS PRIMARILY RESPONSIBLE FOR THE FOLLOWING:

	Woman of house	Man of house	Older children	Other person
Child care	60%	11%	2%	5%
Attending school meetings, etc.	54%	18%	0%	0%
Getting children to doctors', dentists', etc., appointments	64%	13%	1%	1%

The handwriting is on the wall

Letter writers helped enormously in identifying stress factors and areas of conflict. Most of these are home rather than job centered—family expectations, child care concerns, parental responsibilities, household responsibilities, financial pressures, and too little time to do all that must be done.

Guess who still does the housework

Clearly, employed or not, women are still primarily responsible for child care and are getting little help from husbands with household chores. Even when we did a cross-tabulation of the above responses to isolate households with employed mothers, we found no measurable increase in the percentage of men doing household chores or taking responsibility for child care.

Indeed, husbands who don't help with domestic chores and child care are high on the gripe list of employed women. And in their letters, some of these women express disturbing bitterness about bearing an unfair burden. Of course, we also heard from women who attribute the success of both their work and family life to their husbands' sharing of responsibilities. Letters also reveal an alarming dichotomy: Women who are forced to work because of financial pressures seem to get the least support from their husbands, while those who freely choose to work (and therefore presumably expe-





continued



Our promise starts with the hollow tip at the end of our cigarette.

It keeps your lips from touching the tar that builds up on the filter. Flush filters can't do that.

Which is why Parliament Lights are so tastefully light.

And doesn't that sound promising?



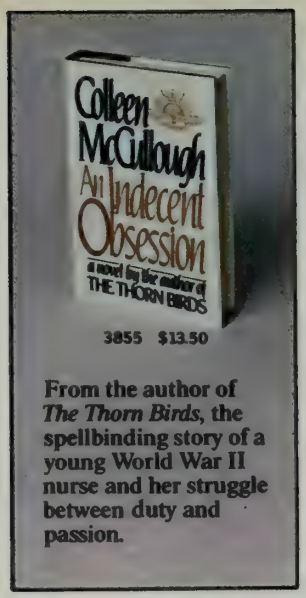
nly Parliament Lights has the famous recessed filter.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

11 mg "tar," 0.9 mg nicotine av. per cigarette, FTC Report Mar.'81.

© Philip Morris Inc. 1981

Enjoy today's [book] from The [Guild]



3855 $13.50

From the author of *The Thorn Birds*, the spellbinding story of a young World War II nurse and her struggle between duty and passion.



9811 $14.95



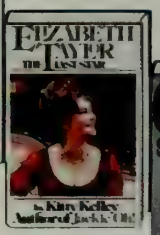
4366 $10.00
(Warning: Sexually Explicit)



9548 $10.95



4804 $12.95



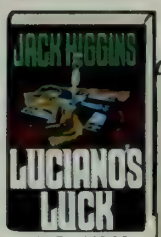
0083 $14.95
(Warning: Explicit Language)



7062 $13.95



8227 $15.9



7757 $12.95



9407 $8.95



9027 $9.95



3947 $12.95



4887 $13.95



9415 $14.95



0687 $13.9



7534 $12.95
(Warning: Explicit Sex and Violence)



4556 $13.95



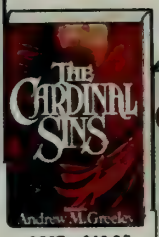
2360 $13.95
(Warning: Sexually Explicit)



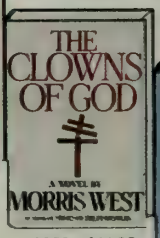
4721 $12.95



5546 $12.95



9597 $12.95
(Warning: Sexually Explicit)



2253 $14.95



1784 $14.95



4234 Special E



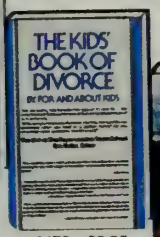
5579 $15.00



2147 $12.95



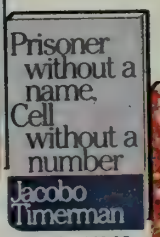
8045 $14.95
(Warning: Sexually Explicit)



6478 $9.95



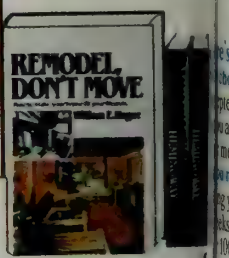
8342 $14.95



7732 $10.95
(Warning: Explicit Violence)



7864 $9.95

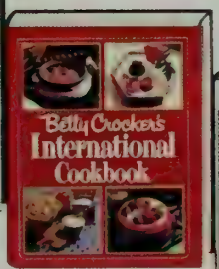


95-4 $14.95

Hemingw
(3 vols. count as



7377 $14.95



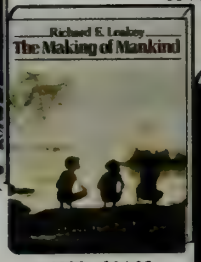
7807 $13.95



1446 $14.95



3418 $7.95



1289 $24.95

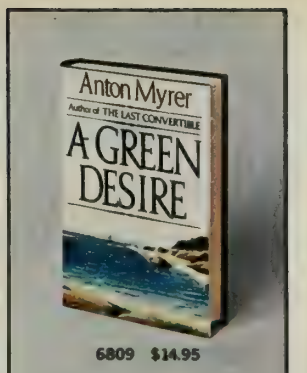


3319 $16.95

Any 4 for $1

when you join The Literary Guild.

best sellers Guild.



6809 $14.95

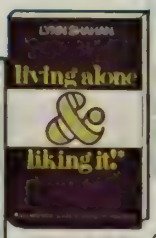
A searing novel about a passionate woman's love for two brothers and the heartbreaking choice she must make—at all costs. By the author of *The Last Convertible*.



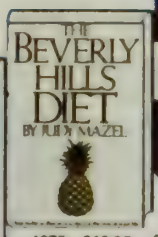
3426 $14.95



4267 $13.95



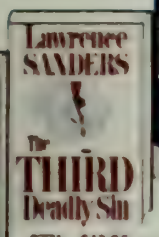
7005 $10.95



1875 $10.95



9514 $14.95



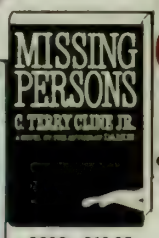
8771 $13.95



159 $19.95



6189 $12.95



8029 $12.95



7880 $14.95



1685 $12.95



5710 $12.95



8060 $12.95



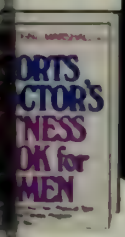
3814 $13.95



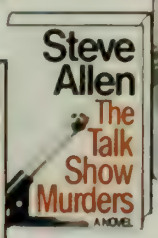
6874 $12.95



3343 $14.95



7 $13.95



7989 $11.95



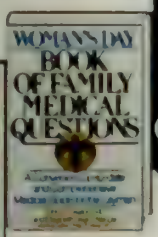
6577 $13.95



9613
Special Edition



0604 $7.95



1776 $14.95



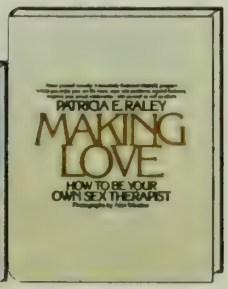
12 $8.95



2238 Special Edition



9456 $9.95



7823 $14.95
(Warning: Sexually Explicit)

e's how The Literary Guild works:

hoose from a wide range of top best sellers. After your membership's oted, you get your 4 books or sets for only $1, plus shipping and handling. u are not completely satisfied, return them within 10 days and we will cancel membership and you owe nothing.

u never have to buy a minimum number of books a year. Only buy 4 more g your membership, after which you may cancel any time. About every eks (14 times a year), you'll be offered one or two main selections along with 100 exciting alternates through your free copy of The Literary Guild azine. In addition, up to 4 times a year, you may receive offers of special tions, always at discounts off publishers' prices. If you want the selection(s) ed in the magazine, or the special selection(s), do nothing, they will be ed to you automatically. If you want an alternate, or no book, return the form marked with your preference by the date specified. You always have st 10 days to make a decision. If you get an unwanted tion because you had less than 10 days to make a ion, return it at our expense. There is a shipping and ling charge on all books shipped. The Guild offers its complete, hardbound editions, sometimes altered in o fit special presses and save members even more.

th the purchase of every selection and alternate, eceive credits toward bonus books. Use them to re valuable books at substantial savings...coffee volumes, reference works, children's stories, cook- s, garden guides, and even classics.

FREE TOTE with membership.



The Literary Guild

Dept. DR 125, Garden City, N.Y. 11530

Please accept my application for membership in The Literary Guild and send me the 4 books or sets whose numbers I have printed in the boxes below. Bill me only $1, plus shipping and handling. Also, send my FREE tote bag, which is mine to keep, even if I don't remain a member. I agree to the membership plan as described in this ad and understand that I need only buy 4 more books, at regular low Club prices, whenever I want them.

NOTE: All prices quoted are for publishers' editions. First number listed below each book or set is the order number.

Mr.
Ms.
Mrs. _____
Miss (Please Print)

Address _____ Apt. _____

City _____

State _____ Zip _____

Members accepted in U.S.A. and Canada only. Canadian members will be serviced from Canada. Offer slightly different in Canada. 08-G497

continued from page 22

Work and families

rience less stress) seem to get the most support.

One member of the former group spells out her all-too-familiar complaint: "My husband (a high school principal) comes home from work tired and exhausted, and lies down and takes a nap or sits and reads the paper. I'm tired, too. [She runs a home-based child-care center.] But I cook supper, wash clothes, run errands, go to the grocery store, take care of our two children. He refuses to help in the house. We cannot make it on his paycheck so I have to work to help pay our bills. I feel he should help in the house as well." Another woman says: "I sure would like it if my husband shared household chores. He says, 'Quit if you can't handle it,' but oh, how he likes my paycheck!"

A letter writer from Wisconsin has a more positive view: "For me, the greatest difficulty in working full-time and still trying to be a 'good' wife and mother was to try to do all of the things I had done before I started working. Finally I just had to face up to the fact that I must lower my standards around the house. But now, my husband and I equally share all household goals and tasks and the children also help, of course. When the dust gets too thick, someone invariably picks up a dust cloth and has at it."

The Superwoman Syndrome

The glamour that once was attached to the super-achieving working woman has significantly eroded now that so many women are confronting the realities of simultaneously earning a living, rearing children, and maintaining a home. Consistently, letter writers attacked the "media-created" image of the superwoman who "does it all"—singlehandedly juggling home, child care, work, and personal time without missing a beat. A few women wrote that they, too, "would like to have a wife."

Tempus fugit

Indeed, in the real world, time is an elusive commodity for these women. Echoing the sentiments of many, a woman from Illinois mused: "*Time*—I guess that's the biggest problem. Time to do everything, to be alone, to be alone with my husband, time for the children, for the grandparents, for entertaining. It seems to be a 'beat-the-clock' routine." And a teacher from Alabama writes: "With a spouse, child, home, and job all demanding 100% of me, my hardest decision each day is how I will delegate my time among my responsibilities. I feel hopelessly torn."

Another young mother observes: "After I answered your questionnaire, I stopped to take a closer look at our family life. I suddenly realized that I have *no* time to play with and just enjoy my children."

A brighter future for dual-job couples?

No doubt about it, many couples must scramble to work out new priorities, responsibilities, and expectations that can accommodate two jobs and family. Some families say it's mighty discouraging, yet many are adapting. A reader in New York observes: "Families with children in which both parents work are like pioneers moving into a new frontier. We have no immediate role models from whom we can get information, ideas, and guidance."

A reader from Florida shares her views: "I believe the impact of work on the family unit is in great part dependent upon the attitudes of the parent(s). My son, age 11, sees working as normal for adults. He is able to divide his day into school/home and to divide *my* day into work/home equally well."

Can and should employers take steps to ease the way for families?

In our questionnaire, we asked if readers think that single employees are more productive workers because no demands are made on them by spouse or children. Soundly refuting such a theory, 76% of respondents say no. In fact, letter writers consistently suggest the opposite—that a conscientious family person is a more conscientious worker than his or her single counterpart. We also heard from business owners who confirmed the advantages of having family-involved employees.

A few letter writers are averse to any family-supportive employer benefits because they see no reason for underwriting the raising of children. On the other hand, many more respondents often were eloquent in advocating supportive employer policies.

WHICH TWO OR THREE OF THE FOLLOWING FAMILY-SUPPORTIVE BENEFITS WOULD YOU MOST LIKE TO SEE EMPLOYERS OFFER EMPLOYEES?

Flexible hours	66%
Equivalent family leave instead of sick leave	43%
Day care for children	39%
Four-day work week	39%
The opportunity for two people to share a single job	29%
Paternity leave as well as maternity leave	20%
Counseling for personal/ family problems	12%

Shared and part-time jobs—a high priority

Scores of letter writers—men and women—focused on the need for good part-time jobs and job sharing to meet the needs of parents who want to devote large amounts of time to family life, but also need an opportunity to use their professional skills. "A friend with a very demanding career admitted to me that she doesn't remember any of her three children as babies," wrote a woman who has forsaken her own career to stay at home rearing their three children. "The housekeeper saw their first smiles and heard their first words. I think that is unspeakably sad. Can't our society find a solution to this dilemma? Sharing jobs could be an answer to the conflict between home and career. My husband would like to spend more time with the children, and I would like to be able to spend some time with my career. We don't want to turn our children over to strangers." A mother who works part time as a substitute teacher advocates: "A major issue of the '80s should be the development of good part-time work opportunities. This could include job sharing—one full-time job shared by two people. If Americans truly believe that the strong family is the structure on which society rests, we will all need to work toward strengthening family units. In my opinion, part-time work opportunities will allow parents to more easily fulfill professional needs *and* family needs. Too many educated people, es-

continued

Introducing Post® Fruit & Fibre®. It tastes so good, you forget the fiber.

People are having trouble remembering the name of New Post Fruit & Fibre cereal. It's so delicious, they recall the real fruit—Dates, Raisins & Walnuts or Apples & Cinnamon—but forget the wholesome fiber. Remember to try it. Then try to remember it.



© 1982 General Foods Corporation.

MOVING? U-HAUL

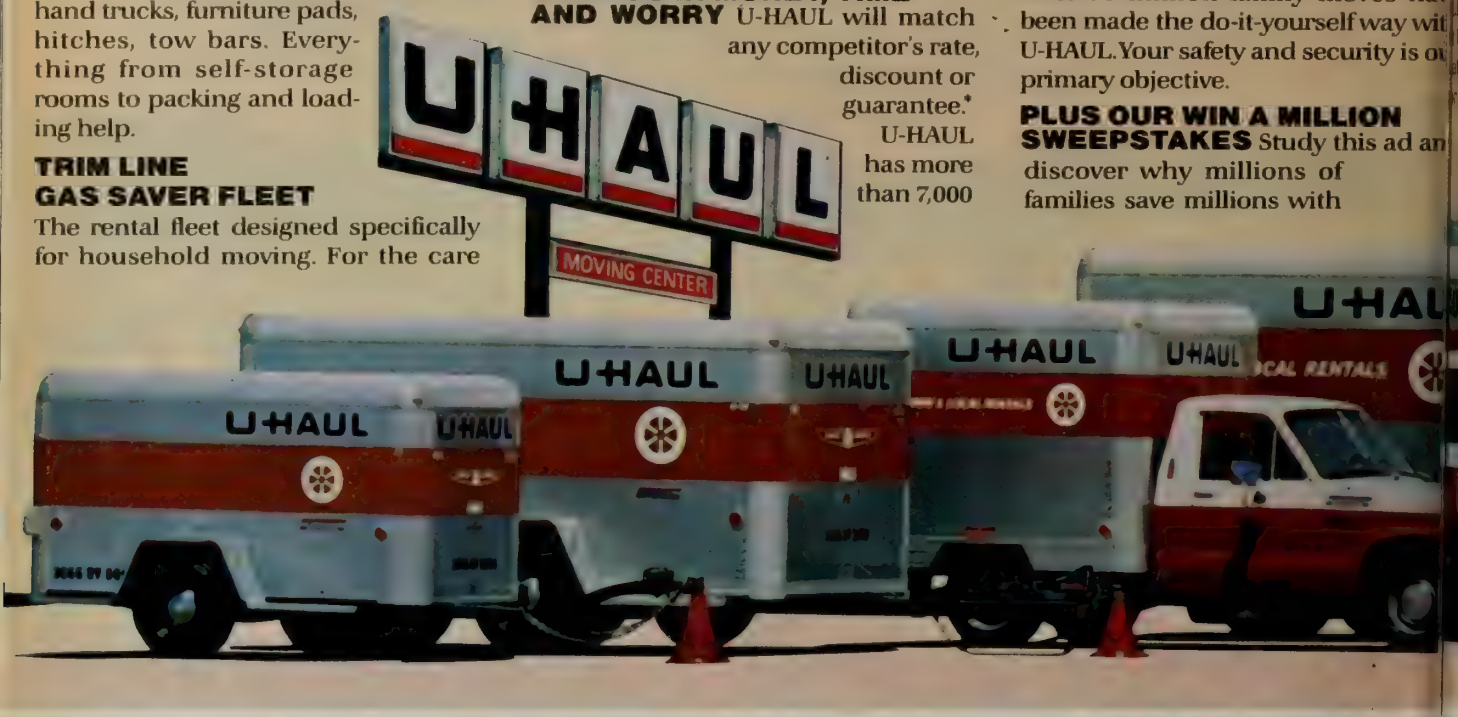
EVERYTHING FOR MOVING
Wherever you're going, whatever you're moving, U-HAUL has everything you need. Trucks, trailers, packing boxes, hand trucks, furniture pads, hitches, tow bars. Everything from self-storage rooms to packing and loading help.

TRIM LINE GAS SAVER FLEET
The rental fleet designed specifically for household moving. For the care and protection of your personal possessions. U-HAUL moves families, not freight.

SAVINGS IN MONEY, TIME AND WORRY U-HAUL will match any competitor's rate, discount or guarantee.* U-HAUL has more than 7,000 Moving Centers and Dealers ready t support your move.

SAFETY AND SECURITY
Over 70 million family moves hav been made the do-it-yourself way wit U-HAUL. Your safety and security is ou primary objective.

PLUS OUR WIN A MILLION SWEEPSTAKES Study this ad an discover why millions of families save millions with



continued

Work and families

pecially women, feel forced to choose between the two. Why does it have to be all or nothing?"

The day-care gap

Numerous letter writers described the difficulties of arranging for good, or even adequate, child care. In some cases, the struggle proved to be too much and the mother gave up her job. One mother, who has quit her job and is now trying to set up a business at home, charges: "In many communities, there is *no* day care for children after sixth grade or after age 11. What are these children supposed to do between the hours of three and six? They are at an extremely difficult age. Left to their own devices, they get into trouble."

Care that money can't buy

Even those with enough income to pay for a full-time housekeeper have problems, as we see in this letter from a couple in Indiana: "My husband and I are both physicians. On our incomes, we can well afford to pay someone to care for the children, clean, cook, etc. Finding that special person who will love and intellectually stimulate the children is the weak link of our existence." And from a 27-year-old college counselor with a young son and a husband who is finishing up work on his Ph.D.: "I quit work last year because I couldn't stand being pulled apart between home duties and work duties. In one-and-a-half years, my son was 'baby-sat' by *seven* different women. Just when we'd find someone good, she would raise the price to more than we could afford, or take on more kids than she could handle. I'm going to stay home with my son until he is in school, then get my own Ph.D., go back to

HOW DO YOU HANDLE CHILD CARE DURING WORK HOURS?

	Children 5 and under in household	Children 6-12 in household	Children 13-15 in household
Take child(ren) to baby-sitter	46%	22%	6%
Take child(ren) to private or community day-care center	22%	10%	2%
Let child(ren) take care of themselves	1%	29%	49%
Work different hours; an adult is always home	12%	16%	11%
Baby-sitter comes to your home	11%	8%	3%
Take child(ren) to employee-sponsored day-care center	1%	1%	1%
Other*	10%	20%	24%

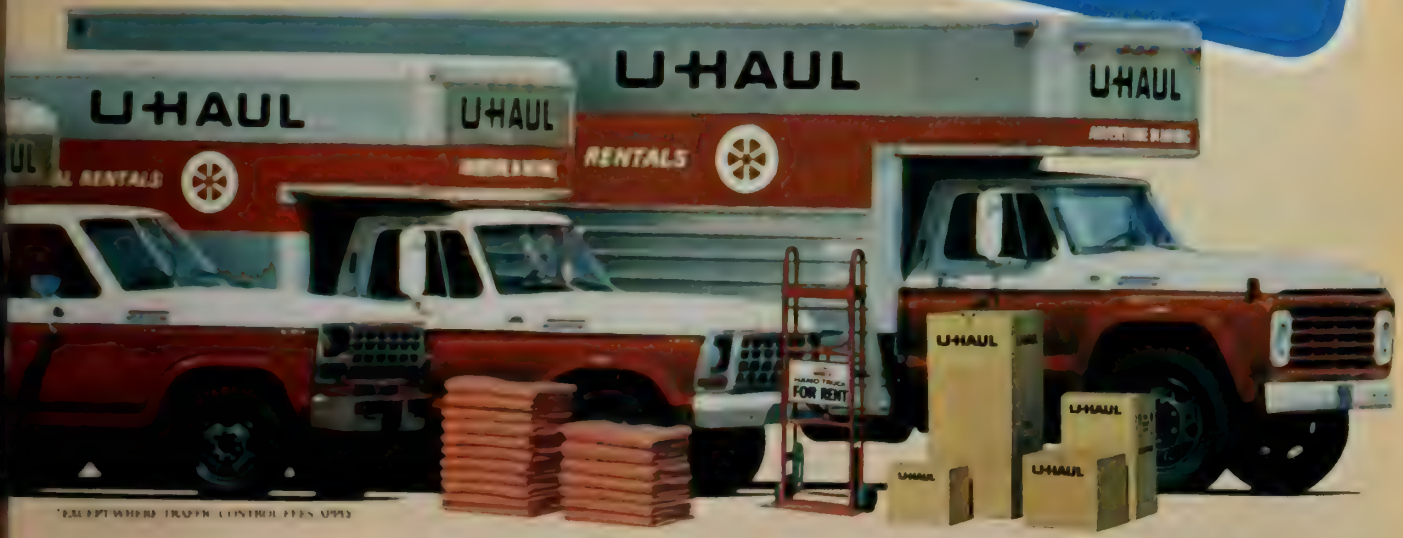
*Includes care by a live-in housekeeper, relative, older children, parents whose job hours coincide with school hours, and for a few lucky parents, child care "at Grandma's house."

HAS IT ALL!SM

HAUL products and services. And
u could win $50,000 a year for 20
ars in the U-HAUL "Win A Million"
veepstakes. Official Entry Forms,
les and full details are available only
U-HAUL Moving Centers and partici-
ting Dealers. See the Yellow Pages
your nearest U-HAUL location.

No purchase or rental required. Sweepstakes open to licensed drivers 18 years and over residing in the 48 conterminous United States. Limit one Entry Form per family per visit per week. Void wherever prohibited by law. Sweepstakes ends April 30, 1982. The odds of winning will depend upon the number of entries received. Only residents of Ohio and Wisconsin may receive an Entry Form and details by submitting a separate self-addressed stamped envelope to: U-HAUL Ohio Wisconsin Entry Forms, P.O. Box 21503, Phoenix, Arizona 85036. Requests must be received by March 31, 1982. Limit one request per envelope.

WIN A MILLION DOLLARS!



work, and have no more children."

Postponing families: agonizing decisions

Paralleling national trends, a much larger percentage (32%) of our respondents under age 35 are childless than are those 35 and over (9%). Many younger respondents who are childless write that they will remain so until they can afford to get by on one salary, or until one of the partners is well enough established in a career to drop out for a while without a major setback. If they have children, they say, they want to care for those children themselves. Otherwise, they will remain childless. "When we married," a frustrated Texan writes, "we planned to wait to have children until my wife could afford to 'stay home with the kids.' The wait gets longer and longer and longer, and time is slipping away."

New breed of homemakers

If you think homemakers feel put down by society and excluded from the mainstream of life, and are worried about financial security, you are in for a pleasant surprise. Among BH&G readers, we see that full-time homemakers, far from bemoaning their lot in life, are unabashedly enthusiastic about their role.

A disproportionately larger number of full-time homemakers attached letters to their questionnaire, and those letters reveal a new breed of homemaker. She is well educated, well prepared for the work world, has had some work/career experience, and is idealistic. (Only a few of the homemakers we heard from are men, but these few seem to have sought and found the same Holy Grail as their female counterparts.) In concert with her husband, she has made the decision to be a homemaker *primarily for the purpose of raising children and sustaining strong family bonds.*

These homemakers talk a lot about their priorities—family, marriage, and home—and say they are willing to

continued

HOW DO YOU FEEL ABOUT BEING A HOMEMAKER?	
Like it very much	72%
It's OK	24%
Don't care for it	3%
Hate it	1%

WHAT DO YOU LIKE MOST ABOUT BEING A HOMEMAKER?	
More time to spend with children	73%
Satisfaction of providing for your family's needs	65%
Pleasure of being at home	44%
Having enough time to do household chores properly	41%
Having enough time for leisure pursuits	40%
Creative satisfaction/ fulfillment	33%
Your family's appreciation of what you do	16%

WHAT DO YOU DISLIKE MOST ABOUT BEING A HOMEMAKER?	
Repetitious, boring, and/or exhausting work	50%
Family takes you and what you do for granted	38%
Not getting out enough	35%
Isolation from other adults	31%
Worry about how you would manage if spouse left you	16%

continued

Work and families

make material and career sacrifices for the privilege and satisfaction of raising their own offspring. Few say they are fearful about starting or resuming careers at a later date when their children are grown. It's clear that all have problems now and then and dislike some aspects of their role. But significantly more homemakers say that they are happy with their job than do employed respondents.

The importance of "being there"

Time and again, letters from homemakers reveal deep satisfaction in "just being there" to raise children. Typical are these comments from a homemaker in Virginia: "Raising our children is the most important career I could have. I am doing the best for our children by being there whenever they need me, and teaching them the values we believe are important. Although there are times when I feel bored, frustrated, alone, taken for granted, I wouldn't give up watching them grow and learn for anything. I guess that is a parent's reward for staying home with the children. Incidentally, my husband would gladly switch places with me."

IN GENERAL, ARE YOU HAPPY AT HOME, OR WOULD YOU BE HAPPIER IF YOU WERE EMPLOYED OUTSIDE YOUR HOME?	
Happy at home	88%
Would be happier employed outside the home	10%
Happy at neither	2%

Children versus materialism

In order to have one parent at home to care for the children, many homemakers and their spouses have had to make substantial trade-offs. An under-35 housewife from Washington writes: "I am a registered nurse with a master's degree in psychology and could readily work outside the home. Monetarily we would be ahead if I did work to augment my husband's salary. However, I feel it would hurt the family in far more important ways—ways money can't fix. Acquiring things has become more important than providing time and love for children and spouse. This is unfortunate because it places human relationships a poor second; our children become obstacles to acquiring."

A letter from a working mother underscores the threat posed by materialism: "My working has enabled us to buy extra things for our kids, and that used to alleviate some of my guilt feelings about not spending more time with them. But, to my horror, it is clear that the kids now prefer having the 'things' over spending time with me."

A young mother who has done postgraduate work best summed up reactions of numerous homemakers: "I am a full-time homemaker with four children, a terrific husband, and financial security. I have it made and have every reason to be happy, and I am. Yet I am astonished at the people who expect me to be unhappy, to feel tied down, act like a drudge, hate housework, and who expect that my children will drive me crazy, etc. I'm doing what I'm doing because I like it. I chose it."

continued

Fostoria
THE CRYSTAL FOR AMERICA

Sparkling Lead Crystal Bud Vase



VALUED AT $15.00
NOW A GREAT VALUE $7.95

A bud vase for all seasons. It adds a sparkling touch of beauty to your fresh cut, dried or silk flowers. This select lead crystal bud vase captures the light, radiating and reflecting it from every facet. A beautiful addition to your own home and a most gracious gift, it's an outstanding value at $7.95, and an even better value at two for $14.95.

Your order has a money-back guarantee. If you have problems with delivery or are not completely satisfied with your order, please let us know. Write: Sally Clark, c/o Fostoria Glass Company, Moundsville, W. Va. 26041.

CLIP THIS COUPON AND ORDER YOURS TODAY.

Mail this coupon to: Fosdick Corporation/Lead Crystal Bud Vase offer, P.O. Box 3105, Wallingford, Connecticut 06492

Send me ___ Lead Crystal Bud Vases @ $7.95 plus 50¢ postage and handling (2 for $14.95 plus $1.00 postage and handling.) Conn. residents add 7½% sales tax. Enclosed is my check or money order for $ _____

Name _____

Address _____

City _____

State _____ Zip _____

6" high

RETIREMENT SHOULD BE MORE THAN JUST A GOLD WATCH.



THE NEW TAX-DEFERRED INDIVIDUAL RETIREMENT ACCOUNTS—IRAs.

You'll be putting in years of hard work between now and retirement.

And when you finally retire, you shouldn't have to struggle just to make ends meet.

Social Security can help. So can a company pension.

But an insured Individual Retirement Account—or IRA—managed by the professionals at A FULL SERVICE BANK® could help provide the financial security that can make you truly independent.

For the first time, new government regulations allow FULL SERVICE BANKS to offer IRAs to almost everyone. Including individuals already covered by a company pension or profit-sharing plan.

With the new IRAs, you're able to invest any amount up to $2,000 a year towards a high-yield retirement account. Making deposits by the week, by the month, or whatever plan suits you best.

And because A FULL SERVICE BANK'S IRAs are tax-deferred, you deduct your IRA investment from your taxable income every year. So you'll pay no federal taxes on your IRA until you start withdrawing funds (minimum age: 59½).

Then, when you do retire, you'll probably be in a lower tax bracket. Paying lower taxes.

But more importantly, your total deposits at A FULL SERVICE BANK are insured by the FDIC up to $100,000. While many other places promoting IRAs can't offer you this kind of insurance.

So, with an insured IRA at A FULL SERVICE BANK, you'll have fewer taxes to pay today. And less to worry about tomorrow. Plus, you'll be able to keep that gold watch.

For professional guidance with your financial future, talk to the professionals at A FULL SERVICE BANK.

They'll help make your golden years just that.

Golden.



WE'VE GOT THE ANSWERS.

© 1981 American Bankers Association

continued

Work and families

Another young mother exults: "I worked for ten years before we had a baby. Now I'm a full-time mother to a 17-month-old child and I'm having the time of my life. I am raising him, not just caring for his needs."

Not all sunshine and roses

Some things do irritate full-time homemakers. For instance, many of these women resent the fact that they shoulder most of the volunteer work load in their community and get little credit for doing so. Others mention that they often find themselves unofficially caring for working mothers' children—carting them to ball games and scout meetings, etc., and often sheltering these youngsters after school.

A small minority wrote that they are deeply dissatisfied with their lives as homemakers. One of the respondents, who managed an art/antique gallery before becoming a full-time homemaker, sums up this group's frustration: "I feel worthless, and my self-respect has dropped to almost nothing. No one says 'What do you think?' anymore, only 'Where are my socks?' "

Goals and priorities

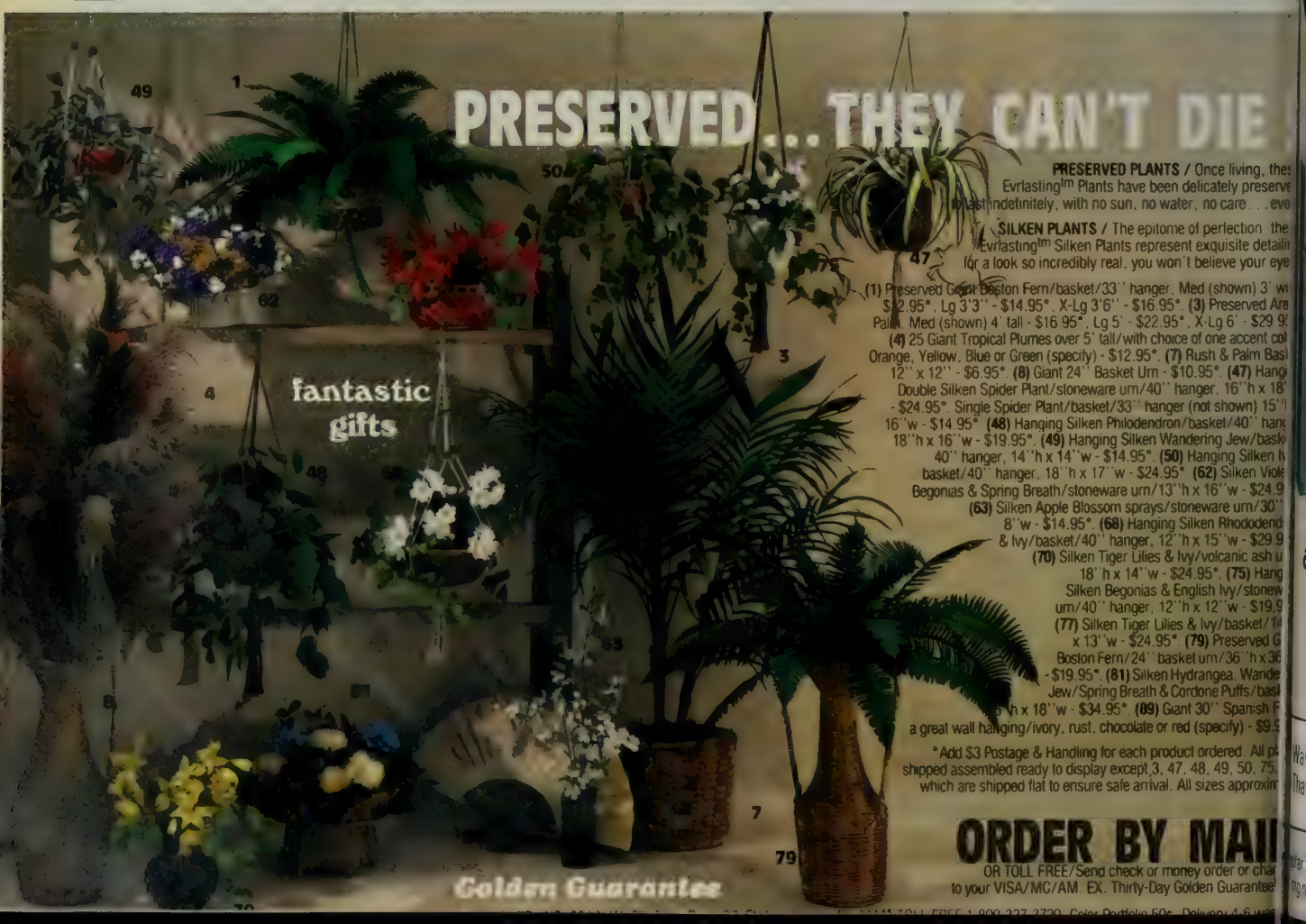
A common thread in letters from numerous respondents is that the questionnaire prompted thoughtful examination of work and family attitudes and priorities. For instance, a couple in New York wrote: "Your questionnaire stimulated family discussion on a number of issues, one of which was that of goals. Work, professional commitments, and child-care responsibilities have left us either too tired or less than adequately organized to consider what it is we really want."

From California, a reader who signed herself "wife, mother, working woman," observes: "Young people need to set goals and work toward them. Not all young married couples are meant to have children and they would be wise to recognize this. But if they do want to have children, then they also should recognize that it means a lot of sacrifice. You cannot go as much, have as much, but it can still be one of the best times of your life."

A teacher in New Mexico says that after examining her priorities, she has high hopes for the future: "I hope my children are gaining an awareness that women's and men's roles are not relegated to either job or home but can be shared, and consequently be more satisfying and involving for both parties." And, finally, this from a reader in Indiana: "Families need love, care, and dedication. These can be provided just as effectively or just as poorly in homes with one or two parents; in homes where one parent or two work outside the home. I work because I have to financially, and for the personal satisfaction it brings me. But I have a home and family for only one reason: I love them.

Produced with Ray Deaton, Carolyn Hamilton, Dan Kaercher, Sally Pederson, Linda Ford, and Nancy Hall.

Interested persons may obtain a copy of the full report by writing to: BH&G Families/Work Survey Report, P.O. Box 10688, Des Moines, IA 50336. BH&G





Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

gular: 8 mg "tar," 0.6 mg nicotine—Menthol: 9 mg "tar," mg nicotine av. per cigarette, FTC Report Mar.'81

They come with a promise



At Whirlpool, we build a promise into everything we make.

A promise of pride in our workmanship, to create good honest quality. Like a washer and a dryer with the ease and flexibility of solid state touch controls. And a dishwasher you can set to start washing hours after you turn it on.

The promise of a design that assures you your money's worth. Like a refrigerator that uses solid state technology to monitor itself and help you protect your food. And ranges and microwave ovens specially designed to be easy to clean.

And finally the promise of our entire company to stand behind each product with pride. With our trained and authorized Tech-Care® service representatives. And with our toll-free 24-hour Cool-Line® service to help you with problems or questions you might have.*

Every major home appliance that carries our name also carries our promise.

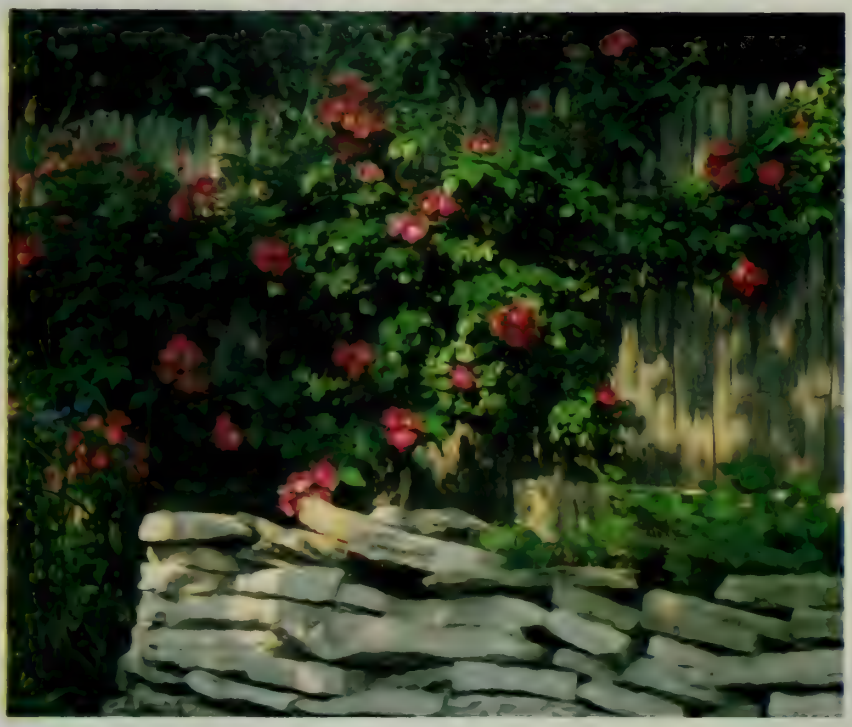
Whirlpool can't promise to solve all your problems. But we can make your world just a little bit easier.

*Call 800-253-1301. In Alaska and Hawaii call 800-253-1121. In Michigan call 800-632-2243.

Whirlpool
Home Appliances

Making your world a little easier.

A Renaissance of CLASSIC ROSES



By Steven Coulter

Look around and you'll see that old-fashioned garden roses are making a comeback. These romantic roses were popular before hybrid teas were introduced, and they're winning new fans for several reasons. They're beautiful and fragrant, and most are extremely resistant to pests and diseases. Besides that, many are remarkably winter-hardy.

Old roses are adaptable to a variety of landscaping situations. If there isn't space for a rose bed, the roses can mingle with perennials or annuals. Sprawling roses form good ground covers for hard-to-mow slopes, and shrub roses make perfect hedges. Climbing roses will cover trellises, ramble up posts, cover old tree stumps, or spill over the tops of stone walls. An informal grouping of rosebushes can brighten a neglected corner of your yard or add a welcoming touch to your sidewalk or driveway.

It is easy to understand why the rose is often called the queen of the garden flowers and has been a favorite throughout history. No other flower offers such an array of shapes, sizes, fragrances, and colors. Here, and on the following pages, are some of our favorite classic roses.

Magnifica

This eglanteria, *above,* was introduced in 1916. The semidouble purplish red flowers bloom only in the spring. Just one bush forms an impressive backdrop for this garden.

Eglanterias are thorny shrub roses, hybrids of the sweetbrier. They often will grow eight to 12 feet high in a few years time. Colorful hips appear after each bloom.

Photographs: William N. Hopkins. Field editors: Patricia Carpenter; Mary Ann Thompson

CLASSIC ROSES



Hansa

This five-foot-tall hybrid rugosa debuted in 1905. It flowers repeatedly, and the large, double, purplish red blooms have short, weak stems and a sweet, clove-rose fragrance. After the petals fall, the large red rose hips ripen; they are an excellent source of vitamin C.



Leda

The fragrant damask roses have been around since the days of the Crusades. Except for the autumn damasks, they bloom just once, in the spring, on drooping or arching branches. Leda has been cultivated since before 1827. It remains a compact three feet in height.



Nevada

The pink buds of Nevada open into large, single, creamy white flowers that are often splashed with carmine during the repeat bloom in hot summer weather. Introduced in 1927, Nevada is one of the finest of the shrub roses, growing exuberantly to eight feet, with arching canes.



La Neige

The family name of this rose is moss rose because its petals and stems are covered with mossy-looking glands. The original moss rose was introduced into England from Holland in 1596. Perfumed and hardy, it was extremely popular in rose gardens for several centuries.



Désirée Parmentier

The Gallicas or French roses were dominant from the 12th through the early 19th centuries. Besides being beautiful and fragrant, they are the least fussy of all the old European roses. Gallicas will grow well under almost any condition except complete shade. Their tendency to sucker makes them perfect for hedges and bank covers. Gallicas bloom once in the spring.



Austrian Yellow

For over 400 years, the buttery yellow blooms of this single-flowered foetida have been brightening the month of June. The rose's bicolor relative, Austrian Copper, has coppery red petals with yellow reverses and is more common today than its yellow parent. Both are completely winter-hardy but are susceptible to blackspot. They will reach ten feet in time.

HOW TO PLANT A ROSEBUSH

Keep your bare-root rosebush in a cool, dark place until you are ready to plant it. If you can't plant for more than a week, dig a trench in the ground and cover the bush—roots, stems, and all—with dirt to help keep from drying out. This emergency measure is called heeling in.

The night before you plant the bush in its permanent location, take it out of its carton or bag (or dig up the bush if it's been heeled in), and soak the roots in a pail of water overnight. Do this in an unheated garage, basement, or other sheltered area, so spring winds won't dry out the canes.

Choose a sunny, well-drained location and dig a hole about two feet deep and 18 inches across. Shape a cone of well-worked soil in the bottom, and spread the roots of the bush around the cone.

Firm some soil over the roots, and adjust the depth so that the graft knob on the bush is an inch below the ground surface in the North, and an inch above the ground in the South. If there is no graft knob, set the bush at the same level it was growing before (check the soil stain on the trunk of the bush).

Fill the hole with water and let it soak in before you finish filling the hole with soil. Tamp the soil down firmly, and add several inches of mulch to discourage weeds, conserve ground moisture, and keep the soil cool in the hot days of midsummer.

CLASSIC ROSES



Centifolia

These are the old-fashioned cabbage roses, named for the 100 or more petals that overlap like the leaves of a cabbage. And because the roses once were widely grown in Provence, France, they're also called Provence roses. The fragrant flowers appear once each spring.



Harison's Yellow

About 1830, this tall rose appeared in the New York City garden of an attorney named Harison. The thorny bush has clusters of fragrant butter-yellow flowers that almost hide the small, sparse leaves each spring.



Alba York

This deliciously fragrant white rose is believed to be the most ancient rose of England. The Alba York symbolized the house of York in England's War of the Roses, which lasted from 1455 to 1486. The tall, hardy Albas bloom only once a year and are very disease-resistant.



Lillian Gibson

This hybrid blanda rose was introduced in 1938, and one of its parents was the hybrid tea Red Star. The three-inch, double, rose-pink blooms are very fragrant, and appear only in the spring. A vigorous grower, Lillian Gibson will reach five feet and is quite hardy.



Souvenir de la Malmaison

This fragrant Bourbon rose, introduced in 1843, commemorates the beautiful gardens of the *château* of Malmaison, near Paris. The Empress Josephine planted the gardens with every rose variety known in the early 1800s. A repeat bloomer, Souvenir de la Malmaison grows 2½ to four feet tall.



Charles de Mills

Many fanciers of old roses regard this strongly fragrant Gallica as one of the best of the classic roses. A thorny and vigorous grower, Charles de Mills reaches five feet and is clothed to the ground with foliage. This rose blooms only in the spring, but one bush will produce hundreds of four-inch flowers with a profusion of swirling, twirling petals that resemble crepe paper.

ROSE MAINTENANCE

Water your roses deeply, so that the entire root area receives moisture. Light sprinklings do more harm than good, since they encourage a shallow root system.

Little pruning should be necessary until your rosebush is well established. The first spring after it is planted, just remove weak, dead, or diseased wood and do a little light shaping. In following years, you can remove old canes as new ones grow.

Roses that bloom repeatedly should be pruned in late winter or early spring. If the rose blooms only once each year, prune *after* the bush has finished flowering.

Your newly planted rosebush should not be fed until after it has become established or bloomed. Spread fertilizer around the plant and water it in well. Or, apply a liquid fertilizer to the roots or spray it on the leaves.

Don't apply fertilizer after midsummer. By halting your rosebush feeding then, you will allow plenty of time for the bush's new growth to harden off and ready itself for winter.

Many of the old garden roses are very hardy and need no winter protection. This is fortunate, since many of them grow so large they would be difficult to protect. Severe fluctuations in temperature and drying winds cause most winter dieback. Actually, a deep layer of snow lying over the roses all winter is one of the best protections that nature can provide.





A visit to a

ROSE ENTHUSIAST

Joe Behr's interest in growing roses began eight years ago when he bought a new home that had one-third of an acre of land to be developed. Now this space is filled with 196 varieties of both new and old garden roses. The 250 bushes were carefully integrated with the house and yard; they're used at the entry, along the side of the house, sloping down a gentle hill, in front of a fence, and in beds bordered by old, weathered railroad ties.

Along with his 28 varieties of classic old roses, Joe has 53 hybrid teas and grandi-







floras, 34 floribundas, 15 polyanthas, seven hybrid perpetuals, 12 climbers, 26 miniatures, and 21 shrubs.

An accredited judge of the American Rose Society, Joe will be president of the St. Louis Rose Society when it hosts the National Rose Show and Convention themed "Meet Me in St. Louis—Fall 1983." He's looking forward to it because he'll get to meet many of the rose devotees with whom he has corresponded and traded slips of roses.

Dortmund, *above,* a 1955 Kordesii rose, is a vigorous climber that will reach 15 feet. Its foliage is dark and glossy, and its blooms are profuse and recurrent. Bright orange rose hips form after the single white-eyed crimson flowers fade.

Flanking the Behrs' entry, *top right,* is **Eye Paint,** a 1975 floribunda that forms more of a shrub rose than a typical floribunda. On its right is **Rise 'n Shine,** one of the finest yellow miniatures, introduced in 1977.

Across the walk is another yellow miniature, **Yellow Doll,** which has been very popular since its 1962 debut. Towering above it is **Sarabande,** a 1959 floribunda that remains a top exhibition rose. **Louise Odier,** an 1851 sport from *La Reine Victoria,* stands at Sarabande's right. This fragrant Bourbon is one of the best of the old garden roses.

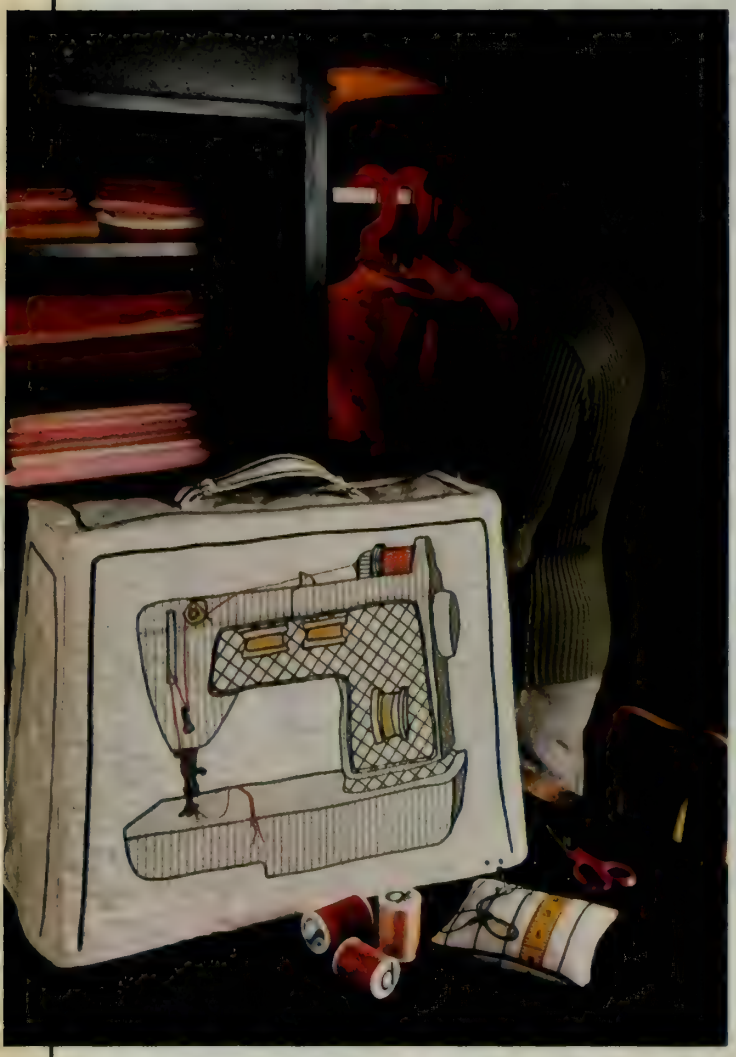
Belinda, a 1936 hybrid musk, cascades down a hillside, *bottom right.* This fragrant, soft pink rose flowers repeatedly on ten-foot canes and does well even in partial shade.

For sources of classic roses, see Buying Guide, page 81.

Crafty Sewing Machine Techniques

By Nancy Lindemeyer, Deborah Dug and Rebecca Jerdee

Shine up your sewing machine and round up your stitchery supplies. We're about to teach you some intriguing new sewing tricks. We've taken four basic techniques—machine couching, appliqué, cutwork, and embroidery—and designed imaginative new projects around them. In less time than you think, you can stitch all sorts of treasures—from pincushions to tablecloths—that will brighten your home and make perfect gifts. And best of all, you can create all of our projects using a basic zigzag machine. How-to begins on page 48.





ONE



TWO



THREE



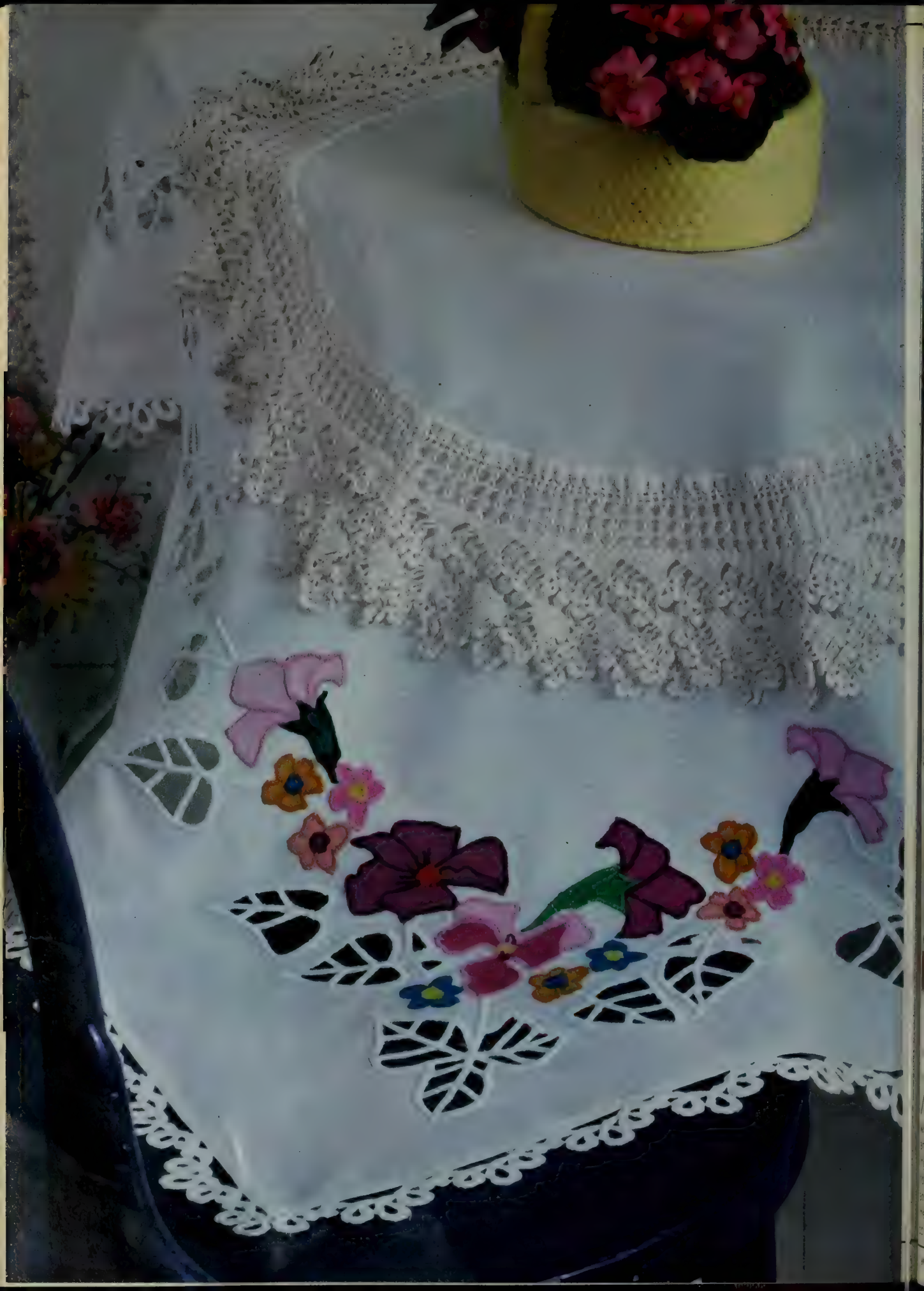
couching

Dress up your sewing room and learn a great new skill by making this sleek machine cover-up *(above)*. The technique is couching, which in this case means placing a length of embroidery floss along a line on prequilted fabric, then tacking the floss in place using wide zigzag stitches *(photo one)*. For no-fail couching results, start with the jiffy "measuring tape" pincushion *(top)*.

appliqué

Just for fun, appliqué a flock of fabric birds. Cut the individual shapes and bond them to a muslin backing with fusible webbing *(photo two)*. Then cover the raw fabric edges with a solid line of zigzag stitches *(photo three)*. Finally, perch your feathered friends—and tag-along kitty cat—on curtains and pillows or turn the shapes into plump stuffed toys. **Buying information, page 81**

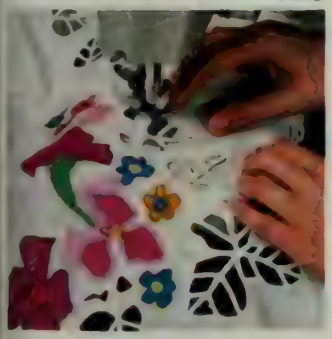




ONE



TWO





THREE



cutwork

Now you can achieve the look of handmade cutwork embroidery precisely and speedily with zigzag stitching. To duplicate our ring of flowers tablecloth *(opposite and above, top)*, first appliqué the corner blooms in garden colors. Then form the openwork leaf border by placing a length of embroidery floss along the leaf edge, satin-stitching across the strands *(photo one)*, and carefully cutting away the inner fabric. Finally, add a second layer of stitching over the leaf design lines *(photo two)*.

embroidery

Turn your sewing machine into a tool that's as handy as an artist's pencil. First sketch a house onto tracing paper, then place quilt batting between the sketch and a backing fabric to form a triple-layer "sandwich." Machine-stitch directly on top of the paper sketch *(photo three)*. At the same time, the finished design is being "drawn" onto the bottom fabric layer with the bobbin thread. Turn your completed mansion into a keepsake album cover or a tote for house-warming gifts *(above, right)*.



FREE

Andersen answers your window and gliding door questions.

Tips on selecting the right window. How weathertight design and double-pane insulating glass save energy. The many advantages of vinyl-sheathed wood windows. These answers and more are available in a colorful 24-page booklet.

It's packed with facts, descriptions and beautiful applications of Andersen primed wood and Perma-Shield™ vinyl-sheathed windows and gliding doors.

All free for the asking.

Please send me: "The Window and Gliding Door Answer Book."
Mail to: Andersen Corporation Box 12, Bayport, MN 55003
I plan to: ☐ Build ☐ Remodel ☐ Replace windows
Name
Address
City State
Zip
002-0282

The beautiful way to save fuel™
Andersen Windowalls®

79004R Copyright © Andersen Corp Bayport, MN 1979

continued

Sewing machine crafts

PINCUSHION, page 44

Materials: Two 5x6-inch pieces of ecru quilted fabric; 6 inches decorative trim or an actual tape measure; black embroidery floss; black piping; black thread; 1 box birdcage grit.

Instructions:

To make the top of the pincushion, machine-couch floss along ecru fabric's quilted lines. A couched thread is a thread or cord fastened to a fabric surface by small, regular stitches of another thread. To machine-couch, set the zigzag stitch width slightly broader than the cord to be fastened down, and the length to a medium setting. Hold the cord (6-strand floss) onto the fabric surface and fasten the floss with machine zigzag stitches.

Topstitch decorative trim 2 inches from 1 end and sew black piping ¼ inch from raw edges.

With right sides facing, sew pincushion back to front along previous stitching line. Leave an opening for turning. Turn right side out, fill with grit, sew closed.

SEWING MACHINE COVER-UP, page 44

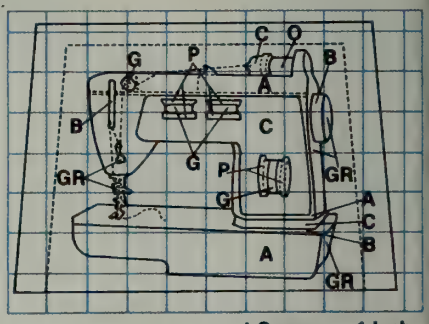
Materials: ¾ yard of 45-inch-wide ecru quilted fabric; assorted remnants of black and white fabric prints; peach, gold and orange fabric scraps; ½ yard of fusible webbing; 4 yards of black soutache braid; 1¾ yards of off-white wide bias tape; black and orange embroidery floss; black thread; two 1-inch "D" rings.

Instructions:

Note: Cover-up fits a basic portable zigzag sewing machine. To adapt the cover-up to other sizes, wrap the machine in brown kraft paper, creasing it along machine corners. Remove paper from machine and cut along creases for basic cover-up pattern.

To make our cover-up, enlarge pattern, *above right,* to brown paper. Pattern includes ½-inch seam allowances.

From prequilted fabric, cut basic cover-up pieces. Cut front and back (use outer line of pattern), 2 ends (14 inches tall, 7 inches wide at top and 11 inches wide at bottom), and a 6x17½-inch top. For handle, cut one 2x7-inch strip and two 2x2½-inch strips. For appliqué parts, cut shapes from fabric remnants and fusible webbing. For accurate cutting, layer the pattern, fabric, and webbing; pin. Cut out all layers at 1 time.



1 Square = 1 Inch

Color Key:
A — Striped Print
B — Dotted Print
C — Square Pattern
O — Orange
P — Peach
GR — Gray
G — Gold

With an iron, fuse sewing machine appliqué to cover-up front. Machine-appliqué all raw edges with black thread. To appliqué, set zigzag stitch width to ⅘ths of its widest setting, and the stitch length to a close setting for a satiny, filled stitch line.

Machine-couch 6-strand embroidery floss along dotted lines shown on pattern (for couching how-to, see pincushion directions, *above left).* Machine-couch black soutache braid 1 inch from all raw edges of cover-up front, back, ends, and top.

With right sides facing, assemble cover-up, using ½-inch seam allowances. Clip corners, turn right side out. Bind the raw edge along the bottom with bias tape.

For handle, trim long edges of strips with soutache braid, couching it in place ½-inch from edges. Fold raw edges under, hem with zigzag stitches. Slip "D" rings on ends of long strip, loop ends, and stitch across raw edges to lock rings in place on handle ends. Loop short strips through opposite sides of each "D" ring, matching raw edges. Zigzag over raw edges of short strips to fasten them to the cover-up top at the center.

APPLIQUÉD CHAIR PAD; CAT PILLOW; BIRD PILLOW, SCULPTURES, AND CURTAIN, page 45

Materials: 1½ yards 45-inch-wide

continued

No spoon has ever held more whole grain goodness.



Introducing Nutri·Grain. The first line of flaked, whole grain cereal with no sugar added.

You are about to taste whole grain as you've never tasted it before. With Nutri-Grain™ cereal. The only line of flaked cereal that gives you the whole grain – the germ, the bran, everything – in a crisp light flake with no sugar added because the delicious whole grain flavor of corn or wheat, barley or rye, needs no sugar. It's not just another cereal. It's Nutri-Grain. Discover the whole grain difference.



Nutri-Grain from Kellogg's
A whole grain different.

STORE COUPON

Save 10¢

on your next purchase of Nutri·Grain™ cereal.



(Offer limited to one coupon per package purchased.)

GROCER: We will redeem this coupon plus 7¢ handling when terms of this offer have been complied with by you and the consumer. For payment, mail coupons to: DEPT. K., P.O. BOX 1172, CLINTON, IOWA 52734. Coupon will be honored only if submitted by a retailer of our merchandise or a clearinghouse approved by us and acting for, and at the risk of, such a retailer. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown upon request. Any sales tax must be paid by the consumer. Offer good only in the United States, its territories and Puerto Rico, and void where prohibited, licensed, taxed or restricted by law. Coupon subject to confiscation when terms of offer have not been complied with. Cash value: 1/20 of 1¢. Kellogg Sales Company.

Coupon expires
February 28, 1983

® Kellogg Company
© 1981 Kellogg Company

38000 108704

While you're remodeling, add a new kind of comfort...

SOFTHEAT™
hot-water heat without plumbing.

However you heated before, you'll like the change to SOFTHEAT. Each room can have its own thermostatic control—so you don't waste heat in rooms when you're not using them. And SOFTHEAT units blanket a room with even heat—no cold floors. No drying of air—no soot. Safe, too. Circulating hot water continues to heat after the thermostat turns the electricity off. And because SOFTHEAT utilizes natural air currents, there's no noisy blower. You can have permanent installation or portable units.

FREE HEATING ANALYSIS and SOFTHEAT brochure. Send name, address and floor plans to:
Dept. BH282
Intertherm, Inc.
10820 Sunset Office Drive,
St. Louis, MO 63127
(314) 822-9600

INTERTHERM

BLOWER MODELS FOR BATH & KITCHEN
LEFT
Recesses into bathroom wall.
RIGHT
Fits in kick-space under counters.



continued

Sewing machine crafts

ecru prequilted fabric; 1½ yards 45-inch-wide muslin; ecru curtain panel; 1½ yards 18-inch-wide fusible webbing; 1 yard 45-inch-wide gray fabric; fabric scraps of white pinstripe, gray pinstripe; scraps of gold, yellow, orange, peach, apricot, salmon fabrics; polyester fiberfill; 7½ yards black piping; 3 yards ½-inch-wide black ribbon; black thread; pine scraps; ¼-inch-diameter dowels; toothpicks; black paint; butcher wrap or brown kraft paper.

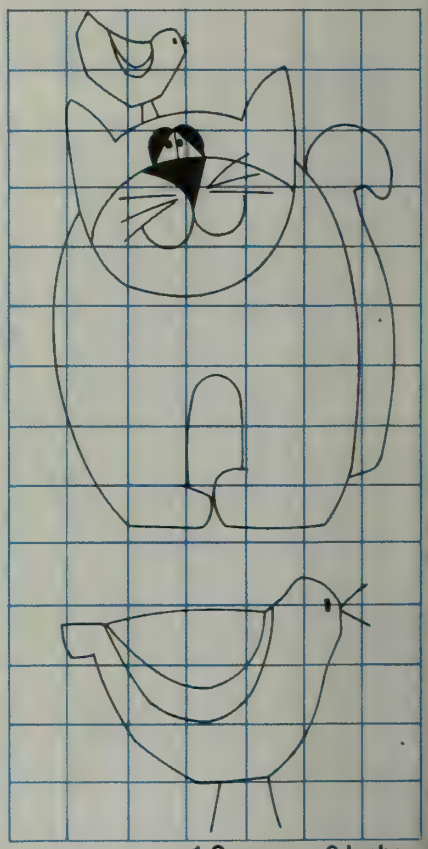
Instructions:

All measurements include ½-inch seam allowances.

For chair pad, measure quilted fabric to fit your chair (ours is 18x45 inches). Cut pad front; cut matching back from muslin fabric. From gray pinstripe fabric and white pinstripe fabric, cut strips of varied widths (see color photo). With black thread, appliqué strips to pad front, positioning strips ⅓ of the distance from the chair top and ⅓ from the bottom.

Sew piping ½ inch from raw edges on pad front. With right sides facing, sew muslin back to front along previous stitch lines, leaving an opening for turning. Turn right side out, press, and stitch opening closed. Sew ½ yard pieces of ribbon to pad for chair ties.

For cat pillow, enlarge pattern, *below,* onto butcher wrap paper. Cut a 15x21-inch pillow front from prequilted fabric and a matching back from muslin. Cut appliqué pieces from both fabric scraps and fusible webbing.



1 Square = 2 Inches

Fuse cat and bird appliqué to pillow front with iron. Machine-appliqué all raw edges with black thread (for appliqué how-to, see sewing machine cover-up directions on page 48). Add eye, beak, whiskers, and mouth lines with black zigzag satin stitching.

Sew black piping ½ inch from raw edges on pillow front. With right sides facing, sew muslin back to pillow front, sewing along previous stitch line.

continued on page 54



© 1981 Kraft, Inc

For years, Martha and Harriet told everyone they knew to use BEST FOODS® Real Mayonnaise . . . but now they know better. They've discovered the creaminess of KRAFT, and now they have to tell Susan, and Linda, and Charlie, and . . .

KRAFT Real Mayonnaise is rich with eggs and specially blended over 3000 times for creamy smoothness. A creaminess you can see and taste. Now you know.



Think you'
the lowest
Think



Why do you think your brand is lowest? Because its ads say so.

But other brands' ads are saying the same thing—that they're the lowest in tar.

Just where is a tar-conscious smoker supposed to turn?

Well, numbers don't lie. So we've put the tar levels of all these claiming-to-be-lowest brands into th chart on the right.

That way you can see just ho much tar your brand has—and that there's one brand lower in tar than any of the other "lowest" tars.

Now is the lowest 100s, Box or Soft Pack. And there's no cigarette ir any size that's lower in tar than Nou

Do you want to know for sure that you're smoking the Ultra Lowes Tar™ brand?

Well, there's only one—Now.

BOX, BOX 100's: Less than 0.01 mg. "tar", 0.001 mg. nicotine, SOFT PACK 85's FILTER, MENTHOL: 1 mg. "tar", 0.1 mg. nicotine, SOFT PACK 100's FILTER, MENTHOL: 2 mg. "tar", 0.2 mg. nicotine, av: per cigarette by FTC method.

NOW

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

©1981 R J REYNOLDS TOBACCO CO

re smoking tar brand? again.

NUMBERS DON'T LIE. NO CIGARETTE, IN ANY SIZE, IS LOWER IN TAR THAN NOW.

	80's box	85's soft pack	100's box	100's soft pack
NOW	Less than 0.01mg	1mg	Less than 0.01mg	2mg
CARLTON	Less than 0.01mg	1mg*	1mg	5mg
CAMBRIDGE	Less than 0.1mg	1mg	—	4mg
BARCLAY	1mg	1mg	—	3mg

All tar numbers are av. per cigarette by FTC method, except the one asterisked (*) which is av. per cigarette by FTC Report May '81.

The Lowest

The lowest in tar of all brands.

Important News.

Soothing relief for external feminine itch. New Cortef® with hydrocortisone.



Cortef Cream. It's a new soothing medication for the irritation of external vaginal itch. Cortef contains hydrocortisone, one of the most effective medicines formulated for the relief of external vaginal itching. Hydrocortisone has been prescribed for feminine itch for the last 25 years. Now you can buy it without a prescription in Cortef Cream.

New greaseless, odorless Cortef soothes persistent feminine itch.

Ask your physician or pharmacist.

Soothing relief for feminine itch.



For External Use Only.
Read and Follow
Label Directions.

© 1981 Upjohn Company

continued from page 50

Sewing machine crafts

Leave an opening for turning. Turn pillow right side out; stuff with fiberfill, stitch closed.

For bird pillow, repeat procedure for cat pillow. Be sure to use a scale of 1 square = 2 inches when enlarging bird pattern.

For bird sculptures, fuse and machine-appliqué birds to prequilted fabric. Trim excess quilted fabric from appliqué outline, leaving a ¼-inch fabric margin around birds. Appliqué bird edges to muslin rectangles, stuffing birds lightly with fiberfill as you finish the edges. Trim away excess muslin and satin-stitch around bird edges over previous satin stitches, hiding frayed threads and firming up stitched edgings. Cut two 9-inch "legs" from dowels for each bird. Glue legs at ends and insert in bird (it may be necessary to slit a few stitches). Drill holes into a 2½x5½-inch pine stand; glue and insert dowel legs in holes. Paint stand and legs black. Insert black-painted toothpicks for beaks.

For curtain panel, appliqué a purchased or homemade muslin curtain with a repeated bird design as for the cat pillow. Add a gray fabric strip of varying width to indicate a landscape. Hem the edges.

CUTWORK TABLECLOTH, page 46

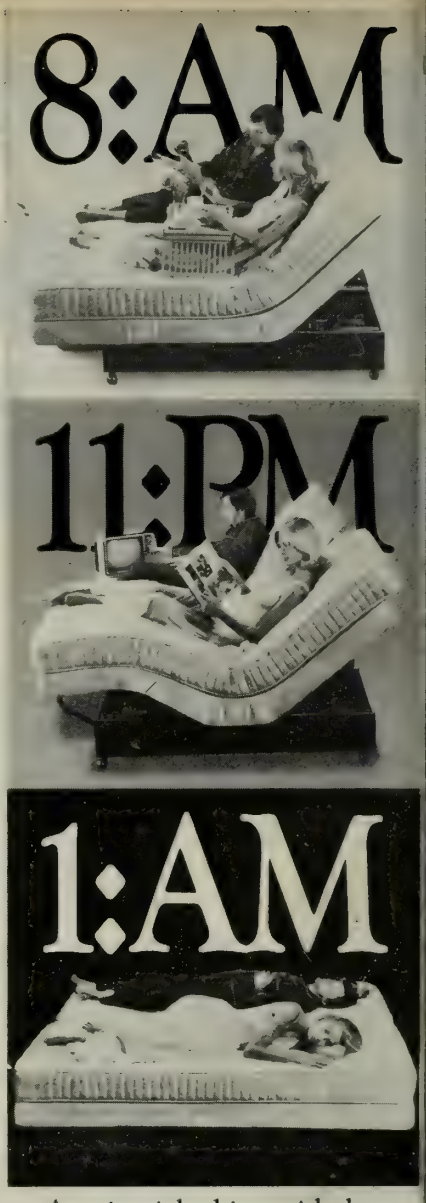
Materials: 54-inch-square of high-quality white fabric such as cotton or a closely woven blend; 10 spools white thread; ½ yard fusible webbing; scraps of pastel fabrics and threads to match (we used peach, pink, fuchsia, and gold); 3 skeins white embroidery floss; 6 yards decorative lace for edging; water-soluble quilt-maker's transfer pen; typing paper; butcher wrap or brown kraft paper.

Instructions:

Enlarge patterns, *right,* onto paper.

Slip enlarged patterns under fabric; trace designs onto corners and along borders with transfer pen. (Leave 3½-inch margins between the design and tablecloth edge.)

Cut appliqué flowers from pastel scraps; cut duplicate shapes from fusible webbing. (See machine-appli-



Anytime is bedtime with the Beautyrest® Adjustable Bed. Touch a button and you'll discover new ways to read, write and lounge in total comfort. No matter which position you choose, our unique Beautyrest mattress will provide years of firm, comfortable support.

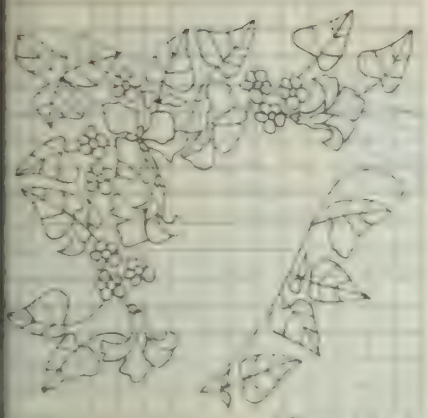
The Beautyrest Adjustable Bed. It makes bedtime a good time.

For information, call 800-447-4700. Toll-free. In Illinois, call 800-322-4400.

The Beautyrest® Adjustable Bed

BY SIMMONS

Copyright ©1981, Simmons U.S.A.
DuPont TEFLON® Soil & Stain Repeller.
Many fine Hide-A-Bed® sofas treated with DuPont TEFLON.



1 Square = 1 Inch

que steps on pages 44). Fuse flowers onto tablecloth fabric with iron and machine-appliqué all raw edges in matching threads.

To make each cutwork leaf, slip typing paper under traced motif for stability. Place 6-strand embroidery floss along leaf "veins." Using a wide, dense stitch setting, satin-stitch over floss to cover. Carefully trim floss ends away; satin-stitch around leaf outline, omitting floss. Repeat this procedure for all leaves, inserting fresh typing paper whenever needed. When all are stitched, remove all paper scraps from the underside.

Cut away the insides of the leaves between vein sections, being careful not to cut satin stitches.

Satin-stitch over all previous satin stitching to hide frayed edges and to stabilize the lines on the leaves.

To hem tablecloth, trim raw edges of cloth and turn under ¼ inch. With zigzag stitch set at a narrow stitch width and a long stitch length, sew along raw edges. Fold hem over again ½ inch and press. Blindstitch hem by hand with tiny stitches.

Attach purchased lace trim to edge of tablecloth with small stitches, sewing it to tablecloth only at the uppermost edges of the lace.

Steam-press on wrong side of tablecloth to finish.

VICTORIAN ALBUM AND TOTE, page 47

Materials: 45-inch-wide fabrics as follows: ⅜ yard each of ecru homespun, Pellon fleece, and ecru satin; ½ yard each of black and brown pinstriped fabric, muslin; 1 yard of canvas; 4 sets of jumbo eyelets; ½ yard lace; 1 yard satin cord; lightweight corrugated cardboard; photo album pages.

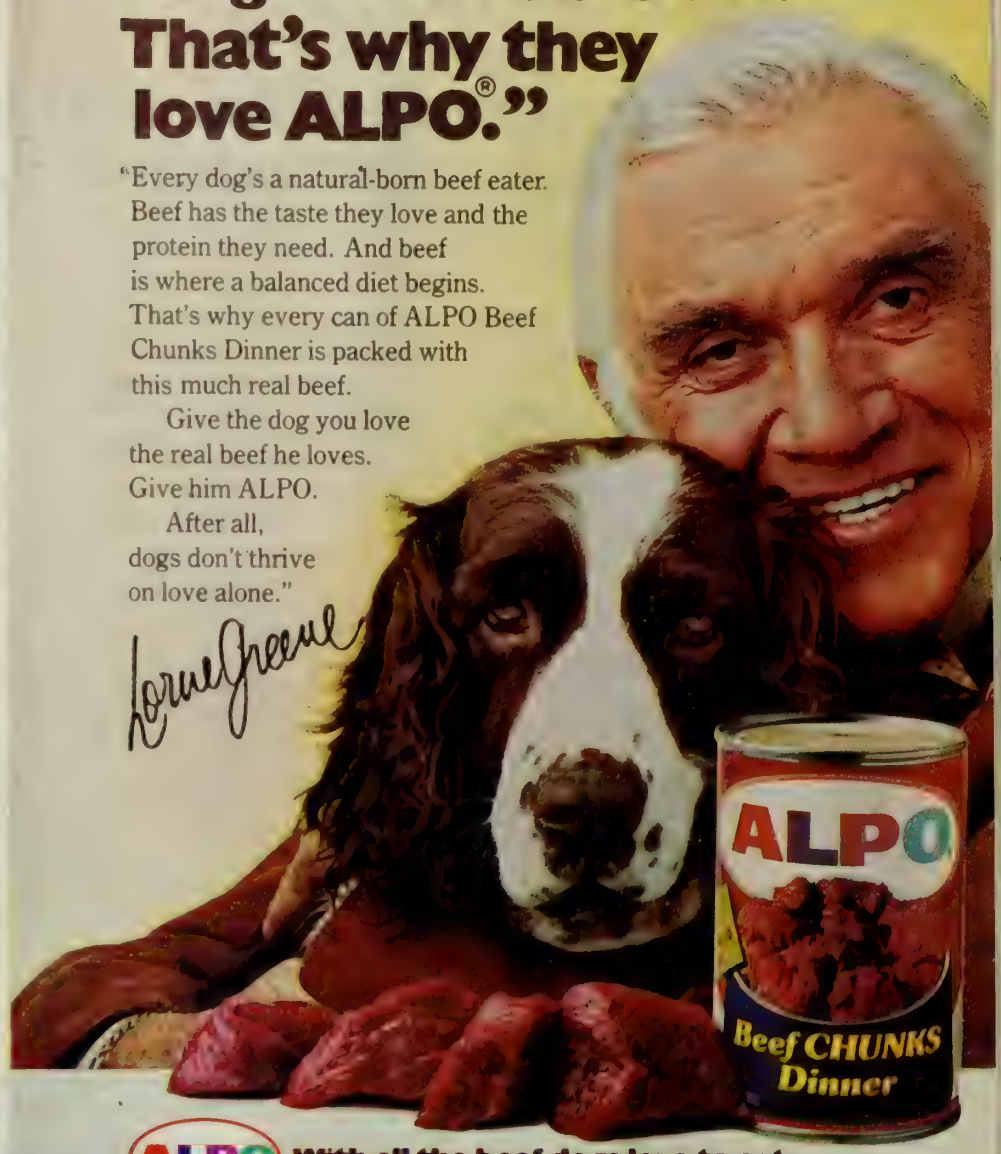
"Dogs love real beef. That's why they love ALPO.®"

"Every dog's a natural-born beef eater. Beef has the taste they love and the protein they need. And beef is where a balanced diet begins. That's why every can of ALPO Beef Chunks Dinner is packed with this much real beef.

Give the dog you love the real beef he loves. Give him ALPO.

After all, dogs don't thrive on love alone."

Lorne Greene



ALPO® With all the beef dogs love to eat.

©1982 Allen Products Company, Inc.

Instructions:

Enlarge patterns, *page 57,* or make original drawings of neighborhood houses. An easy way to make an original drawing is to photograph a house on slide film and project the house image onto a wall for tracing onto paper. Make several photocopies of your enlarged house drawings so you can practice stitching.

To make a house embroidery, sandwich a 13x17-inch piece of fleece between a 13x17-inch piece of ecru homespun (wrong side facing) and the enlarged house drawing (faceup); pin all 3 layers together. Thread machine and bobbin with brown thread; set straight stitch at a medium setting. Lower or cover the feed dogs. Attach a darning foot or a foot that will allow free movement. (Note: The stitch length will be controlled by the speed at which you run the machine and the speed at which you move the fabric beneath the foot.)

With the paper drawing on top, grasp the fabrics and paper firmly and

continued

Remember how you looked on your wedding day?



Sometimes when you leaf through your wedding album, you can't believe that you two could ever have been that young. You both look so vulnerable and untested by life you wonder how people could ever have allowed such babies to get married. Your husband reassures you that you've become much more interesting looking over the years. And you recognize that, since your wedding, the mementoes of many emotions and the lingering traces of all those smiles have given your face the very special look of you. And yet ...you'd still like to look younger than you do. It wouldn't be surprising if your more youthful look pleased him too.

Isn't it time you discovered the secret shared by younger-looking women around the world, from the misty meadows of England to the sun-drenched shores of Australia...the secret of a mysterious beauty fluid which helps them look noticeably younger. This mysterious beauty fluid, which can help you look younger too, is known here in the United States as Oil of Olay.®

The moment you smooth the delicately rich beauty fluid over your face and throat, you'll know it's extraordinary. Oil of Olay is similar to the natural fluids so plentiful in younger skin, fluids in appropriate balance help you look radiantly younger. The beauty fluid, a remarkable balance of tropical oil and precious emollients, penetrates quickly, working with nature to help replenish those vital fluids that the passing years have stolen away. Your skin feels soft and satiny to the touch and looks silken smooth as dryness is eased. And there's never a hint of greasiness, ever. You'll notice a fresh lustre, a healthy-looking radiance out of the past. And peer closely into your mirror. See those little wrinkle lines that make you look older than you like? Even those telltale signs of age virtually begin to fade from sight. No wonder you look younger day after day.

You wouldn't be a woman if you weren't pleased at the younger-looking you reflected in the mirror. Expect to feel a surge of confidence, an I-feel-good-about-myself emotion that spills over into life in little yet important ways. Maybe you'll have that tiny extra edge of self-assurance that lets you return the unflattering dress you bought on impulse, without being intimidated by the saleswoman. You'll also be pleased to know that the difference you see in your appearance is noticeable to other people too. Your husband may be the silent type. But is it possible he'll suggest a second honeymoon weekend away?

Millions of women of all ages around the world make Oil of Olay the heart of their daily beauty ritual. Join these younger-looking women. Lavish on the beauty fluid every morning, after washing or cleansing, to help replenish your skin's reservoir of essential fluids and bring them back into equilibrium. Take a moment to tap a little extra Oil of Olay into tiny expression lines that give away your age all too easily. Many women also smooth on Oil of Olay at bedtime to let their skin luxuriate in a moist climate during silent sleeping hours.

You'll find the beauty fluid superb under makeup. Cosmetics sleek on silkily in moments and stay fresher longer. And, since it's a good idea to give your skin a vacation from makeup now and then, it's good to know that Oil of Olay, all by itself, imparts a dewy glow that's very appealing.

Discover the secret of Oil of Olay to help you look younger for your next wedding anniversary...and for all the happy years ahead. What exciting new pictures you'll have to add to the record of your time together!

Beauty Secret

• An interesting marriage flourishes on time spent alone together...occasional weekend trips away or quiet moments after the children are all asleep (or doing their homework). On those evenings, why not a special dinner on trays, with music playing and a fragrance candle scenting the air. And Oil of Olay® Beauty Fluid, of course, sleeked on for a wondrously flattering, subtle glow.



continued

Sewing machine crafts

move the fabric beneath the needle, stitching along the lines through all 3 layers. The finished embroidery will appear on the bobbin side of the layers, and the paper will be torn away when the sewing is completed. Stitch the principal parts of the design first, leaving the small details to be finished freehand later from the right side of the embroidery.

For album, trim the house embroidery (front cover) to 12x16 inches (this includes ½-inch seam allowances). This will form the front cover. Cut 2 matching pieces from muslin (cover linings) and 1 from satin (back cover).

Decorate front with satin corners and lace and a 2½-inch-wide satin end. (See color photo, page 47.) With right sides facing, sew muslin lining to front and back fabric covers, leaving an open end on each for turning. Turn covers right side out, insert 11x15-inch cardboard pieces inside covers; hand-sew ends closed.

Topstitch ¼ inch from edges, stitching through fabric and cardboard layers. Stitch along satin end at album's fold on front cover. Install eyelets on both covers; thread cord through back cover, album pages, and front cover.

For tote, trim house panel to 13x16 inches for tote front. (All measurements following include ½-inch seam allowances.) From black and brown pinstripe fabric, cut four 3x17-inch strips to "frame" the house on each side. Cut a 17x19-inch pinstriped piece for tote back and two 3x12-inch strips for handles. From canvas, cut two 17x19-inch tote lining pieces and two 3x12-inch strips for lining handles.

With right sides facing and using ½-inch seam allowances, sew 2 framing strips to sides of house panel; sew remaining strips across top and bottom. Cut excess strip fabric away. With right sides facing, sew pinstriped tote back to tote front. Turn right side out.

Sew 2 tote lining pieces together. With right sides facing, slip the lining over tote and sew together along top ½ inch from raw edges. Push lining inside. (Bottom is still open.) Press.



1 Square = 1 Inch



1 Square = 1 Inch

Pull all bottom raw edges from inside tote; stitch ½ inch from raw edges. Push lining back inside. Line pinstriped straps with canvas. Finish bag by topstitching ½ inch from tote's top edge, attaching straps as you sew.

START NOW

THE 1982 BH&G HOME IMPROVEMENT CONTEST

YOU COULD WIN OUR TOP PRIZE $10,000.00

Want to make your 1982 remodeling project *really* pay off? Enter our 1982 Home Improvement Contest. In case you missed our announcement in the January, 1982, issue, here are the details.

All home improvement projects completed in 1982 will be eligible, regardless of scope or expense. In fact, each of the six divisions (see below) has three classes, so entries only compete against comparable projects. The initial entry form (see blank below) must be postmarked no later than September 1, 1982. Final entry package must be postmarked no later than February 1, 1983. Once you've filled out the entry blank, get started on your project. In the meantime, we'll send you more details on how to submit your final entry package.

HOW TO ENTER

Print your name, address, and phone number clearly on the preliminary entry blank and check the box for which you think your improvement qualifies. Entry packets include detailed contest rules and participating manufacturers' product information. We'll ask to see your before-and-after photos and floor plans where applicable, plus a written description of project objectives, approximate cost of the completed project, a list of materials and brand names, and how long it took you to complete the task. You may enter more than one project in the contest, but each project may be entered in only one division.

All material submitted for the competition will become the property of Meredith Corporation, which will assume publishing rights for all the material. Entries will not be returned. Winners' names will be published in our July, 1983, issue.

DIVISIONS

In each of the six divisions, we'll award three prizes of $1,000. In addition, a grand prize of $10,000 and two runner-up prizes of $4,000 each will be selected from the 18 winners.

1 Exteriors: Lot line to lot line projects including any improvements to the exterior of the house; landscaping involving structural changes or additions.

2 Kitchens: Any kitchen remodeling project designed to improve traffic flow, storage, and/or efficiency.

3 Bathrooms: Any remodeling project that encompasses the bath, such as replacement of old fixtures or enlarging the bath with a bump-out.

4 Interiors: All improvements within the confines of an existing house excluding the kitchen and bathroom. Examples are removing partitions and converting unused spaces (attics) into livable rooms.

5 Additions: Enlarging a house by adding a new enclosed space, such as a bedroom/bath wing or a family room.

6 Energy conservation: Those improvements primarily designed to conserve energy or reduce the heating and cooling load on a house. Examples might include the addition of an air-lock vestibule, a Trombe wall, a wood-burning stove; addition of overhangs, movable insulation, solar hot water system, etc.

$500 CASH PRIZES

Each of the following companies will provide one $500 cash prize to the Home Improvement Contest entrant using their product to best advantage. Many co-sponsoring manufacturers are offering valuable prizes in addition to the $500.

Alcan Building Products
Alcoa Building Products, Inc.
Allied Corp. and Anso IV
Amana Refrigeration, Inc.
American-Standard
Andersen Corporation
Armstrong World Industries, Inc.
Bird & Son, Inc.
Black & Decker—Consumer Products Div.
California Redwood Association
Congoleum Corporation
Eljer Plumbingware
English Greenhouse Products Corporation
Ethan Allen Inc.
Farberware
Flair Squares®
Franklin Chemical Industries
Georgia-Pacific Corporation
Howmet Aluminum Corporation
Imperial Wallcoverings
Intertherm Inc.
Jenn-Air Corporation
Jensen-Thorsen Corporation
Kero-Sun, Inc.
Kirsch Co.
KitchenAid
K Mart Corporation
Kohler Company
Levolor Lorentzen, Inc.
LouverDrape, Inc.
Lowe's Companies, Inc.
Marvin Windows
Maytag
Minwax Company, Inc.
Naugahyde Brand Fabrics
Northrup King Company
Panasonic
Pella/Rolscreen Company
The Tappan Company
Tru-Test Paint—True-Value Hardware
White-Westinghouse

BH&G HOME IMPROVEMENT CONTEST

ENTRY BLANK

Better Homes and Gardens®
Home Improvement Contest
P.O. Box 10218
Des Moines, IA 50336

Name_____ Telephone_____

Address_____

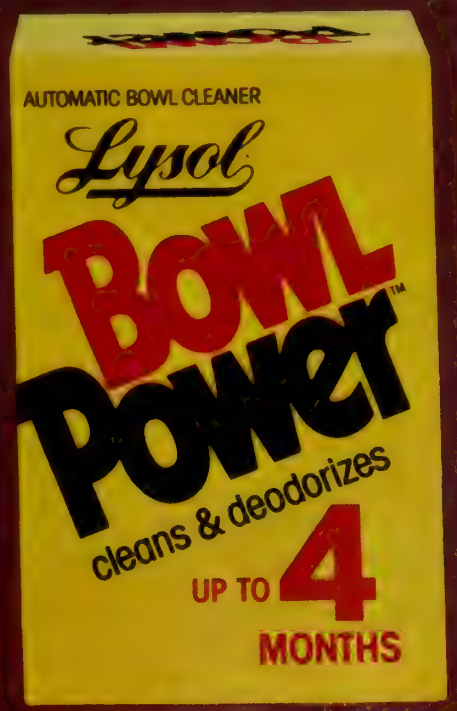
City_____ State_____ Zip Code_____

Be sure to check the box below which best describes the project you're entering

☐ Exteriors ☐ Kitchens ☐ Bathrooms ☐ Interiors ☐ Additions ☐ Energy

IF YOU REALLY LIKE SCRUBBING TOILET BOWLS- DON'T READ THIS AD.

Because BOWL POWER™ cleans so well–automatically... it practically eliminates scrubbing for up to 4 months.



- Cleans better than the leading blue automatic
- Leaves the water crystal clear
- Lasts for up to four full months (4 times as long as the leading blue)

From the makers of Lysol products

STORE COUPON

SAVE 30¢ on BOWL POWER™

To the Dealer: We will pay you 30¢ plus 7¢ handling charge for each of these coupons redeemed in accordance with the terms of this offer. To obtain payment send to LEHN & FINK Products Co., P.O. Box 1758, Clinton, Iowa 52734. This coupon is good only when redeemed by you from a consumer at the time of purchasing BOWL POWER Automatic Toilet Bowl Cleaner. Any other use constitutes fraud. Invoices showing purchase of stock to cover coupons must be shown upon request. Consumer must pay any sales taxes. Coupon void if taxed, restricted or prohibited by law. Cash value 1/20 of one cent. Good only in U.S.A. **Offer expires August 31, 1982.**



19200 102549

30¢ **30¢**

Margaret Daly

Individual Retirement Accounts

A TAX-SHELTERED NEST EGG FOR YOU

For millions of people, perhaps the biggest bonanza to come out of last year's tax bill is the opportunity to sock away funds systematically through a tax-deferred individual retirement account, or IRA. IRAs have been around since 1975, but only for people who were not covered by a pension or profit-sharing plan. The new law opens these plans to anyone with earned income, whether or not he or she also participates in a company plan. It could be your best opportunity yet to take an active hand in building up security for your retirement years.



An IRA is a tax-deferred savings and investment plan designed to help individuals create their own retirement funds. You have a number of investment options to choose from, such as savings accounts, stocks, bonds, mutual funds, and annuities. Your employer also may offer IRAs through payroll deductions—or arrange some of the same tax breaks through a company retirement plan.

The big difference between an IRA and most other ways you would save for retirement on your own is the fact that it's tax-sheltered. Not only can you deduct your contributions from your taxable income each year. Your investment earnings also are tax-sheltered until you start withdrawing the funds—presumably when you have retired and are in a lower tax bracket.

Who can contribute, and how much?

The new law greatly liberalizes the rules. Starting in January, 1982, anyone who has an earned income can have an IRA, whether or not he or she is covered by a company pension or profit-sharing plan. You can even set up an IRA if you already have a Keogh retirement plan for the self-employed. Through 1981, the maximum contribution was 15 percent of earned income (wages, not investment income) or $1,500, whichever was less. As of 1982, the maximum contribution is $2,000 a year. The lid on contributions has been lifted, too. Now contributions can match 100 percent of earned income, up to $2,000. That's a special boon for part-time workers.

You can set up a separate IRA for a nonworking spouse, for a total family contribution of $2,250. Previously the limit was $1,750, and contributions had to be divided evenly between the two accounts. As of 1982, you can put up to $2,000 into one account. The new law also recognizes alimony as income for ex-spouses who have IRA accounts that were opened on their behalf by their former mates—provided the accounts were opened at least five years before the divorce and contributions were made for three of the past five years. A divorced spouse now can contribute up to $1,175 yearly to such an IRA from alimony, wages, or both. She or he also can open a new IRA, so long as no more than a total of $2,000 goes into both accounts.

Note: Contributions to any IRA must come from earned income only; you cannot borrow funds to put into an IRA without losing the tax-sheltered privileges.

What are the tax advantages?

First, there's an immediate tax deduction for the entire amount of your contribution from your taxable income—whether or not you itemize deductions. If you are in a 30-percent tax bracket and make the full $2,000 contribution, that's a savings of $600 in taxes each year. In the 40-percent bracket, you save $800; in the 50-percent bracket, $1,000 a year.

Second, all income the account earns over the years accrues tax-free until you begin to withdraw funds. The net effect of the tax breaks: a potential doubling, or more, of what the same money might have earned had it been taxed all along.

Here's an example. Suppose you have 25 years to go until retirement. You contribute $2,000 each year to an IRA, and your investment compounds at an annual rate of 9 percent. (Actual growth will vary with the kind of investment and the economy, of course.) Without the IRA tax breaks, your $50,000 would build to about $85,000 if you are in the 30-percent bracket. With an IRA, it would be close to $185,000. The difference is even greater in higher income tax brackets.

Actually, the effects of tax-free compounding are rather spectacular over a long period of time and at higher rates of return. For example, for a 25-year-old who puts $2,000 into an IRA each year for 40 years at 8 percent, the total would be about $559,600; at 10 percent, $974,000; and at 12 percent, over $1,700,000!

Do you ever pay taxes on the money?

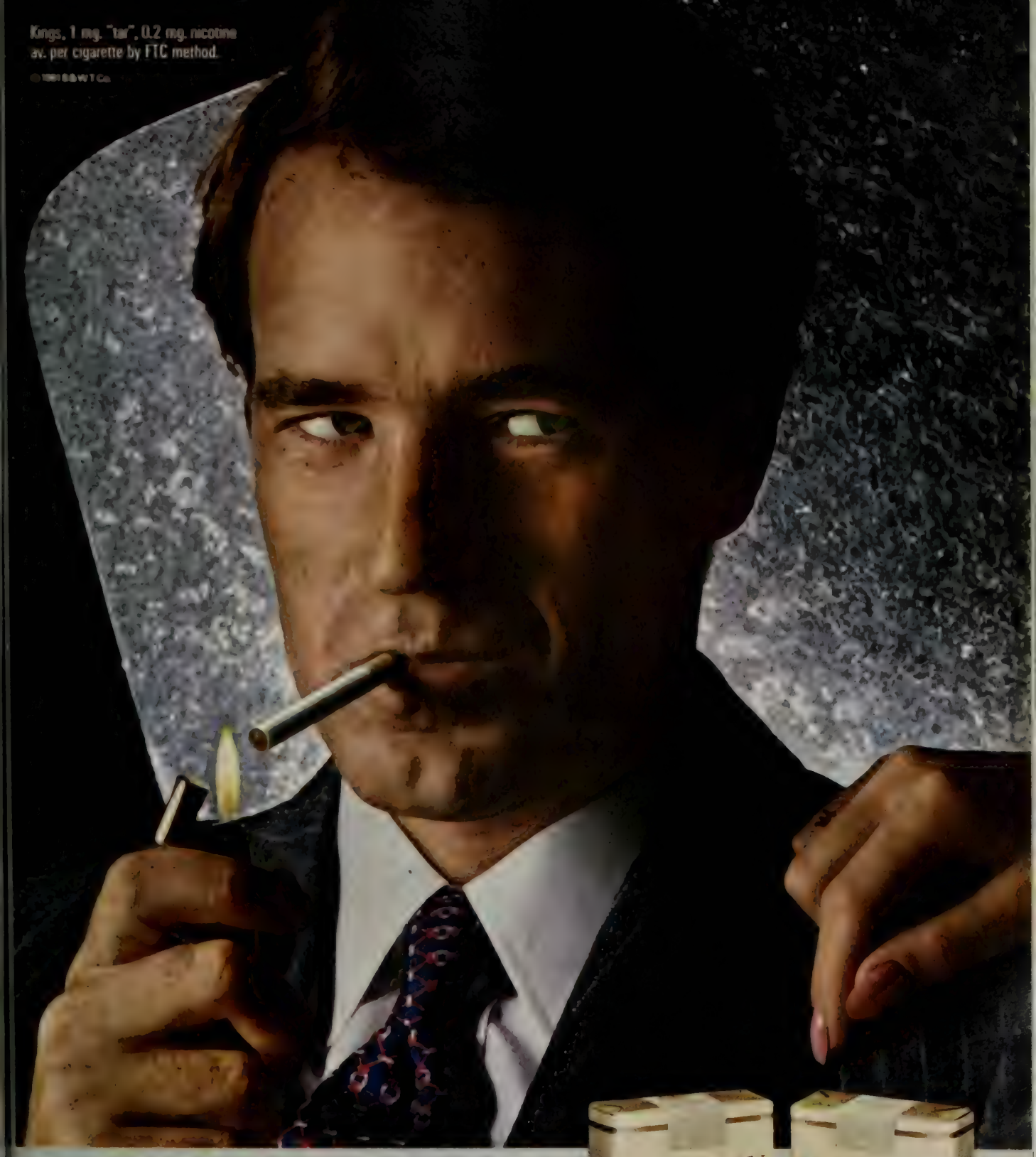
Yes, as soon as you start withdrawing funds from the IRA. Presumably,

continued

Photograph: Mike Dieter

Kings, 1 mg. "tar", 0.2 mg. nicotine
av. per cigarette by FTC method.

© 1981 B&W T Co.



The pleasure is back.
BARCLAY



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

continued

Individual retirement accounts

that's after you're retired and are likely to be in a lower bracket. Also, you'll probably withdraw money in increments as you need it, so you'll pay taxes only on each amount as you take it out. (In the meantime, the rest of the fund continues to earn money, with the taxes deferred.)

There are some special rules about withdrawals and taxes, however:

- Any funds withdrawn before you reach age 59½—or become permanently disabled—are subject to a 10-percent tax penalty, and you'll have to pay income tax as well. (The tax penalties don't apply to any money you leave in the IRA.)
- All withdrawals from IRAs are taxed as ordinary income. That's true even if the investment would have qualified for lower taxes under capital gains rules had it not been in an IRA.
- You may continue to work and still withdraw funds, but you must begin your withdrawal schedule no later than the end of the year you reach age 70½. In that case, the withdrawals must be in increments that would exhaust the fund under a normal life expectancy.
- If you withdraw your money in a lump sum, you cannot take advantage of the special ten-year income-averaging rules the IRS allows on such withdrawals from retirement plans. You can use the regular five-year income-averaging provision, however.
- Any amount in an IRA used as collateral for a loan is treated as a withdrawal and is subject to income taxes. You'll also pay the 10-percent penalty if you borrow against the funds before age 59½.

How do you set up an IRA?

It's not a difficult procedure. Most major mutual fund companies and brokerage houses, banks, savings and loan associations, and some insurance companies offer them. All suppliers have standard agreements. You fill out the form, and the supplier will supervise the account and report to you and the government. Then, you simply declare the contribution on your income tax return. There may be a small fee involved for setting up the account—typically, from $10 to $35. (Additional fees will depend upon the kind of investment you make.)

What's your best strategy?

You have plenty of time this year to study the various plans available before making up your mind. In fact, you can make your tax-deductible contribution right up to the time you file your 1982 tax return, even if you arrange an extension beyond the normal filing deadline of April 15, 1983.

True, by delaying you'll be sacrificing some tax-sheltered income your investment could be earning all along this year. But realistically that probably wouldn't amount to more than $100 or $150 even if you're in the 50-percent bracket. One alternative: You could gain that tax-sheltered income by opening up an IRA now with a money market mutual fund and switching investments later in the year, if you like.



How do I get clearly more beautiful wood?"



retouched photography

"I side with Pledge."

"My wood is special to me. So I always dust with Pledge. Other products may say they work on wood, but they just don't give my furniture the clear, beautiful shine that Pledge does. That's because Pledge is made especially for wood. And that's what my wood deserves!"

Doesn't your wood deserve Pledge?

©1981 S C Johnson & Son Inc

Before making any decision, ask yourself some basic questions:

- *Should you have an IRA at all?* The tax breaks are substantial, and you'll benefit from the discipline of building up your own retirement funds. But presuming you can spare the money from your current family budget, can you afford to put those funds out of reach for many years—or risk the heavy penalties for premature withdrawals? (Remember, you don't have to put the full $2,000 in each year. In fact, you can skip a year when necessary, and the fund's earnings will continue to be tax-sheltered.) For all practical purposes, you should look upon an IRA as a long-term investment program, not a quick fix for tax purposes.
- *What are your investment goals?* Ask yourself the same questions you would about any long-term investment. If you are many years away from retirement, you might want a fairly aggressive investment—growth stocks, for instance—that has the chance of growing faster than inflation. But growth investments generally carry more risk than, say, government-backed vehicles such as savings certificates and government bonds. That extra security could be important to someone closer to retirement age. On the other hand, the yield on those investments may fall behind the inflation rate. Only you can decide how you want to balance out the growth/risk mix.
- *How much time and energy do you want to put into your IRA investment program?* To take advantage of today's volatile economy, you may be smart to move your money around quite a bit, as interest rates and investment opportunities fluctuate. But following the market that way demands both perseverance and expertise. Are you willing to learn? Or would you rather stick to one plan and not have to think much about it after that?

What are your investment choices?

Several institutions offer IRAs, with a variety of plans. About the only choices you don't have are insurance policies and collectibles (starting with 1982; earlier IRAs could be invested in such things as gold and art). New kinds of IRAs may arise as competition for your money heats up, but you'll find these basic options at present:

- *Savings accounts and certificates,* available from banks, savings and loan associations, mutual savings banks, and credit unions. Deposits are insured by the government for up to $100,000 (the limit may be raised in the future). Time deposits pay higher rates than passbook accounts, but your flexibility may be limited somewhat since you are penalized if you cash in time deposits before they mature. That could make it costly to switch to another kind of IRA should market conditions suggest such a move. You also may be able to invest in special 18-month savings certificates whose rates fluctuate up and down with the money markets (rather like money market mutual funds). However, at the time we went to press it was uncertain whether these would be available for investment.
- *Mutual funds.* These are not insured by the government, but they offer considerable flexibility—especially with companies that offer a family of funds, such as money market, growth, and

continued

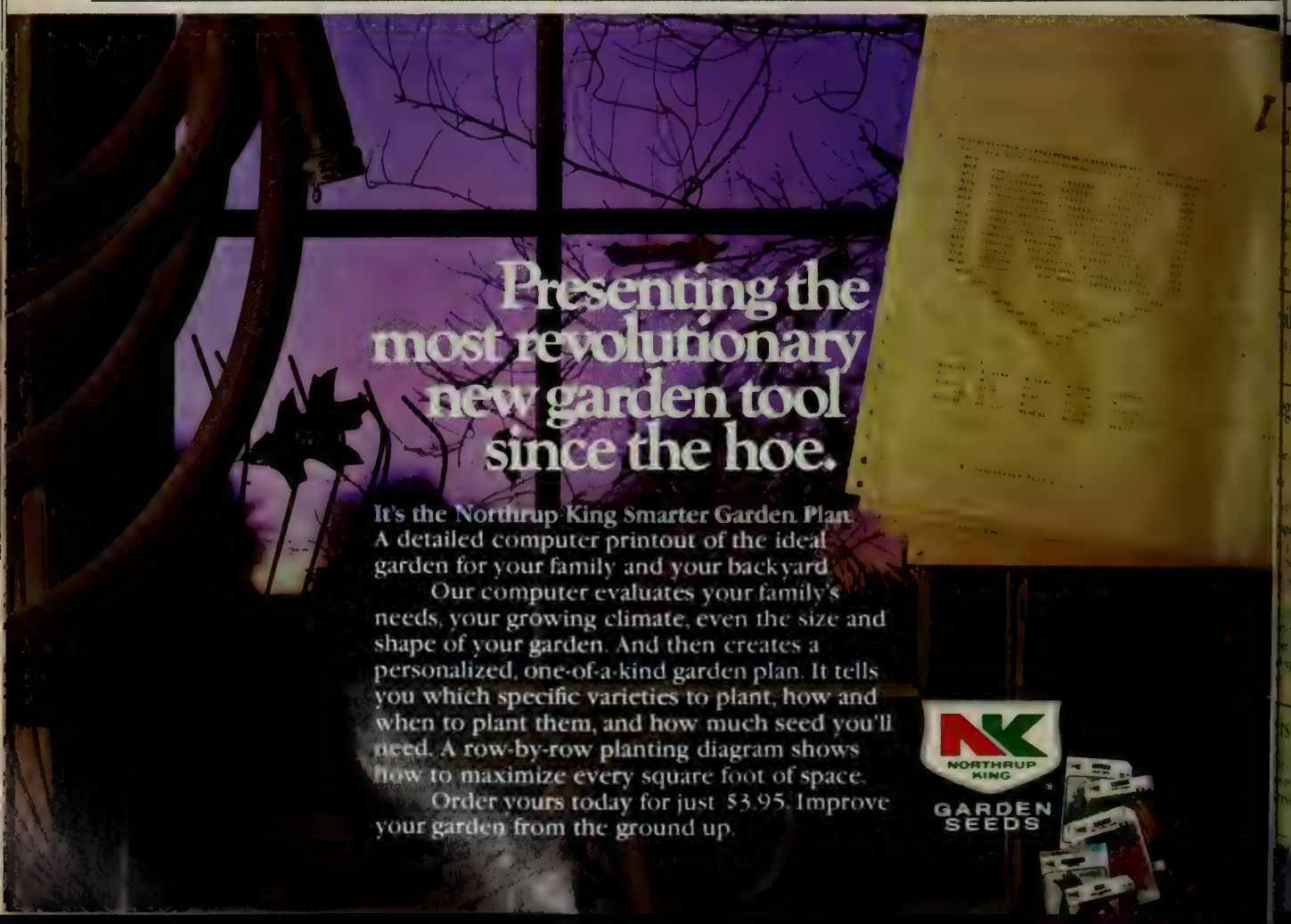
continued

Individual retirement accounts

fixed-income funds. Once you decide which fund or funds you want, the company's experts take over. You'll pay an annual management fee and other fund expenses of approximately 1 percent for that service. Some mutual funds charge a "load" of up to 8½ percent when you first invest; others are "no-load" funds. Generally the load is a one-time fee; once you pay it, it doesn't cost you again to switch to other mutual funds that are offered by the same company.

- *Stocks and bonds.* Most major brokerage houses offer a wide variety of IRA investments, including money market instruments, publicly traded securities, government bonds, and mutual funds. Depending upon the broker, you may set up a custodial plan so your investments are managed by the broker. Or you may set up a "self-directed" plan, with which you personally direct the investment of your IRA assets. You generally will pay a brokerage fee—typically about 6 percent—when you purchase or change investments, but usually there's no fee if you move into a no-load fund within the company.
- *Annuities* are the only IRA product offered by insurance companies. Basically, your funds will eventually buy an annuity contract that will pay a specific monthly income when you retire. The contract also guarantees a minimum rate of return, but often builds up at a faster rate. With most annuities, there's a fairly expensive "load" when you start the plan, so you may lose some money if you try to switch out of the plan in the early years.
- *Individual retirement bonds* in denominations of $50, $100, and $500 are sold by the U.S. Treasury specifically for IRAs. Current interest rates are 8 percent. You can buy the bonds directly from Federal Reserve banks or the U.S. Treasury. You pay no purchase or redemption fees for the bonds.
- *Employer plans* may come in two forms, but it's up to employers to decide whether or not they want to get involved with IRAs at all. One possibility is for the employer to offer one or more different kinds of IRAs through an arrangement with, say, a bank, brokerage firm, or mutual fund company, and deduct the money automatically from your paycheck.

The other alternative is to let you get the IRA tax breaks through "qualified voluntary contributions" to employer-sponsored retirement plans. These aren't technically IRAs, but under the right circumstances you can still deduct your contribution from your taxable income. One catch: Contributions to a plan where all or part of your funds are matched by your employer do not qualify. Suppose you have been contributing $2,000 a year all along to such a plan. You cannot suddenly start claiming your contributions as a tax deduction just because of the new IRA rules—unless the employer redesigns the plan to accommodate those rules.



Do you have to stick with one IRA?

You can have as many IRAs as you like, provided your total yearly contributions do not exceed $2,000. How many you decide to have depends on your investment goals, your assessment of the economy, and your willingness to be involved. You might want one IRA for growth and another for safety, for example. But practically speaking, it might be difficult to track more than a couple at a time.

Actually, you can switch in and out of specific IRAs provided you follow the rules: 1. You can switch only once a year among three basic kinds—annuities, government bonds, and "custodial accounts" (such as savings, securities, and mutual funds). Just close out the old IRA and set up the new one within 60 days. 2. You can switch from one custodial account to another as often as you like so long as the custodian or trustee transfers the funds directly and you do not take possession of the money. Both rules allow you flexibility to change investments as the economy fluctuates.

What questions should you ask?

Whatever vehicle you choose, do your homework first. Talk with all possible IRA suppliers, including your employer; explain your objectives and find out all the facts. Among the key questions:

- What kinds of investment opportunities does the IRA offer?
- What kinds of risks are involved?
- What's the fee for setting up an IRA? What ongoing fees will there be?
- What's the supplier's policy about switching vehicles? (Some companies limit the number of times per year to avoid the administrative hassle.)
- Does the particular investment vehicle make sense in terms of the IRA tax break? For example, something like a deferred annuity already offers tax-deferred accrual of income. An IRA would simply duplicate that benefit. On the other hand, certain annuities might be attractive anyway. Also consider the tax rules on IRA payouts. Since all IRA funds are taxed as ordinary income, for example, investments that would otherwise benefit from capital gains situations may not be the best deal. (This is a complicated issue; get expert advice.)
- Will the suppliers offer ongoing investment advice? For example, will they suggest what you should do when interest rates drop or rise sharply, or there's a significant change in the stock market? What charges, if any, will there be for such advice?

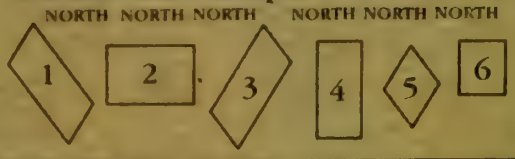
For more information

- American Bankers Association, 1120 Connecticut Avenue, NW., Washington, DC 20036.
- U.S. League of Savings Associations, 111 East Wacker Drive, Chicago, IL 60601.
- Credit Union National Association, Box 431, Dept. H, Madison, WI 53701.
- Investment Company Institute, 1775 K Street, NW., Washington, DC 20006 (load and no-load mutual funds).
- No-Load Mutual Funds Association, Inc., Valley Forge, PA 19481.
- Most major brokerage houses have offices in many large cities. Call or write the local branch for information on their particular plans.

rden Dimensions:

_____feet by _____feet.
re than one garden plot?
a separate form for each.)
est garden that can be planned is 900
0 ft.
Do not include space already
ted in perennial crops.

Garden Plan Shape:



Here are possible garden plot shapes and orientation to the sun. Circle the number of the plot shaped most nearly like yours.

il Description: Check the phrase that best describes your garden soil.
ight colored, sandy 2. Dark, black soil 3. Clay

Weeding Method: Check the type of cultivating you will do.
1. ☐ Hand weeding
2. ☐ Small rotary tiller
3. ☐ Medium rotary tiller
4. ☐ Large rotary tiller/small tractor

getable Variety Selection: Choose your vegetables by indicating the *number* of adults you wish to feed. (See example.) Asterisked (*) varieties need large growing areas. Minimize these in a small garden.

er of Adults You Wish to Feed For:	Fresh Use	Canned/ Frozen Use
	2	2
igus	1	
(pole)	2	
(bush)	3	
(lima)	4	
	5	
oli	6	
is Sprouts	7	
ge	8	
oupe	9	
	10	

Number of Adults You Wish to Feed For: Vegetables	Fresh Use	Canned/ Frozen Use
Cauliflower	11	
Chard (Swiss)	12	
Collards	13	
*Corn (sweet)	14	
Cucumber (slicing)	15	
Cucumber (pickle)	16	
Dill	17	
Eggplant	18	
Kale	19	
Kohlrabi	20	
Lettuce (head)	21	

Number of Adults You Wish to Feed For: Vegetables	Fresh Use	Canned/ Frozen Use
Lettuce (leaf)	22	
Mustard	23	
Okra	24	
Onion	25	
Parsley	26	
Peas	27	
Peas (edible pod)	28	
Pepper	29	
Potato	30	
*Pumpkin	31	
Radish	32	

Number of Adults You Wish to Feed For: Vegetables	Fresh Use	Canned/ Frozen Use
Spinach	33	
Spinach (New Zealand)	34	
*Squash (winter)	35	
Squash (summer)	36	
Squash (Zucchini)	37	
Tomato (small fruit)	38	
Tomato (standard)	39	
Turnip	40	
*Watermelon	41	

rsonal Data: Allow 4-6 weeks for delivery.

e _____
e print)
ess _____
_____ State _____ Zip _____

Important. Give the zip code of your garden's location if different than your home: _____

Enclose $3.95 check or money order payable to Northrup King.
Mail to: Northrup King Co., Consumer Products Division, Box 1615, Minneapolis, MN 55440

Gardener's log

"All seasons shall be sweet to thee/Whether the summer clothe the/General earth with greenness, or the/Redbreast sit and sing betwixt the/Tufts of snow on the bare branches/Of mossy appletree."

—Samuel Taylor Coleridge

Enjoy blooming branches early

Toward winter's end, when you feel you can't wait any longer for spring to arrive, go outside and cut some branches of flowering shrubs or trees to bring indoors. You'll have the best luck with forsythias, pussy willows, honeysuckles, crab apples, flowering quinces, cherries, and flowering plums.

Totally dormant buds don't always open when they're brought inside. Wait until the buds show some signs of life before you cut the branches. Normally, the buds will start to swell shortly after two or three consecutive days of above-freezing temperatures. Once the buds start to swell, you can bring the branches indoors.

Be judicious with your selection. You don't want to mutilate the parent plant, and you won't if you take branches that have outgrown the height or width you prefer the plant to remain. Use sharp pruners, and be careful not to tear or mutilate the bark on the part of the branch you are leaving on the tree or shrub.

Remove from the cut branches all buds that will be beneath the water level in your container. Then, slit the base of each branch and pound the end with a hammer. This slitting and pounding exposes additional surface so the stem can absorb needed water.

Arrange your branches in a container filled with warm water and place the arrangement out of the direct sun. Replenish the water supply as needed, and mist the buds with warm water to keep them from drying out.



Flowering Crab Apple

You may wish to add a few daffodils or tulips or other cut blooms to your branched arrangement to give it some color while you're waiting for the buds to open.

IN THE NORTH

Plan now for shade

Last summer, you probably wished for a shaded outdoor spot. Such an area can add another dimension to your garden—a picturesque retreat with large trees, shade-loving plants, a lily pool, and perhaps a grape arbor. A good place to start a shady garden would be around an existing large tree. If you must begin from scratch, invest in a fairly large tree to save time. Usually, trees native to your area are the least expensive.

Take into account how tall your tree will be eventually; otherwise you might unwittingly place it where it could interfere with overhead power lines in a few years. Around the base of the tree, plant a variety of hardy ferns. Add shade-loving plants with cool colors, especially white, such as phlox, sweet william, white impatiens, and white-flowering hostas.

IN THE SOUTH

"A rose is a rose is a rose"

If our rose feature in this issue has piqued your interest, start planting rosebushes now if you didn't do so last fall. Prune dormant established bushes before new growth starts.

Aged manure may be used as a three-inch-deep mulch on your roses. But feed your established bushes in February and again in July with a regular rose food, since the manure does not give the full amounts of nitrogen, phosphorus, and potassium essential for good growth and bloom.

IN THE WEST

Pruning tips

Unless flowering wood is renewed yearly on such plants as roses, fuchsias and hydrangeas, the crop of blooms weakens and plants get rangy. Some old wood must be kept as a foundation on which to build a new top, but even this requires regular rejuvenation. Always prune to renew about one-third of the old foundation stems each year.

Other than this basic pruning, remove only diseased or dead wood. The time to prune depends on when plants wake up and put on new growth. Californians should finish up by mid-month. Northwesterners can keep pruning till mid-March.

Illustration: Steven Schindler

Graduate To Myers's Famous Flavor! The First Collection of Luxury Rums.

Myers's Original Dark
The deep, dark ultimate in rich rum taste. The beginning of the Myers's flavor legend.

Myers's Golden Rich
A uniquely rich taste inspired by Myers's Original Dark. Superbly smooth and beautifully mixable.

Myers's Platinum White
Exquisitely smooth and born to mix. With a subtle richness that could only come from Myers's.

Myers's. The First Collection of Luxury Rums.

MYERS'S RUMS. 80 PROOF. FRED L. MYERS & SON CO. ORIGINAL DARK IMPORTED AND BOTTLED IN BALTIMORE, MD. PLATINUM WHITE AND GOLDEN RICH PRODUCED IN ARECIBO, P.R.


MERIT
MERIT
Ultra Lights
100's
Regular & Menthol...Only 5 mg ta

Only one ultra light 100's gives you the Merit taste idea.

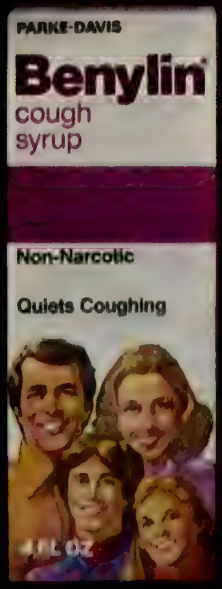
© Philip Morris Inc. 1981

5 mg "tar," 0.5 mg nicotine av. per cigarette by FTC method

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Now there's good news for bad coughs.





Strong, effective Benylin® Cough Syrup is now permitted for sale without prescription!

For 29 years, Benylin has been a leading doctor-prescribed cough medicine, for children as well as adults. It has been thoroughly tested and proved safe and effective—it's the first cough formula to go from prescription to "over the counter" in full strength.

You get the same active ingredient, in the same quantity and dosage: the unique cough suppressant, diphenhydramine hydrochloride, developed at the Parke-Davis medical laboratories.

When you and your family get coughs this winter, get Benylin at your pharmacy. Use as directed. You won't need a prescription.

Benylin Cough Syrup.

Same full prescription strength without a prescription.

PARKE-DAVIS Div of Warner-Lambert Co. Morris Plains, NJ 07950 USA

© 1981 Warner-Lambert Company

HEALTH UPDATE

THE HAZARDS OF SWALLOWING

An estimated 8,000 to 10,000 Americans choke to death each year, usually while dining away from home.

Many of the deaths at first appear to be heart attacks. However, researchers at the nation's first Swallowing Center now suspect that many "café coronaries" result from previously undetected nerve and muscle disorders.

Some people choke to death while they are asleep, but most victims succumb in restaurants—where the new surroundings and stimulation tend to divert attention from the swallowing process. For the same reason, alcohol consumption also often is a factor in choking deaths.

"People can have swallowing problems at any age," says Dr. Martin Donner, director of the Swallowing Center at the Johns Hopkins Medical Institutions in Baltimore. Persons who have had strokes can be particularly susceptible.

Symptoms of swallowing disorders include difficulty in swallowing; coughing; and occasionally choking while eating. The episodes usually are dismissed as "accidents." Hoarseness or other voice changes may be present, too. A person may find himself eating more slowly and choosing soft foods.

Persistent throat clearing, which can be aggravated by tension and anxiety, may signal excessive secretions or tissue overgrowths in the throat—two causes of swallowing disorders. The sensation of having a lump in the throat—often mistakenly blamed on hysteria—usually indicates a physical defect, too, the doctors say.

Most people with swallowing problems can be treated, sometimes surgically. Doctors also may prescribe a "swallow-safe diet." For example, they may recommend that persons who have difficulty swallowing liquids, such as orange juice and other beverages, try gelling them. Some people can swallow gelatin, but not liquid.

Even if you don't have a swallowing disorder, it's wise to follow Grandmother's advice when eating: Sit up straight, keep your head erect, and lean as far forward as necessary to feel comfortable. Never tilt your head backward or eat while you are lying down.

COMPUTER VDTs: ARE THEY SAFE?

It's estimated that from seven to ten million Americans are using computer-linked video display terminals (VDTs) on the job, at home, or at school.

A VDT looks like a television screen with a keyboard. Words or numbers usually appear white or green on the darkened VDT screen.

The widespread use of VDTs has prompted research into their safety. Researchers are investigating as yet unsubstantiated claims that VDTs cause temporary, or even permanent, nearsightedness. Norwegian researchers have linked static electricity generated by some VDTs to facial itching

continued

VIVARIN® KEEPS YOU GOING



WHEN THE GOING GETS ROUGH.

Working overtime? Feeling the strain? Take a Vivarin.

Vivarin is a medically tested stimulant tablet. Taken as directed, it's safe and effective. Its active ingredient is caffeine.

It's like two cups of coffee squeezed into one little tablet.

Whether you're studying, driving, or working late, take Vivarin. You'll stay alert for hours.

STORE COUPON

20¢ **Save 20¢** 20¢

On any size Vivarin tablets.



Read label for directions

TO THE DEALER. You are authorized to redeem this coupon for 20c when presented by the consumer as partial payment on any size Vivarin Stimulant Tablets package and no other brand. You will be paid the face value plus 7c handling, providing coupon is redeemed in accordance with terms of the offer. Invoices proving sufficient purchases of any size Vivarin Stimulant Tablets to cover coupons submitted must be shown on request. Coupons accepted from retail distributors only. Any sales tax must be paid by consumer. Cash value 1/20 of 1c. Offer void where prohibited, taxed, license required or otherwise restricted by law. Mail to The J.B. Williams Co., Inc., P.O. Box 1754, Clinton, Iowa 52734. Expires December 31, 1982. STORE COUPON – OFFER LIMITED TO ONE COUPON PER PACKAGE

22170 700375

20¢

BH&G '82



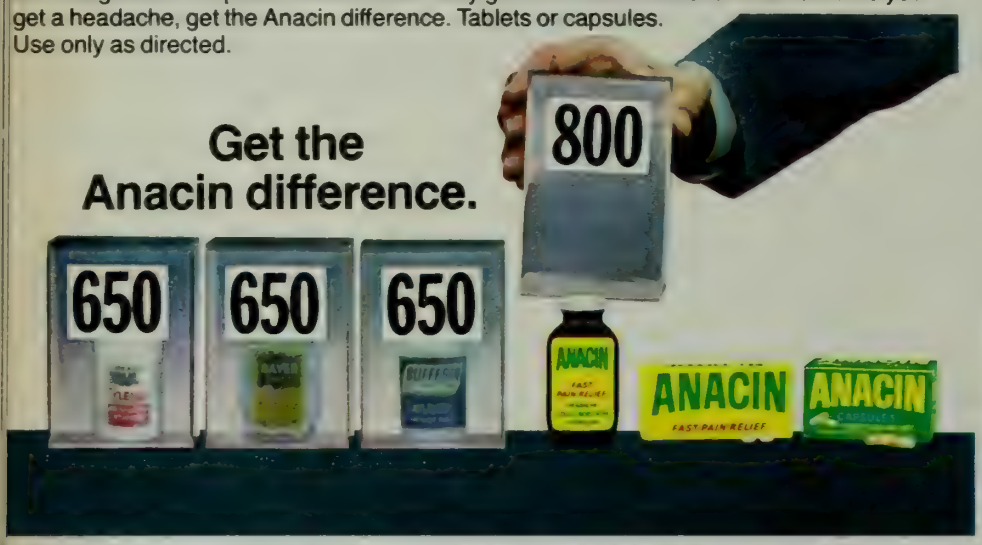
Mrs. Eleanor May, Headache Sufferer.

"I had this throbbing right on the top of my head. Then I took Anacin."

After taking Anacin pain reliever, Mrs. May's throbbing headache was gone.

Anacin® has more pain reliever. Two tablets of regular strength aspirin or non aspirin products contain only 650 milligrams of pain reliever. But Anacin gives you more. 800 milligrams in a special formula. Mrs. May got rid of her headache fast. Next time you get a headache, get the Anacin difference. Tablets or capsules. Use only as directed.

Get the Anacin difference.



continued

Health update

and redness in VDT users.

Charges that VDTs cause cataracts (clouding of the lens of the eye) and birth defects have not been proved. Further, VDTs have been found to emit no harmful radiation under normal circumstances, according to the Food and Drug Administration and the National Institute for Occupational Safety and Health (NIOSH).

However, some VDT users complain about eye fatigue, aching backs, and sore necks. Surprisingly, home users are most susceptible to these complaints. Experts say this is because units that are connected to home TV screens may have less distinct images, and because home users tend to stare at the screen without interruption (rather than dividing their attention between the screen and work papers at a desk).

After studying more than 500 VDT users, NIOSH researchers offer this advice for safety and comfort:

- If possible, work in a dimly lit area without overhead lights. Use a lamp to illuminate paperwork only; be sure the lamp doesn't shine on the screen.
- If there is a window in the room, position the VDT so that light comes from your side, not from directly behind or in front of you.
- Use a chair that supports your lower back and is adjustable.
- Keep the keyboard of your VDT lower than the surface of a regular desk, yet leave yourself ample legroom. Make sure the screen is at eye level.
- Work no longer than two hours at the screen without a break. Home users may need hourly breaks. NIOSH suggests breaks of 15 minutes to relax the eyes, neck, and back.
- Be sure to adjust the screen as needed to control contrast, brightness, and flickering.
- Get an eye exam before you start working on a VDT and have regular eye checkups thereafter.

LASER TREATMENT FOR BIRTHMARKS

Until recently, an irregular red birthmark on the face was considered a permanent disfigurement. But that's no longer the case for many adults. Today scientists say three out of four such birthmarks in persons over age 30 can be lightened, sometimes considerably.

To correct the condition, doctors are using a device that once was restricted to the pages of science-fiction novels: the laser. In the new treatment, powerful blue-green light from an argon laser is beamed into the skin and is absorbed by the oversized blood vessels close to the skin surface that account for the birthmark's color.

The light energy destroys the blood vessels, thus reducing the blood flow and causing skin to get lighter.

Scientists working at the Beth Israel Hospital and Harvard Medical School in Boston found that birthmarks with relatively few and large blood vessels (rather than many small vessels) respond best to the new laser treatment. The research findings were reported in a recent article in *Plastic and Reconstructive Surgery*.

Large blood vessels are typical of darker birthmarks usually found in people who are over 30 years of age.

continued

One great-tasting cavity-fighting toothpaste deserves another.



Introducing Aim Mint

If you have kids in the cavity-prone years, you know that you can never have too many weapons in the fight against cavities.

So now Aim® has *two* great ways to give your kids the taste for fighting cavities: Aim Regular and new Aim Mint.

Like Aim Regular, Aim Mint has fluoride and is clinically proven to reduce cavities. No other toothpaste fights cavities better than Aim Regular or Aim Mint.

And Aim Mint has a new, refreshing mint taste. So give your family the taste for fighting cavities with Aim Regular or new Aim Mint.

Take Aim against cavities.

Accepted
COUNCIL ON DENTAL THERAPEUTICS
AMERICAN DENTAL ASSOCIATION

Aim has been accepted by the American Dental Association. For a total dental program: **1.** Brush often with Aim Regular and Aim Mint. **2.** Avoid sugar-rich snacks. **3.** See your dentist regularly.

THERE'S ONE MASK THAT'S SCARY ONLY WHEN IT'S OFF.

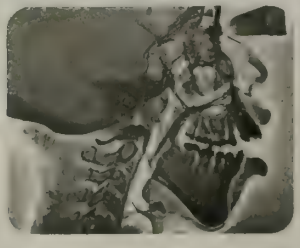


A 90 mile per hour slap shot fired from point blank range doesn't give a goalie time to blink, much less get his glove up. Which is why the goalie mask is such an indispensable piece of equipment. Trouble is, not all goalies wear it. As a result, they're taking a serious risk, one that the American Association of Oral and Maxillofacial Surgeons feels is totally unnecessary.

Making protection mandatory.
Specializing in injuries of the face, mouth, teeth, and jaws, the oral and maxillofacial surgeon routinely sees the painful consequences of not wearing sports safety equipment like the goalie mask, treating everything from cuts and lacerations to broken teeth and jaws. That's why oral surgeons support the use of not just goalie masks, but mouthpieces, helmets—every kind of safety equipment that reduces the risk of injury. As always, prevention is the best policy.

Concern for your total health.
The oral surgeons' concern for your total health manifests itself in everyday life as well as in sports. A prime example is the safety bar on the back of most school bus seats, a frequent cause of serious childhood facial injury. Oral surgeons strongly support the removal of this hazard.

Indispensable health care for the entire family.



In their daily practice, the concerns of the oral and maxillofacial surgeon are many and varied.

They care for patients with impacted wisdom teeth which not only can be painful, but can cause widespread health problems. They care for children born with poorly shaped jaws, a source of both physical and emotional suffering. They work with older patients to help make dentures fit comfortably. But whatever the problem, it's reassuring to know that the oral surgeon is schooled in the most advanced anesthetic and pain control procedures available.



Write to us.
For more information about this surgical specialty, write: *The American Association of Oral and Maxillofacial Surgeons, P.O. Box 1024, Tinley Park, Illinois 60477.*

And please, if you have a goalie in the family, make sure he wears a mask. He may not look exactly like himself during the game, but it's nice to know he will when it's over.

AAOMS

AMERICAN ASSOCIATION OF ORAL AND MAXILLOFACIAL SURGEONS

DENTAL SPECIALISTS WORKING TO INSURE YOUR TOTAL HEALTH

continued

Health update

The new treatment rarely benefits persons under age 17, and it is not without risks: Sometimes the laser creates raised scars that are hard to conceal, even with special flesh-colored makeup.

For many younger persons, makeup remains the best solution to the birthmark problem (see your physician for advice on where you can obtain the special makeup).

GOOD NEWS ABOUT PREVENTING MENTAL RETARDATION

Youngsters with an inherited disorder in the way the body uses the amino acid phenylalanine once were doomed to mental retardation.

Now a study has confirmed that treatment begun in the first few days of life enables such children to grow up with normal intelligence.

The good news was reported in *Pediatrics* by researchers who investigated 132 children with phenylketonuria, or PKU, at 15 medical centers across the country.

Today nearly all babies in the United States are tested for PKU on the third day of life. Testing requires only a few drops of blood obtained from a pinprick in the heel. Without the blood test, the disorder would not be detected until after brain damage had occurred.

The signs and symptoms of untreated PKU include a strong odor (frequently described as "mousy") in a baby's urine, hair, and sweat. PKU children often have skin rashes and are poor eaters. Their development lags from the very start.

Treatment, which consists of a special diet, should begin before a child is three weeks old. "Each day of delay results in a loss in intelligence," reports Dr. Malcolm Williamson of Childrens Hospital in Los Angeles.

Parents of a PKU child typically have normal intelligence themselves. The disorder is passed on only when both parents carry the PKU gene.

Children with PKU must follow a highly restricted diet that rules out foods that contain large amounts of phenylalanine. These include dairy foods, meats, eggs, fish, poultry, nuts, and dried legumes.

But children with PKU can eat fruits and vegetables and some starchy foods. To provide the children with the protein they need to grow normally, they are fed a special synthetic formula.

The question of when to stop the special diet still is being investigated. Some physicians gradually introduce regular foods when PKU children are six years old. In the *Pediatrics* article, the researchers reported that children who are on the special diet until age six generally have normal IQs.

If young women who themselves have PKU (rather than being carriers of the disorder) become pregnant, they are advised to resume the special diet to spare their babies possible retardation.

SPORTS-RELATED EYE INJURIES

Nine in ten eye injuries that occur during sports can be avoided by using appropriate eye protection, asserts the National Society to Prevent Blindness.

Over 35,000 Americans—one-third of them children—suffer such injuries each year. Racquetball, squash, and other increasingly popular racquet

continued



Tucks® Pads provide prompt added relief of hemorrhoidal irritation and other rectal discomforts.

They temporarily relieve itching, burning and soreness with a special soothing, cooling solution that creams and ointments don't provide.

In a recent survey among colon and rectal surgeons, 95% recommended using Tucks pre-moistened pads in conjunction with other hemorrhoid preparations.

And because of their cleansing action, Tucks can often stop irritation before it starts. Tucks Pads come in jars of 40 and 100. And individually wrapped Take-Alongs® Use as directed.

If you want all the relief you can get from your present hemorrhoid preparation, add Tucks to your treatment routine. You'll feel much better.

PARKE-DAVIS
Div of Warner-Lambert Co
Morris Plains, NJ 07950 USA

PD-85-JA-0262-C-1 (1-81)

©1981 Warner-Lambert Company

Myadec® has something for every part of your body

Vitamin B_6. Helps in the proper functioning of the nervous system, including brain cells. ***Myadec*** *supplies 250% of US RDA.**

Vitamin A. Essential for good vision, healthy skin and hair. ***Myadec*** *supplies 200% of US RDA.*

Zinc. Necessary for tissue repair and normal skeletal growth. ***Myadec*** *provides over 100% of US RDA.*

Iodine. Necessary for thyroid hormones, which regulate cell metabolism. ***Myadec*** *provides 100% of US RDA.*

Vitamin C. Helps keep bones, teeth, and blood vessels healthy. ***Myadec*** *supplies 417% of US RDA.*

Vitamin B_{12}. Helps prevent certain forms of anemia. Aids health of nervous system. ***Myadec*** *assures you of 100% of US RDA.*

Vitamin D. Necessary for strong teeth and bones. ***Myadec*** *supplies 100% of US RDA.*

Magnesium. Necessary for proper function of muscles and nerves. ***Myadec*** *provides 25% of US RDA.*

Thiamine (B_1). Necessary for proper function of the heart and nervous system. ***Myadec*** *provides over 600% of US RDA.*

Folic Acid. Important for red-blood-cell maturatio ***Myadec*** *gives you 100% of US RDA.*

Pantothenic Acid. Needed for the body's use of carbohydrates, fat, and protein. ***Myadec*** *gives you 200% of US RDA.*

Copper. Needed in red blood cells. Present in liver, heart, and kidneys. ***Myadec*** *supplies 100% of US RDA.*

Manganese. Needed to maintain strong bones. ***Myadec*** *supplies 1.25 mg. No US RDA has been set.*

Riboflavin (B_2). Important to healthy skin and for building and maintaining body tissues. ***Myadec*** *gives you over 500% of US RDA.*

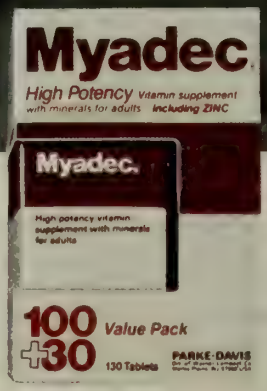
Vitamin E. Helps for normal blood cells a muscle. ***Myadec*** *give you 100% of US RDA.*

Niacin (B_3). Necessary for healthy skin, gastrointestinal tract and central nervous system. ***Myadec*** *supplies 500% of US RDA.*

Iron. Needed for hemoglobin, which carries oxygen to all body cells. ***Myadec*** *gives you over 100% of US RDA.*

from PARKE-DA

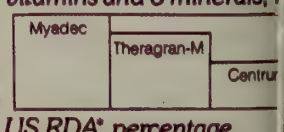
*Recommended Dietary Allowance
Read and follow label directions.
©1981 Warner-Lambert Company



If you don't eat right today, your body may not notice it tomorrow. But in the long run, failure to maintain a balanced diet can deprive your body of the vitamins and minerals it needs for good health.

Vitamin supplements can help. But they can also vary widely in potency: some give you less, some give you more.

Myadec, with 11 vitamins and 6 minerals, the highest potency formula among the leading vitamin-and-mineral supplements based on cumulative US RDA percentage.*



So if you want more for your body, don't se for anything less than Myadec.

Myadec. If you want more.

HEALTH LESSON #1
LOW CHOLESTEROL COOKING CAN BE DELICIOUS



©82, Nabisco Brands, Inc.

FLEISCHMANN'S® SOLE SILVIO
Makes 4 servings. cholesterol per serving. 120 mg

5	tbsps Fleischmann's® Margarine		Dash ground white pepper
1/8	teaspoon crushed fresh garlic	1/2	cup chicken broth
2	tablespoons flour	1/2	cup skim milk
1/4	teaspoon paprika	2	tsps lemon juice
		1-1/2	pounds fillet of sole

Melt 2 tablespoons Fleischmann's® Margarine in a medium saucepan over medium heat. Stir in garlic; cook 30 seconds. Stir in flour, paprika and pepper; cook 1 minute. Gradually whisk in chicken broth, skim milk and lemon juice. Cook, stirring until thickened, about 2 minutes. Keep warm.

Dot fillets with remaining margarine and bake or broil until done. Serve with prepared sauce.



continued

Health update

sports are the leading cause of eye injuries in adults: Hospital emergency room records indicate that players suffered 3,700 injuries last year, double the injuries of five years ago. For children, baseball is the sport most often dangerous to the eyes.

The Society warns that eye protection is needed at all times for such sports. Both experienced and novice players are susceptible to injuries—during games as well as warm-ups. The record shows that protective devices do work. Thanks to the mandatory use of face masks, eye injuries among high school and college hockey players have decreased by two-thirds in five years.

You can obtain the proper eye protection devices at sporting goods stores and from eye doctors and opticians. Industrial-quality safety glasses labeled "ANSI Z87" are available with prescription or nonprescription lenses. Plastic goggle-type eye guards are another alternative; some of the eye guards can be worn over regular glasses. Contact lenses offer no protection at all.

For a free fact sheet, "Eye protection recommendations for racquet sports players," send a self-addressed, stamped envelope to The National Society to Prevent Blindness, 79 Madison Avenue, New York, NY 10016.

THE HIDDEN COSTS OF CARING FOR DISABLED YOUNGSTERS

More than $1.5 billion in wages are lost each year in the U.S. by parents who care for their disabled youngsters at home. Mothers often bear the brunt of the impact, says Johns Hopkins University economist David Salkever.

Compared to all mothers with children living at home, fewer mothers of disabled children work outside the home. Further, the working mothers of disabled children spend less time on the job than other working mothers. Consequently, their wages are lower and career advancement is slower.

The number of disabled children living at home rose from 2.1 million in 1967 to 3.4 million in 1977 (the latest year for which figures are available). The increase reflects medical advances that save the lives of critically ill infants who would have died in the past, and a nationwide trend to de-institutionalize handicapped children.

Dr. Salkever advocates day-care and after-school programs for children with disabilities as one solution to the added economic burden shouldered by the youngsters' parents.

MEDICAL EXAMS: HOW OFTEN?

As long as you feel healthy, how often should you have a comprehensive medical exam to assess your health?

Here's what specialists at the Mayo Clinic recommend for the typical adult: an exam at age 18 and another at age 25; three exams between ages 31 and 40; four exams between the ages 41 and 50; five between the ages of 51 and 60; and thereafter as recommended by the physician. However, the patient's family history, life-style, occupation, and other factors can influence the physician's recommendations; you and your family doctor should develop an exam schedule that's best for you.

By Lynne Lamberg

Toothbrush Tips

Has your toothbrush had it? According to the American Dental Association, half the toothbrushes Americans use are worn-out. Next time you need a new toothbrush, do your teeth a favor and take time to select the one that's best suited to your needs.

What should you look for?

Toothbrushes come in a variety of sizes and styles, but almost all are made from the same three basic materials: plastic for the handle and head, nylon for the brush, and flat nickle-silver wire to fasten the tufts of bristles into the head.

The ADA recommends a brush with a straight handle, flat brushing surface, and soft bristles with rounded ends (not bristles with flat ends or bristles that are cut on the bias). Granted, it isn't easy to comparison-shop when you're confronted with a shelf-ful of packaged toothbrushes. But try to make sure that the head is small enough to reach every tooth and is rounded at the corners to avoid injuring the inside of your mouth. (Adults who have small mouths may prefer child-size toothbrushes.) Also try to judge whether the handle will fit comfortably in the palm of your hand.

What type of bristles are best?

Most dentists recommend soft nylon bristles for their patients; some suggest medium bristles. Avoid a hard-bristle toothbrush; it can damage the soft gum tissues and wear away the enamel surface of the teeth. Dentists say the best toothbrush for most people is one with bristles arranged in three or four tuft rows that are perpendicular to (rather than slanted from) the head of the toothbrush.

When you shop for a toothbrush, you'll notice some feature options such as a rubber tip and an angled head.

The rubber tip is designed to help stimulate gum tissues and clean food particles from between the teeth. As for the angled head, it's said to give you a better sense of where you are brushing. But most dentists say that such options probably aren't necessary if you use a standard toothbrush properly.

Does your family need an electric toothbrush?

That depends. Some parents find electric toothbrushes help to motivate youngsters to brush. (For safety reasons, no youngster under age four should be permitted to use an electric toothbrush.) Most electric toothbrushes are engineered to operate with the correct brushing motion, yet most people find them harder to manipulate and messier to use than standard toothbrushes. Electric toothbrushes are a definite help to the handicapped and to persons who wear dental bridgework or braces.

At what age does a child need a toothbrush?

A youngster is ready for his or her first toothbrush as soon as the primary teeth come in—usually at about age two. After a child brushes, an adult should still follow up with a thorough brushing. Colorful toothbrushes and other "gimmicks" can entice a youngster to use a toothbrush. Wipe infants' first teeth gently with a piece of gauze instead of brushing.

What is the recommended brushing procedure?

The brushing technique advocated by the ADA is this: (1) Angle the brush where the teeth and gums meet; (2) move the brush back and forth along the gum line with short strokes using a gentle scrubbing motion; (3) repeat the motion on the outer and inner surfaces of the upper and lower teeth; (4) scrub the chewing surfaces; (5) brush the inside surfaces of the front teeth by tilting the brush and making several up-and-down strokes with the front part of the brush; (6) finish by gently brushing the tongue to freshen the breath. Don't forget the benefits of using dental floss regularly, too.

How often should you brush? Studies indicate that once a day is adequate if the job is done right. Since most people don't brush properly, the ADA still recommends brushing at least twice daily, particularly for children and cavity-prone adults.

—Dianne Swenson



REMODEL FOR ENERGY EFFICIENCY AT THE WINDOW

LOUVERDRAPE®
VERTICAL BLINDS
SAVE ENERGY, BEAUTIFULLY

Imaginative remodelers are converting hot loft properties into cool interiors using LouverDrape® Vertical Blinds. Energy efficient LouverDrape® Vertical Blinds give a look of contemporary sophistication to ordinary windows of a past era. The LouverDrape® solid vinyl louvers, in particular, out-perform horizontal blinds and fabric draperies as energy efficient window coverings. Look for our Vertical Imagination Center where you shop for window coverings. LouverDrape® is a participant in the Better Homes & Gardens Home Improvement Contest.

ALWAYS INSIST ON 100% LouverDrape® Louver Drape®

LOUVERDRAPE,™ INC.
1100 COLORADO AVE., DEPT. 14, SANTA MONICA, CA 90401
ENCLOSED IS $1 FOR A COPY OF YOUR 36 PAGE, FULL COLOR VERTICAL IMAGINATION BROCHURE

NAME

ADDRESS

CITY STATE ZIP

"I stopped using aspirin the day the hospital gave me Tylenol.®"

Mrs. Alma Treadway
Scottsdale, Arizona

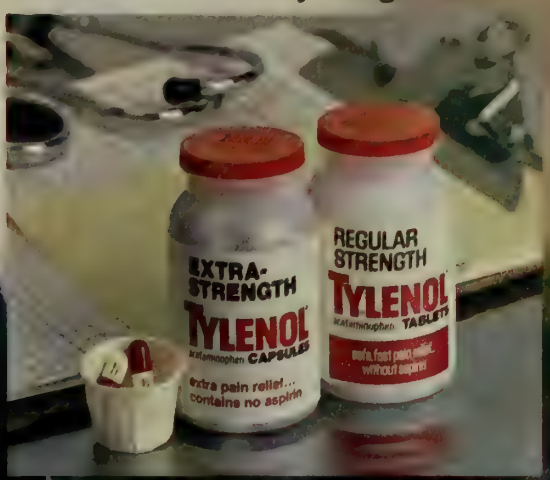


"I took aspirin for years because I had no reason to switch.

"However, about a year ago I was in the hospital with an elbow injury. It was pretty painful so I asked for something. What I got was a surprise: TYLENOL. Well, the TYLENOL worked great. And without any stomach upset!

"Turns out, TYLENOL is the pain reliever hospitals use most. That means I can really trust TYLENOL. And I can take TYLENOL with my prescription medicine without complications. I also like the fact that TYLENOL has no caffeine, so it won't disturb my sleep.

"Now for any aches or pains, TYLENOL's the only thing I take."



Trust TYLENOL. Hospitals do.

TYLENOL® is the registered trademark of the McNeil Consumer Products Co., identifying its brand of acetaminophen. Remember, no drug should be abused, so follow label directions carefully. © McNeil, 1981



When winter settles in West St. Paul, Minnesota, everything is frozen in its tracks. For Gary Langula, owner of Langula Hardware, fuel bills were even harder to live with.

Recently, however, something unusual happened. His fuel bills dropped. And not because of mild weather.

But because of Kero-Sun portable kerosene heaters.

He began heating his 5,000-square-foot store with Kero-Sun. During the month of January, he cut his fuel consumption by 92%. And the savings continued the rest of the winter.

This is because Kero-Sun heaters throw an amazing amount of warmth with 99.9% fuel efficiency. Without smoke. Without odor. And with safety features (they're U.L. listed).

We can't promise everyone saving this great, but with a Kero-Sun heate you can definitely save on your fuel bill.

There are 8 Kero-Sun models. Eac as efficient, portable and safety-tested as the next. Your local dealer can help you select the right model for your needs. Check local codes fo permitted uses.

"As you can see, this was a great saving," Mr. Langula writes. As you can see, this is a great understatement.

KERO-SUN

"I saved $435.40 on fuel in February alone."

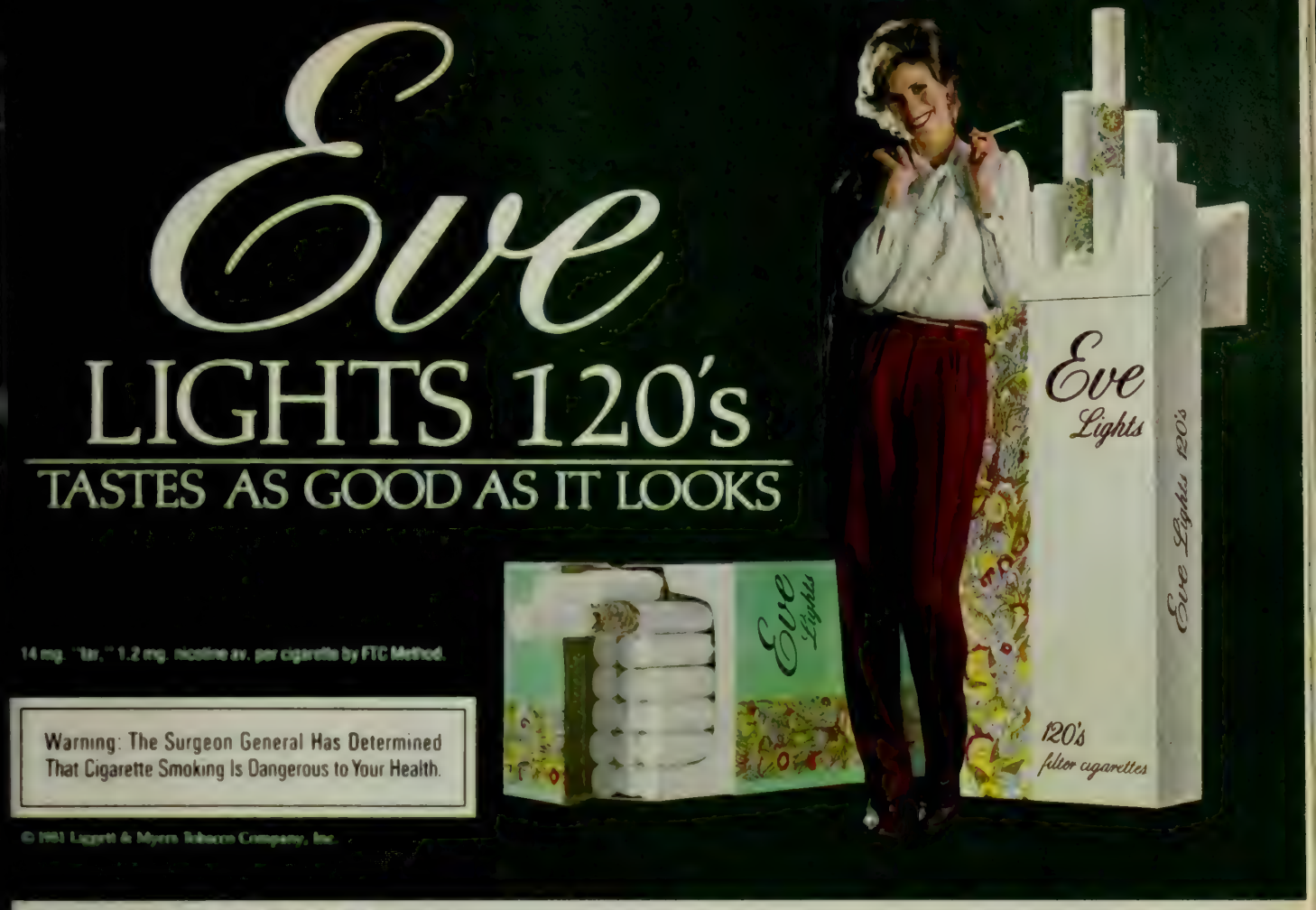
Gary Langula, owner of Langula Hardware, W. St. Paul, Minn.



Kero-Sun. Because you don't have money to burn.

FOR A DEALER NEAR YOU, LOOK UNDER "HEATING EQUIPMENT" IN THE YELLOW PAGES.

(California law prohibits sale for use or use of such unvented heaters in dwellings.) (Check local codes for permitted uses.) ©1981 Kero-Sun



SHOPPING

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

CLASSIC ROSES
Page 37-43: Wyant Roses, Route 84, Johnny Cake Ridge, Mentor, OH 44060. Roses of Yesterday and Today, 802 Brown's Valley Rd., Watsonville, CA 95076. Pickering Nurseries, 670 Kingston Rd., Pickering, Ontario, Canada L1V 1A6. Carl Pallek and Son Nurseries, Box 137 Virgil, Ontario, Canada L0S 1T0. W. H. Perron & Co., Ltd., 515 LaBelle Blvd., Chomedey, Quebec, Canada H7V 2T3.

CRAFTY SEWING MACHINE TECHNIQUES
Pages 44-45: Fusible web "Glue-By-The-Yard"—Pellon Corp., 119 W. 40th St., New York, NY 10018. Quilted fabric—Loom Treasures, Inc., P.O. Box 517, Garland, TX 75040. Embroidery floss—DMC, 197 Trumbull St., Elizabeth, NJ 07206. Sewing machine, Kenmore—Sears, Roebuck and Co., Sears Tower, Chicago, IL 60684.
Pages 46-47: Fleece—Pellon Corp. (address above).

AN IDEA KITCHEN WITH A CENTER FOR EVERY ACTIVITY
Page 83: All appliances—Whirlpool Corp., 2000 U.S. 33 N., Benton Harbor, MI 49022. Cabinets "Wyndtree Oak"—Merillat Industries, Inc., 2075 W. Bucher Rd., Adrian, MI 49221. Oak flooring "Colony Plank"—Memphis Hardwood Flooring Co., 1551 Thomas St., Memphis, TN 38107. Tile on counters and walls "Leather"—Sikes Corp., Florida Tile Co., P.O. Box 447, Lakeland, FL 33802. Tile on chimney stack "Babylonian"—Summitville Tiles, Inc., Summitville, OH 43962.
Page 85: Appliance center—Ronson Corp., 1 Ronson Rd., Woodbridge, NJ 07095.
Page 86: Table—Design Institute of America, 815 Park Ave., New York, NY 10021. Chairs—Rozmallin, 1253 Merchandise Mart, Chicago, IL 60654. Insulated draperies—windowBlanket Co., Inc., 107 Kingston St., Lenoir City, TN 37771. Rug—Rozmallin (address above).
Page 87: Home computer—Apple Computer, Inc., 10275 DeAnza Blvd., Cupertino, CA 95014. Paddle fans—Nutone Division of Scovill, Madison and Red Bank Rds., Cincinnati, OH 45227. Rug—Rozmallin (address above). Phone speaker Bell System Telehelper Speakerphone®—available at PhoneCenter Stores.

AIR-LOCK ENTRIES: TWO DOORS ARE BETTER THAN ONE
Page 88 (center): Insulated window wall—Libbey-Owens Ford, 811 Madison Ave., Toledo, OH 43695.
Page 90 (bottom left): Doormat—Pier One Imports, 2520 W. Freeway, Ft. Worth, TX 76102. (Bottom right): Vinyl flooring—Armstrong World Industries, Inc., P.O. Box 3001, Lancaster, PA 17604. Bench—Crate & Barrel, 1045 Massachusetts Ave., Cambridge, MA 02118.

CLASSIC COOKING TECHNIQUES FOR EVERYDAY COOKS
Page 98 (small photo): Copper ladle—Williams Sonoma, 532 Sutter St., San Francisco, CA 94102.
Page 100 (small photo): Skillet—Rosenthal-Studio Haus, 584 Fifth Ave., New York, NY 10036.
Page 101 (large photo): Soup tureen—Marsh Industries, 1224 E. 28th St., Los Angeles, CA 90011.
Page 102 (small photo): Blender—Home Economics Dept., Hamilton Beach, Division, Scovill Mfg., P.O. Box 2027, Washington, DC 27889. (Large photo): Soup bowls—Crystal Country, Division of American Cut Crystal, 225 Fifth Ave., New York, NY 10010. Glass plate—Schott-Zwiesel Glass Inc., E. 26th St., New York, NY 10010. Small glass bowl—Schott-Zwiesel Glass Inc. (address above).
Page 103 (small photo): Skillet—Rosenthal-Studio Haus (address above). (Large photo): Plate (left)—Fitz and Floyd, 1371 Round Table, Dallas, TX 75247.
Page 105 (small photo): Wire rack—Kalkus-Hirco, 5714 W. Cermak Rd., Cicero, IL 60650. (Large photo): Clear plastic plates—Schott-Zwiesel Glass Inc. (address above).

MY TURN TO COOK
PÂTÉ MAISON FRANK
Page 111 (top): Platter—Rosenthal Netter Inc., 2750 N. Broad, Philadelphia, PA 19132. Mortar and pestle—Alper Wooden Bowl Co., Hedges Pond Rd., Cedarville, MA 02360.

PRIZE TESTED RECIPES
Page 119 (right): Casserole dish—Copco, Inc., 11 E. 26th St., New York, NY 10010. Plate—Pottery Barn, 231 Tenth Ave., New York, NY 10011. Spatula—H. A. Mack & Co., Inc., 165 Newbury St., Boston, MA 02116.
Page 120 (center left): Casserole dish—Anchor Hocking Glass Corp., Fifth and Pierce Sts., Lancaster, OH 43130. (Center right): Fork—International Silver Co., 500 Research Pkwy., Meriden, CT 06450. Salt and pepper—H. A. Mack & Co., Inc. (address above). Small plate "Cinnamon"—Kosta Boda USA Ltd., 225 Fifth Ave., New York, NY 10010. (Right): Glasses—Lenox China, Inc., Lawrenceville, NJ 08648. Trivet—Williams Sonoma, 532 Sutter St., San Francisco, CA 94102.

As seen in McCall's "Flourishes With Food"

New! Quick & Easy Homemade Candies



Now you can create beautiful, molded chocolate candies that look and taste like the imported kind—for only pennies a piece!

Candy-making is a snap with this set of three heavy-duty, easy-to-clean plastic molds, containing eleven different shapes. Simply spoon in your choice of melted candy mixture, cool, and pop out candies as easily as ice cubes from a tray!

Surprise your family and friends with exquisite and delicious confections...for parties, gifts, special occasions, holiday any time. Whatever you choose—heavenly chocolate hearts, mouth-watering mint leaves, or luscious peanut butter flowers. McCall's Candy Molds will always provide sweet temptations that everyone will love!

Order yours today for only $4.95—including ten superb candy recipes and 100 fluted paper liners. (Of course, money back if you're not absolutely delighted!)

BG

McCall's Candy Mold Set
P.O. Box 14188, Church St. Station
New York, NY 10249

Please send me _____ Candy Mold Set(s) at $4.95 each plus $1.00 for shipping and handling. (SAVE! Order two or more sets and McCall's pays the shipping on all but the first.) Enclosed is my check or money order for $ _____, payable to McCall's.

Or charge credit card ($10.00 minimum order)

[ ] MasterCard [ ] American Express [ ] Visa

Card No. _____

Exp. Date _____
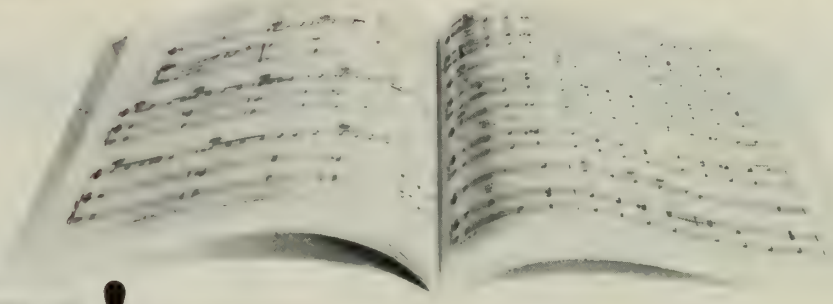
Name _____
(please print)

Address _____

City _____ State _____ Zip _____

Offer valid in U.S.A. and Canada, payable in U.S. funds only. Shipping to Canada: $2.00. Calif., N.Y., Pa. residents add sales tax.

If You Read Music... You'll Love Our Magazine!



Choose Your Own FREE Issue!

A

sheet music

You Needed Me ★ Edelweiss ★ My Favorite Things ★ Getting To Know You ★ Words ★ It Might As Well Be Spring ★ A Broken Hearted Me ★ Some Enchanted Evening ★ Hello Young Lovers ★ People Will Say We're in Love

B

sheet music

Amazing Grace ★ Michael Row The Boat Ashore ★ On Top Of Old Smoky ★ There Is A Tavern In The Town ★ Give My Regards To Broadway ★ You're A Grand Old Flag ★ Yellow Rose Of Texas ★ Down By The Riverside ★ Angels We Have Heard On High ★ Hark The Herald Angels Sing ★ Here We Come A-Wassailing ★ The Holly And The Ivy ★ O Come All Ye Faithful ★ We Wish You A Merry Christmas

sheet music

Don't Cry Out Loud ★ Summertime ★ Come Rain Or Come Shine ★ It Never Entered My Mind ★ Stand By Me ★ Try To Remember ★ My Ship ★ The Party's Over ★ Soon It's Gonna Rain ★ A String of Pearls

C

sheet music

I'm A Yankee Doodle Dandy ★ Mary's A Grand Old Name ★ Kiss Me Again ★ My Wild Irish Rose ★ Sweet Adeline ★ In The Evening By The Moonlight ★ I'll Take You Home Again Kathleen ★ The Rose of Tralee ★ Villa ★ Gypsy Love Song ★ Original Rags ★ Harlem Rag ★ Elite Syncopations ★ Easy Winners

D

Sheet Music Magazine, the only magazine you can play on your piano, organ, or guitar, wants to send you a FREE issue of great songs (*you pick it from the ones shown*)—just for trying a subscription at *no risk whatsoever.*

Each and every issue is filled with the words and music of the most popular songs ever written, including *Pop, Great Standards, Jazz, Show Tunes, Folk, Country, Tin Pan Alley, Movie and TV Themes, Classics, Ragtime, Blues,* and more. In addition, there are Keyboard Clinics, Guitar Workshops, Songwriting Lessons, Sight-Reading, Playing By Ear, Basics in Theory & Harmony, and so much more.

There are 100 or more songs per year, at a cost of less than 15¢ per song, songs which cost $2.50 each in stores. There is an *organ edition* as well as a *piano/guitar edition.* All editions come in *easy-to-play* arrangements or *standard* arrangements. Check your preference on the subscription application.

MAIL COUPON FOR YOUR FREE ISSUE TODAY!

MONEY BACK GUARANTEE
If your are not completely delighted after receiving your FREE issue, simply tell us to cancel and you will receive a full refund or credit. You've absolutely nothing to lose . . . so choose your FREE issue now!

Sheet Music Magazine Dept. L-48-22
352 Evelyn Street, Paramus, NJ 07652

Please rush me my FREE issue with all the great songs listed. This issue is mine to keep even if I decide to cancel. FREE ISSUES: Check (✓) one.
A☐ B☐ C☐ D☐

(✓) check one		(✓) check one
Piano/Guitar	Organ	☐One Year (9 issues) $13.97
☐Easy	☐Easy	☐Two Years (18 issues) $25.00
☐Standard	☐Standard	

Name _____

Address _____

City _____ State _____ Zip _____

☐I enclose full payment of $_____ (Make check payable to Sheet Music Magazine)
☐Bill me later.

Canadian residents please add $2.00 U.S. funds per year extra for postage.

Easy Face-Lifts for Aging Baths

Rather than "throwing in the towel" when faced with an old bath, why not give it a quick and easy spruce-up like the ones shown here? None of these updates required any structural changes. Instead, simple cosmetic tricks—like handsome wall treatments and smart fixture cover-ups—gave the baths their classy new looks.

▶ Cracked, irregular walls in a middle-aged bath like this one can be camouflaged easily—and with style.

The walls here were first "smoothed" by applying a feltlike underlining with wallpaper paste. Then they were dressed up with a coordinated pair of vinyl wall coverings.

The seam between the printed paper on the top and the solid-colored one below was concealed with a chair rail made of wood molding. For design continuity, the chair rail, woodwork, and radiator were painted to match the patterned wall covering.



Photograph: Maris/Semel. Design: Interiors by Leslie Thomas. Field editor: Estelle Bond Guralnick



Photograph: Fred Lyon. Design: Nickel-Fay Assoc., San Francisco Decorator Showcase. Field editor: Cathcart

▲ Instead of junking perfectly good bathroom fixtures just because they're out-of-date, why not rejuvenate them with simple cover-ups?

In this vintage bath, the old sink and tub are updated with surrounds made of ½x4-inch pine paneling. For protection from water spots, the paneling is finished with polyurethane and the vanity is topped with plastic laminate.

The cracked walls are masked with textured plaster, painted a glossy white, and a high wainscoting made of pine paneling. Pine-frame shutters with reed insets contemporize the large windows. And the old floor is covered with a cut-to-fit mat.



◀ In some cases, dated bathroom features can be turned into decorative assets. Here a sophisticated black-and-white color scheme plays up floor and wall tiles from the 1950s.

The walls are finished with black textured paint that contrasts dramatically with the tiles. And the color interplay is repeated by a shower curtain made of black and white printed fabric and a vinyl liner. To brighten the two-tone scheme, a gold-framed mirror is hung above the lavatory and a mixed bag of artwork is grouped alongside.

Photograph: Hedrich/Blessing. Design: Sims Murray Field editor: Estelle Bond Gurnalnick

Expect a great vacation. Every time.



Everything about Royal Caribbean's Caribbean is designed to make it happen.

Relaxing days of sun and sea. Memorable dining with the flair of fine restaurants. Personal service that does everything but tuck you in for the night.

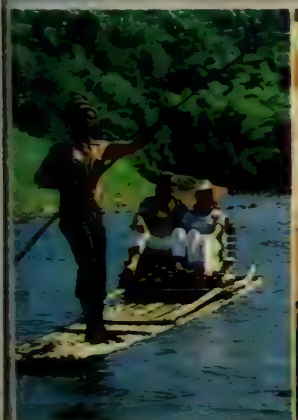
You'll meet new friends. Enjoy an endless whirl of entertainment and activities. Visit exciting islands like Cozumel, Martinique, St. Thomas and other Caribbean favorites. It's all yours for 7, 10, 11 and 14 days on glistening white ships designed especially for Caribbean cruising: Song of Norway, Sun Viking and Nordic Prince. With the new Song of America arriving in late 1982.

We sail from Miami every week year-round. Dining, accommodations and entertainment are all included in one price that costs no more than a good resort. And we fly you both ways free from most major cities on 10, 11 and 14-day cruises. And for Next-to-Nothing on all 7-day cruises.

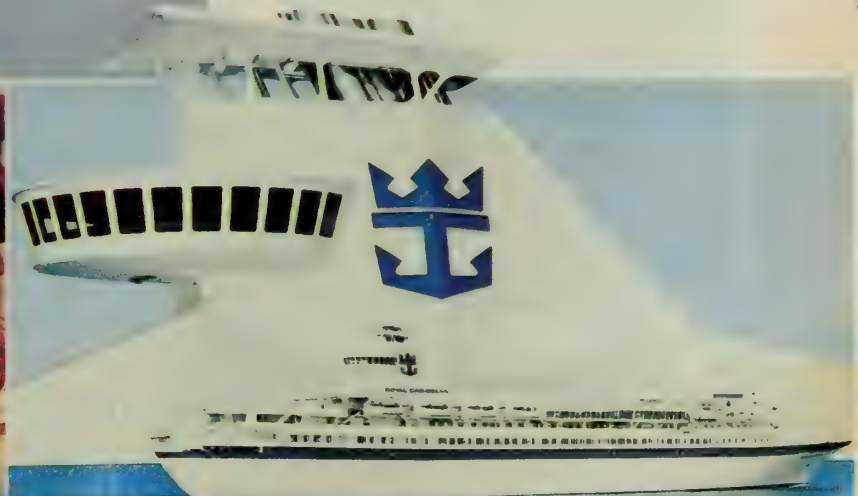
See your travel agent.

And have a great vacation. Every time.

ROYAL CARIBBEAN
Known for great vacations. Every time.℠







s' Registry: Norway

Ala



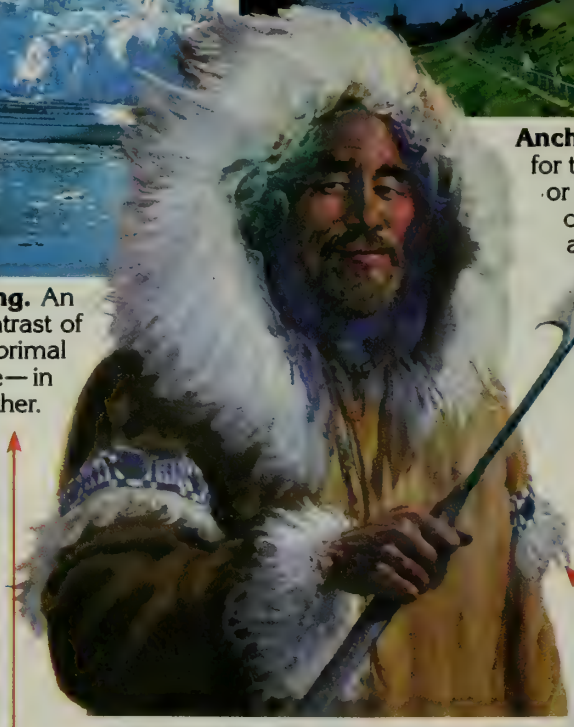
Elegant Hotels. Skylighted atrium lobbies, rooftop dining, nightly entertainment, and luxuriously appointed guest rooms are typical amenities offered by many hotels.



Luxury Cruising. An astonishing contrast of luxury and the primal forces of nature—in shirtsleeve weather.



Anchorage. A major stopove for travelers en route to Euro or the Orient, Anchorage offers residents and visito alike the excitement and c conveniences of a mod city surrounded by t beauty and adventur Alaska's wilderness.





Red Fox Cubs. Katmai National Park and Preserve, a medium-sized park by Alaska standards, is twice the size of Delaware. Red fox flourish here, along with populations of moose, wolf, lynx, bald eagles, whistling swans, sea lions, and sea otters.

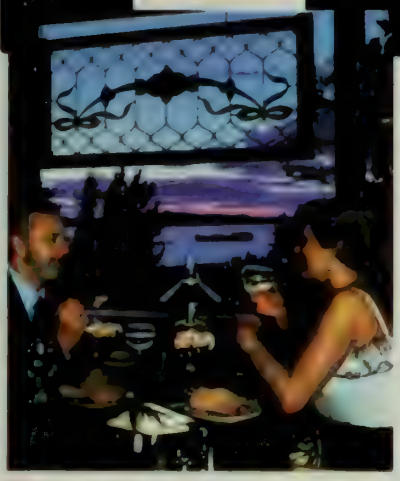
Arctic Alaska. Eskimo dances, the blanket toss, demonstrations of skin sewing, ivory carving, and other traditional activities of a six-thousand-year-old culture welcome visitors to far north Alaska.



ska!



m Poles. In Sitka
onal Historical
scenic walking
provide easy
ss to traditional
n poles set in a
forest of spruce
hemlock



Dining. Fresh Alaska seafood, international cuisine, and a surprising variety of ethnic specialties are featured in settings ranging from rustic country inns to elegant candlelit restaurants.



Alaskan Artistry. Visitors discover value in a wide range of gifts produced by local artisans, including original art prints, scrimshaw, beadwork, furs, and carvings.



Matchless Winter Sports. Scenes like this are the backdrop for cross-country skiing, dog sledding, and winter hot-air ballooning over snowy peaks.



Arctic Char. One of many magnificent sportfishing species found in Alaskan waters. With more than a million freshwater lakes and thousands of streams and rivers, Alaska offers sportfishing experiences to suit the most discriminating angler.



Send for your FREE 132-page book that shows how to enjoy an Alaska vacation!

Alaska is the vacation experience of a lifetime and this book will start you on your way. It's packed with useful information on how to plan your Alaska vacation. How to get there, what to see, what to do, where to stay, what to look for when you are shopping, and how to make it all fit your budget. You'll discover Alaska is warmer, closer, more comfortable, and more affordable than you ever imagined. **Worlds of Alaska and Canada's Yukon.** It's free. Send for it today.

SEND THIS REPLY CARD FOR YOUR FREE BOOK TODAY!

If the pre-paid reply card has been removed, write:
Alaska State Division of Tourism, Pouch E–45, Juneau, Alaska 99811.

ALL CRUISES
Call Toll Free
7 days a week
1-800-327-0699
Within Florida call
1-800-432-3662
Caribbean, Bahamas, Virgin Islands, Jamaica, Mexico, etc.
3 & 4 day cruises from $240
7 days & longer from $545
- Special Group Rates
- Special Air/Sea Savings
- Cancellation Protection
- Credit Cards Accepted

AAAABCo
CRUISE CENTER
50 YEARS OF EXPERIENCE

BH282
Mail coupon for color brochure
A AAABCO Cruise Center
19000 W. Dixie Hwy., P.O. Box 630877
Miami, FL 33163
☐ 3-4 Day Cruises ☐ 10-11 Day Cruises
☐ 7 Day Cruises ☐ 14 Day or Longer
Name
Address
City
State Zip

Simple-to-Make Sock Doll

You can turn a man's sock and some scrap-bag fabrics into a soft, safe, machine-washable doll. Use the sock for the head and body and add facial features, accessories, and other details to suit your fancy.

Materials: Three-inch-diameter plastic foam ball; man's tube sock; small skein of yarn in desired color; small piece of felt; polyester fiberfill; 6-inch piece of narrow elastic; dotted swiss for hat and apron; gingham for dress and arms; 2 small buttons; lace edging.

Instructions: Place plastic foam ball in toe of sock and stuff remainder of sock with polyester fiberfill. Machine-stitch the sock opening closed.



Design: Pam Adamczyk. Photograph: Mike Dieter

Cut a 14x24-inch piece of gingham for the doll's dress and stitch a casing in one long edge. Insert elastic through the casing and stitch the ends together. Sew the back seam, hem the bottom edge, and fit the dress on the doll.

Cut two 2x13-inch pieces of gingham for the doll's arms and fold both pieces in half lengthwise. Stitch the side seams and across 1 end of each piece of fabric and turn the pieces right side out. Stuff the pieces with polyester fiberfill and stitch the openings closed. Attach the arms to the doll's body, stitching through the dress.

Enlarge the apron pattern, *below,* and cut 2 pattern pieces from dotted swiss. Sew the 2 pieces together, right sides facing, leaving a small opening along the bottom of the apron. Trim seams, turn right side out, and press lightly; then stitch the opening closed. Stitch a small pocket to the front of the apron, if desired.

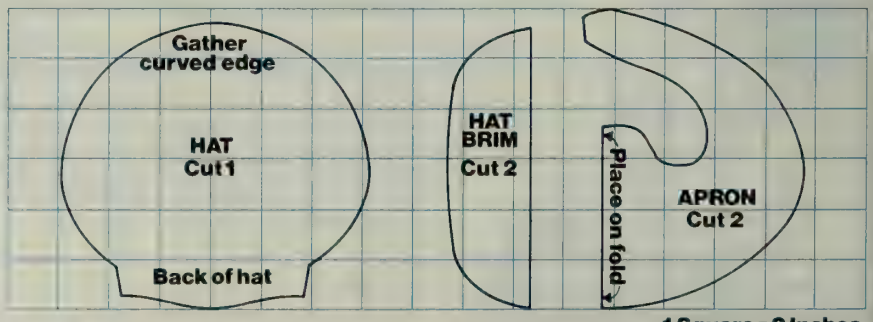
Dress the doll in the apron, crossing the straps in back. Secure the straps to the front of the apron with 2 buttons.

Cut thirty 20-inch strands of yarn and line the pieces up side by side. Machine-stitch down the center of the yarn and stitch the yarn in place to the top of the doll's head. Divide the yarn into 2 sections and braid each section.

Enlarge the hat pattern, *below,* and cut the pieces from dotted swiss. Stitch the brim pieces together, right sides facing, leaving the straight edge open. Trim seams and turn right side out, pressing lightly. Stitch lace edging to the brim of the hat.

Gather the curved edge of the hat and stitch the brim in place. Tack the hat in place on the doll's head.

Glue 2 felt eyes in place.



Finally, indoor grilling without a vent or hood.



Now you can grill steaks indoors anywhere you want to.

It doesn't matter whether you live in an apartment, a condo or the 47th floor of a high rise.

With the new Ventless Grill-Range from Jenn-Air, smoke and grease are pulled down *inside* the range and removed by our new Electronic Air Cleaning System.

We call it our Anywhere Jenn-Air. Because that's where it lets you grill. Anywhere.

Only Jenn-Air has this new Ventless Grill-Range. It gives you all the versatility of our regular vented ranges — indoor grilling, selective-use convection/radiant oven, convertible cooktop cartridges and all the rest.

Yet it needs no venting to the outside. Or even a hood. A simple electrical connection is all you need.

Come in for a demonstration at the Jenn-Air dealer nearest you. (You'll find him listed in the yellow pages.)

Because you really have to see it to believe it.

The Anywhere Jenn-Air.



Jenn-Air. The finest cooking system ever created.

A "Studio" Kitchen for Serious Cooking

If you consider cooking an art and not a chore, you probably have strict criteria for your kitchen: good light, the right equipment, and plenty of elbowroom. Here's how two creative cooks made their kitchen measure up.

In the original kitchen, four different doorways chopped the counter space into isolated sections and fed traffic directly into the work area from several other rooms. The owners solved both problems by moving the kitchen wall out eight feet. Along the new wall *(right)*, the cooking and cleanup areas now share a generous L-shaped counter top, and they're buffered from cross traffic by a butcher block island (partly visible on the right) that occupies the spot where the old wall stood.

A studio-size skylight illuminates all of the work surfaces, even on overcast days. And large expanses of glass in the new wall make the entire room seem part of the garden—an illusion heightened by the lush indoor plantings and the flower-design tiles.

One side of the butcher block island has its own sink for salad preparation and a removable marble slab for rolling out pastry. The other side *(bottom, right)* doubles as a snack bar, with a 12-inch knee space tucked under the butcher block counter top.

Facing this end of the island is a well-organized food-storage wall. On the left is a walk-in wine closet that is cooled to a thermostatically controlled 62 degrees Fahrenheit. Its contents can be inventoried through the glass door to minimize temperature variations. The oak wine rack inside the closet is specially constructed to ensure good air circulation and an even temperature. On the far right is a niche for the refrigerator, and in the center is a pantry with shelf units on the doors. Inside, another shelf unit swings out for easy access to shelves in back.

There's also easy access to the dead space in the corner of the L *(bottom, far right)*. Deep trays on drawer glides can be pulled across into view when the door unit swings out.



Photographs de Gennaro Architect Michael Shotwell, AIA Interior designer Stephen Onstott Field editor P Graves





SALAD TIPS 'N BITS

No. 2 CHOP or TEAR





Should you or shouldn't you?

Most people are told, "tear, don't chop, the lettuce," without ever knowing why. (Those who are left to make their own decision usually choose to chop. It's easier.)

You should. And you shouldn't.

There is, however, a reason for tearing. And one for not tearing. Always tear your lettuce when preparing salad in advance. That way the edges won't darken as quickly. But when you're planning to serve the salad right away, go ahead and chop, chop, chop. It's a quick, easy way to a crisp salad.

Either way, pour on the Bac•Os.®

Whether you chop or tear, we don't care. Just be sure to pour on the Bac•Os. That way if you ever chop when you should have torn, your salad will be so packed with great bacony flavor and crunch, no one will notice.

Make a better salad. With Bac•Os.



THEN CUT!

STORE COUPON

Save 25¢

on your next purchase of Bac•Os

TO CONSUMER: This coupon good only on the product indicated. Only one coupon redeemed per purchase. Any other use may constitute fraud. Coupon not transferable.

TO RETAILER: As our agent, accept this coupon on the purchase of the specified product. General Mills will redeem each coupon you so accept for the face value plus 7¢ handling charge. Mail this coupon to General Mills, Inc., Box 900, Minneapolis, Minnesota 55460 for redemption. Coupons will not be honored if presented through third parties not specifically authorized by us. *Any attempt to redeem this coupon otherwise than as provided herein shall constitute fraud. Invoices proving quantities you purchased must be submitted on request to corporate headquarters. Coupons subject to confiscation and/or marking when terms not complied with.*

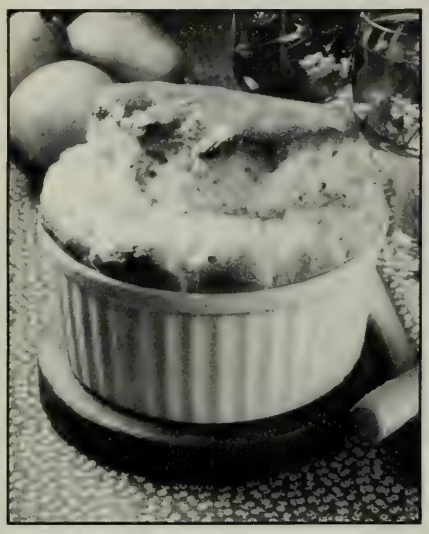
Void where prohibited, licensed or regulated. Good only in U.S.A., A.P.O.'s, F.P.O.'s. Cash value 1/100 cent.

25¢ General Mills 25J

General Mills, Inc. 1982 ® Bac•Os is a registered trademark of General Mills, Inc. imitation bacon

Low-Cal Entrées for Two

If two of you are weight-watching, you'll welcome these three low-calorie entrées. Each is designed to satisfy two, with approximately 300 calories per serving. Dieting has never been easier!







Photographs: Mike Dieter

ZUCCHINI SOUFFLÉ

Colorful low-calorie zucchini is combined with a light white sauce in this delicious main dish—

1 tablespoon butter *or* margarine
1 cup chopped zucchini
1 tablespoon cornstarch
½ teaspoon dried basil, crushed
⅛ teaspoon salt
Dash cayenne
½ cup skim milk
½ cup shredded cheddar cheese

• • •

2 egg yolks
2 egg whites

Melt butter *or* margarine in saucepan; cook zucchini in butter till tender. Stir in cornstarch, basil, salt, and cayenne till blended. Add milk all at once. Cook and stir over medium heat till mixture is thickened and bubbly. Cook and stir 1 minute more. Remove from heat. Stir in cheese till melted. Beat egg yolks till thick and lemon-colored. Gradually stir in zucchini mixture. Beat egg whites till stiff peaks form (tips stand straight). Gradually pour the egg yolk mixture over beaten whites; gently fold together using rubber spatula. Pour into ungreased 3-cup soufflé dish with attached greased collar. Bake in a 325° oven about 40 minutes or till knife inserted near center comes out clean. Serve immediately. Makes 2 servings, about 292 calories each.

SAVORY STEAK 'N VEGETABLES

½ pound boneless beef round steak
Salt and pepper
1 tablespoon cooking oil
¾ cup water
1 teaspoon instant beef bouillon granules
¼ teaspoon dried basil, crushed
¼ teaspoon dried thyme, crushed
⅛ teaspoon dried marjoram, crushed
2 large carrots, cut in strips
1 medium green pepper, cut in strips
1 2-ounce can mushroom stems and pieces, drained
2 teaspoons cornstarch
1 tablespoon cold water
Kitchen Bouquet (optional)

Trim excess fat from meat; sprinkle meat with salt and pepper. In 3-quart saucepan brown meat on all sides in hot oil. Add the ¾ cup water, the bouillon granules, basil, thyme, and marjoram. Bring to boiling; reduce heat. Cover and simmer about ½ hour. Add carrots; simmer 15 minutes more. Add green pepper and mushrooms; simmer 10 minutes longer or till meat and vegetables are tender. Remove meat and vegetables to warm serving platter. Measure pan juices; skim off fat. Add water to pan juices to make ¾ cup liquid. Return to saucepan. Stir cornstarch into the 1 tablespoon cold water till blended; stir into pan juices. Add a few drops of Kitchen Bouquet, if desired. Cook and stir till thickened and bubbly. Cook 2 minutes more. Spoon some gravy over meat and vegetables. Pass remaining gravy. Makes 2 servings, about 304 calories each.

INSTANT ORIENTAL SHRIMP

4 ounces (¾ cup) frozen cooked shrimp
⅓ cup quick-cooking rice
1 10-ounce package frozen Japanese-style vegetables
3 tablespoons water
1 tablespoon soy sauce
¼ teaspoon grated fresh gingerroot
1 teaspoon cornstarch
1 tablespoon cold water
Lemon wedges (optional)

Thaw shrimp according to package directions. Prepare rice according to package directions. Meanwhile, prepare sauce: In a saucepan combine frozen vegetables, the 3 tablespoons water, soy sauce, and gingerroot. Bring to boiling; reduce heat. Cover and cook over low heat 5 minutes or till almost tender, stirring frequently. Stir cornstarch into the 1 tablespoon water; stir into saucepan. Cook and stir till bubbly. Stir thawed shrimp into vegetable mixture; heat through. Serve with hot cooked rice. Pass additional soy sauce. Garnish with lemon wedges, if desired. Makes 2 servings, approximately 295 calories each.

"Last year at a resort, we got this."



"This year we're taking a 'Fun Ship' cruise."



We thought we were getting a great deal on last year's vacation. But that "great deal" wound up being a "come on" price. When we added on all our entertainment, meals, taxis and other extras, our trip cost us a lot more than we'd planned.

But on this year's Carnival cruise we're getting virtually everything included for one low package price: eight sumptuous meals and snacks a day, a full gambling casino, nightclub entertainment and a whole ship full of activities. Plus our choice of tropical ports in the sunny Caribbean or Mexico. All included in a price so low it's typically $200 - $400 less per couple than other 7-day Caribbean cruises. We're getting it all this year — with peace of mind and no expensive surprises!

The Mardi Gras, Carnivale, Festivale and Tropicale depart weekly from Miami every Saturday or Sunday for exotic Caribbean ports such as Samana, San Juan, St. Thomas, Nassau, Ocho Rios, Grand Cayman and Cozumel.

Carnival Cruise Lines

Imported by The Paddington Corporation, New York, N.Y. 34 Proof © 1981



Baileys. A unique taste so silken, so full of character, only one word can describe it. Magic.

Perhaps it's that taste of magic that has made Baileys America's fastest growing liqueur.

BAILEYS. TASTE THE MAGIC.



IDEA KITCHEN

With a Center for Every Activity!

By CarolAnn Shindelar

What makes a good kitchen? That's the question *Better Homes and Gardens* editors and Whirlpool Corporation staffers have been brainstorming for over a year. And here are our answers, exemplified in this idea kitchen.

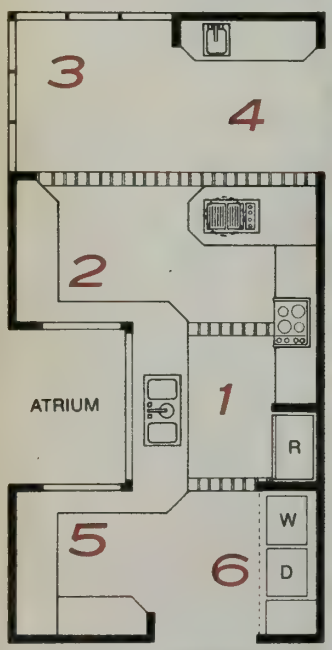
It's a kitchen that has it all—everything you've been wanting and more. You can pick the ideas you like best and put them to work now, or you can duplicate the entire room when finances permit. The kitchen features a zoned floor plan, quality materials, bountiful storage and work space, and top-of-the-line appliances. Every inch of space is put to good use: the highly efficient work core *(above)* is surrounded by five other centers for special purposes. We'll walk you through each of them individually on the following pages.

1

Work core. You won't waste time navigating a helter-skelter floor plan in this kitchen; the refrigerator, sink, and range form an efficient work triangle that saves time and steps as you move from one appliance to another, preparing meals and cleaning up afterwards. The dishwasher and trash compactor are located on either side of the sink, and the whole counter looks out on the atrium, which helps lighten the drudgery of cleanup duty.

The central work core of the kitchen measures about 16x10 feet and includes plenty of prefinished oak cabinets, open display shelves, and tile-covered work surfaces. A strip of the same terra-cotta tile is used as an accent band at eight-foot intervals on the floor. The flooring is pegged oak strips that were finished to match the oak cabinets.

Counter space abounds in the work core; the counters



Illustrations: Jim Dye

flanking the sink are extra deep so one cook can spread out salad ingredients without bumping into anyone unloading the dishwasher. And the counters next to the range and microwave oven can easily



Photographs: Jim Hedrich, Hedrich-Blessing. Design: Barry Berkus, AIA

handle all the dishes and pots and pans involved in multi-ingredient meals.

Undoubtedly the most dramatic part of the work area is the barbecue center, which is dominated by a tile-covered chimney that hides the ventilating fan and ductwork to the ceiling. The barbecue is just a few feet from the dining table so shish kebabs and sweet corn can always be served hot off the grill.

Unique triangular display shelves are created by the angled corners of the butcher block counter top. In this kitchen the shelves are used for herbs and spices, but the unit could easily be adapted for use as a magazine rack, towel holder, or cook book shelf. You can build your own corner display by following the sketch *(bottom).* If you have small children, you may want to modify the design.

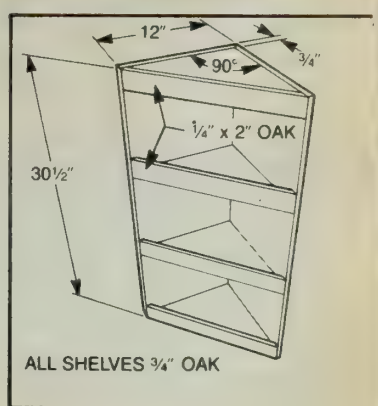


2

Bake and serve center. Butcher block counter tops adjoin the tile counters on each side of the sink and lead to other work areas. The butcher block counter to the right of the sink continues around the corner of the atrium to a baking and serving center *(above).* Here you can prepare tortillas from scratch or put the finishing touches on tonight's dessert. The food processing center simply drops below the counter top when it's time to clean up.

The atrium provides natural light that supplements the task lighting above the counters in the kitchen—and keeps a varied collection of cactus and succulents happy as well. The glass in the atrium is covered with thermal drapes that hold warmth in the kitchen during the winter and prevent heat from entering in the summer.

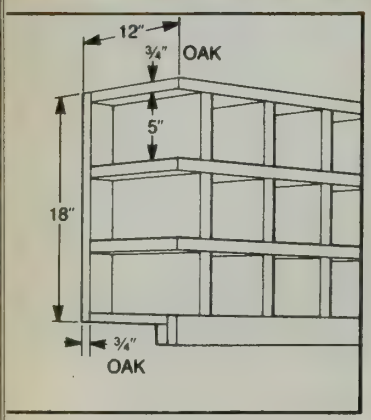




3

Dining area. Because the dining table *(right)* is adjacent to both the serving center and the wet bar, dinner and drinks can be served in a jiffy. And afterward, the plates can be moved to the serving center counter just as speedily. The windows in the dining area are covered with the same quilted thermal drapes used in the atrium.





4

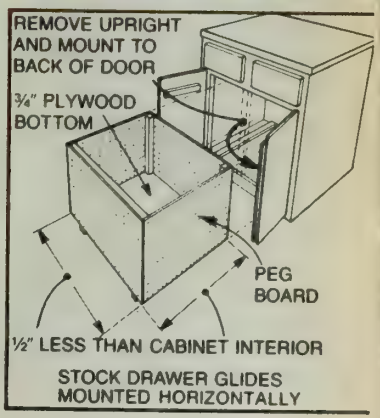
Wet bar. The wet bar features prefinished oak cabinets like the ones in the work core of the kitchen; the custom-built oak wine rack above the bar has been stained to match. You can build a wine rack like this to fit any empty space below a kitchen soffit; just follow the sketch *(above).*



5

Planning center. The planning center *(left)* has a butcher block counter top that adjoins the tile counter, as in the baking center. A combination of glass-enclosed and open shelves display cook books and Southwest collectibles. The home computer is at desk height next to the phone for easy hookup to a home information service.





6

Laundry center. Identical cabinets, tile, and drapery fabric for a roll-up shade meld the laundry area with the rest of the kitchen. The lower cabinet has a pegboard pullout hamper that you can adapt to any cabinet by following the sketch *(above)*.

Buying information, page 81

AIR-LOCK ENTRIES

TWO DOORS ARE BETTER THAN ONE

BY WILLIAM L. NOLAN

When you let the cat out tonight, some of your energy dollars will probably slip out, too, because the incoming air will make your furnace work overtime. You can't avoid opening the door, of course, but you can certainly minimize the adverse effects—and acquire some useful entry space—by adding an air-lock vestibule.

A true air lock traps air pressure between an inner and an outer door. If you close one before opening the other one, the indoor and outdoor air pressures can't interact. Hence, no strong drafts.

In the days before cheap energy and central heating, nearly every house on the block had at least two such spaces—one for the front door and one for the back door. Now that energy is dear again, the virtues of air locks are being rediscovered. Here are four modern-day air locks—each one designed to complement a different architectural style—that illustrate some of those virtues.



Photographs: Feliciano. Architect: Jane Griswold. Field editor: Estelle Guralnick

Glass-Walled Rear Entry

For maximum energy savings, you should add your air-lock vestibule where it will do the most good. The back door of this two-story Victorian home in New Hampshire *(above)* opened directly into a cramped and drafty service hall. Every time the back door opened, cold air blew into the kitchen, the dining room, and the basement stairway. So the owners added a generously proportioned all-glass air lock. (They were able to indulge in a lavish expanse of glass because the inner door protects the indoor environment when necessary.) To the right, they also added a plant window in the kitchen.

Their rear entry is now a pavilion-like vestibule that's as beautiful as it is functional *(right)*. The homeowners can step "outside" and chat with visitors or remove the children's overshoes without letting drafts into the back hall. The rear entry also relieves traffic problems in the cramped hallway and adds architectural balance to the rear elevation of the house. The handsome slate floor is sealed with an acrylic finish to handle dripping umbrellas and tracked-in snow, and the pine window trim is sealed with polyurethane varnish. All the windows are double-





Photographs: William N. Hopkins. Field editor: Patricia Carpenter



glazed, with operable sections near the floor and ceiling for warm-weather ventilation.

Revamped Front Stoop

Retrofitting your house with an air-lock vestibule can be a relatively simple project, and here's the proof *(above)*. If you already have a small stoop or covered entry, all you may need to do is enclose the sides and add a storm door. You could do an inexpensive project like this in a weekend or two, and reap the benefits for years to come.

The small entry porch of this Dutch colonial house in Minnesota has been enclosed with fixed glass panels that protect the inner door from cold winter blasts. In summer the glass panel in the outer door is replaced with a screen.

Although this air lock measures only 40 by 60 inches inside, there's plenty of room to close the outer door before opening the inner one *(left)*. Now the homeowners don't have to shiver in a cold draft every time they retrieve the morning newspaper or greet visitors.

continued

AIR-LOCK ENTRIES

Porch-Vestibule Addition

Air-lock vestibules make good sense in any season or climate. For example, the entrance to this house in Louisiana offered little protection from sticky summer heat and chilly winter rains. The front door was unshaded and opened directly onto a bare concrete stoop. To set things to rights, the owners replaced the stoop with a wide porch that shields both the entry and the front window *(right);* enclosed the entry side with glass walls; and covered the glass with a latticework of 1½-inch pine lath. Now the front door opens from the side of the vestibule and is protected by the open half of the porch. A decorative balustrade and meticulous post-and-cornice detailing make the addition look as if it had always been there.

The interior of the vestibule *(right)* is inviting the year round because the glass panels seal out summer humidity as well as blustery winter rains. And the latticework offers cool shade in summer and soft, filtered light in winter. The new side entrance is graced with an elegant old cypress door, and the porch and vestibule are paved with weathered brick. On the vestibule side of the addition, the brick floor is raised one course to keep the vestibule high and dry. At night, these attractive features are bathed in soft light from recessed fixtures in the ceiling.









Photographs: Bill Maris. Architect: George Hopkins, Jr., AIA. Field editor: Bonnie Warren



Photographs: Ozzie Sweet. Field editor: Estelle Guralnick

Multipurpose Rear Entry

Like many other tract houses built during the '50s and '60s, this split-level ranch house in suburban Massachusetts lacked a proper service entry. The back door opened directly into the kitchen, so winter gusts penetrated to the very heart of the house. And there was no coat closet handy, so jackets and caps were flung onto the kitchen chairs, and muddy boots tracked up the floor. Also, the extra traffic and clutter made the kitchen seem cramped.

The solution: a spacious 10x12-foot air-lock addition *(above)*. The original kitchen door, which was left in place, is now shielded by a new outer entrance that includes both a wood-panel door and a combination storm door. Inside *(left)* there's also a coat closet (just visible on the left) plus built-in storage along one side (out of camera range, to the right) for seasonal gear. Along the other side, there's space to sit and remove wet boots or enjoy a quiet moment in the sun. For easy upkeep, the floor is covered with sheet vinyl and the walls are paneled in wood veneer.

To merge the add-on with the rest of the structure, the owners carefully duplicated the original roof line and siding. And to give the new entry a settled-in look, they reworked the flower beds and added a small deck, then laid a curving stone walkway between the deck and the driveway.

Buying information, page 81

The Charm of Country Collectibles

Decorating With Americana

By Denise L. Caringer and Robert E. Dittmer

Once you collect your first piece of old china, stained glass, basketry, or whatever else catches your fancy, you're hooked. Before you know it, you've acquired a fascinating assortment of treasures—*and* a classic where-to-put-it problem.

Enter Clay and Sunny Henderson and their two children. The Hendersons are tireless collectors of American country antiques and reproductions. And with this family, collecting is more than a hobby; their finds become decorating assets. Beautiful arrangements of folk art, checkerboards, hearts, and more add personality, charm, and one-of-a-kind style to each room.

But while the Hendersons are serious collectors, there's no "hands-off" policy in their house. Instead, collectibles are cooked in, served on, eaten off of, and playfully arranged and rearranged.

Thus, as you'll see on these pages, the Hendersons' home is far from a museum. Instead, it is a living, changing gallery of Americana, filled with personality, charm—and ideas to help you display and live happily with your own treasured collections.



Photographs: deGennaro. Design: Sunny and Clay Henderson. Field editor: Sharon Haven

One way to tie a disparate collection together is with color. In the living room, *right,* favorite objects—quilts, pillows, folk-art watermelons, papier-mâché apples, to name a few—show off their red, white, and blue colors against a neutral backdrop. Sunny says collecting is a continuing process, so she is always moving things around and weeding out items to make room for new ones. One current favorite is the watermelon. Since watermelons made by well-known artists were too expensive, Clay cut some out of wood and Sunny painted them.



Two large old baskets by a sunny window, *opposite,* hold a cuddly assortment of teddy bears. The lovable creatures are only a sampling of Sunny's vast teddy bear collection. She says each bear was chosen for its special facial expression, so each "has its own personality." True to the family's philosophy that collections are for using, an old earthenware container is filled with garden flowers.



A playful juxtaposition of elements—tied together again with red, white, and blue—adorns a tabletop, *left,* in the living room. Mixing pieces of obviously different scale—in this case, the miniature chair and the even smaller doll and tiny house that occupy its seat—makes for a lively grouping. An old metal cookie cutter (part of Sunny's collection of hearts) and needlework samples are at home atop the old coverlet-turned-table skirt. The blue and white in the Canton plate meld it smoothly into the setting.









Blue and white china amassed in a tall pine cupboard creates a focal point in the family room, ***opposite.*** The down-home grouping includes a handmade quilt (hung as art), an old checkerboard, and even a backwoods-style willow chair. A sturdy primitive bench has been turned into a coffee table.

To emphasize the country feeling of the house and collections, Sunny stenciled a homespun design on the back of an old wooden chair in the family room, ***above.*** Next to the chair, a table holds an assortment of folk-art farm animals and birds. Grouping these small items gives them greater impact than they'd have if scattered throughout the house.

The decidedly nonfarm shorebird adds scale—and a delightfully capricious touch—to the grouping of small kindred items.

In the dining room, ***above,*** a collection of old checkerboards is hung informally with the small boards grouped to visually balance the larger ones. The arrangement is anchored by a century-old chest topped with toleware and a whimsical folk-art bunny. The pieces work together as a unit, but they're spaced so each can be appreciated.



This collection in the laundry room lightens washday chores. The vintage scale, mortar and pestle, grinder, tins, and medicine bottles are tied together by both a rural and a "general store" theme. In true American folk-art style, the silhouettes of the perky rooster and hen are sharp and well-defined.







On the nearby desk, *top,* a folk-art pig lends scale to a flock of carved birds. Just for fun, Sunny keeps an Audubon bird book nearby.



The years of roaming flea markets, sifting through garage-sale bins, combing antique shops, and even rescuing items that were on their way to the dump have paid off handsomely for the Hendersons, as shown in their master-bedroom sitting area, *opposite.*

The sofa was salvaged from the dump and reupholstered, and the pillows are homemade.

Baskets, folk-art fowl, antique American hooked rugs, and whimsical hearts add life and color to the otherwise neutral setting.



In another corner of the master bedroom, ***above,*** several farm animals—pigs, a domineering rooster, and a lamb—have taken over the sitting area. A farm-style checked tablecloth and casual straw matting complete the country setting.

In daughter Emily's room, ***above,*** an old screen is recycled as a headboard. The screen forms a fitting backdrop for some of Emily's own collection of dolls and teddy bears.

The bedroom also proves that a room's decor doesn't have to slavishly follow the style of the collections displayed in it. Here, a definitely contemporary wall covering fits right into the red and white scheme.

Classic COOKING TECHNIQUES

To Make Simple Fare Sensational

By Joy Taylor

Flambé! Deglaze! Glacé! Caramelize! Sound mysterious? And difficult? Don't believe it! These cooking methods, and other classic techniques, are actually simple tricks used by cooking pros to liven up the flavor of familiar foods.

On the following pages, we demystify seven classic cooking techniques so that you can incorporate them into your everyday meals. Flambé gets you off to a flashy start. Then you'll learn the tricks of the trade for bouquet garni, caramelizing, reducing, deglazing, pureeing, and glacéing. Expand your cooking expertise even more with our food term guide on page 106.



FLAMBÉ

Ignite Spirits for Glowing Finales

Flambé (French for "flamed") is more than a striking way to serve food. It also adds the flavor of liquor, minus any harshness from the alcohol, to a variety of foods. Choose a spirit that's compatible with your recipe and at least 70 proof. In a ladle or saucepan, warm ¼ to ½ cup of the libation. Ignite the warm liquid with a long match and pour the glowing spirit over the food. Allow the flames to subside, then stir the food to distribute the flavor.





Photograph: Hedrich/Blessing; Mike Dieter. Food stylist: Fran Paulson

Southern Comfort and hot pepper sauce make **Frisky Shrimp** *(left)* live up to its name. Colorful shrimp with tails, bias-sliced celery, green onions, and toasted slivered almonds are accented by the zesty tomato sauce.

What makes **Meringue and Fruit Flambé** *(right)* especially inviting is the brandied fruit sauce that's spooned over the chocolate meringue shells and vanilla ice cream.

Orange liqueur adds zip to **Dessert Omelet Flambé** *(middle)*, filled with fresh kiwi slices and strawberry preserves. Powdered sugar, singed with a hot metal rod, adds a decorative finish to the top of this elegant omelet.

Richly brewed **Flaming Tea Punch** *(upper right)* is spiked with a blend of cognac and Amaretto. Orange pinwheel slices accent the citrus base of this warm drink.

Recipes begin on page 112.
Buying information, page 81

CARAMELIZE

Melt Sugar for Sweet Creations

Put the heat to granulated sugar and it **caramelizes** into a liquid with a brand-new amber color and rich flavor. This melted mixture can give breads, desserts, sauces, and vegetables a distinctive caramel taste and tint. Let the sugar brown slightly over low heat in a heavy skillet. Caution: Don't stir till the melting begins or the sugar will get lumpy. After the sugar starts to melt, stir it constantly over low heat for eight to ten minutes or till golden brown. The longer it's cooked, the more pronounced the flavor. When the melted sugar is removed from the heat, it will harden quickly. To remelt it, a liquid or melted butter is often stirred into the mixture.





Pineapple chunks and apple wedges team up in a caramelized syrup and bake under a rich pastry in **Pineapple Tarte Tatin** *(back right).* The frozen puff pastry dough makes short work of this elegant dessert that will impress your family and friends.

Caramelized sugar replaces the traditional corn syrup in the glaze for **Whole Wheat Caramel Rolls** *(left);* they're filled with wheat germ, chopped nuts, and raisins. In **Caramelized Onions in Squash** *(front),* the sugar syrup is accented with orange peel that complements the vegetable combo.

BOUQUET GARNI

Bag Up Herbs for Savory Seasoning

Wrap several parsley sprigs, garlic cloves, fresh or dried thyme, and a whole bay leaf in cheesecloth and you have one **Bouquet Garni.** Just drop one, two, or even three of these simple seasoning bags into a simmering soup, stew, sauce, or braising liquid to give the food a robust taste and aroma. The cooking liquid remains speckle-free and you can easily fish out all of the herbs at the end of the cooking time.



Tie up a batch of these wonder-bags to keep close at hand for fast flavoring. For this purpose, be sure to use the dried thyme in the mix since the fresh thyme loses its potency when stored for any length of time.

Versatile is the word for bouquet garni, as these three recipes demonstrate. **Bouquet Garni Jelly** *(left)* is especially good when spooned over biscuits, but try it on a peanut butter sandwich, also. Two bouquet garni bags give **Herbed Béchamel Sauce** *(right)* its sophisticated flavor. Serve this sauce over cooked vegetables, eggs, or fish. **Herbed Lentil Vegetable Soup** *(back)* makes a hearty meal that is enriched not only by the bouquet garni, but also by the tomato-juice-based broth.

Recipes begin on page 116.
Buying information, page 81

PUREE

Sieve Foods for Extra Body

You can add an intriguing new look, taste, and texture to commonplace foods by **pureeing** some of the recipe ingredients. When you substitute purees for other liquids in a recipe, you stir in body and richness, and often subtract calories since thickeners may be omitted. You can add fullness to a cream sauce by stirring in pureed vegetables. Or, blend extra fruitiness into a molded salad with processed berries.



Start with almost any food—fruit, vegetable, or meat—and mash it with a sieve, food mill, blender, or food processor. No matter how you do it, or how many foods you mix, the outcome is the same: a rich puree ready to impart its flavor to many dishes.

Peaches, mandarin orange sections, and ricotta cheese are pureed together to form stately **Peach Mousse with Raspberry Sauce** *(back).* The elegant, but easy sauce is made from sieved frozen berries and orange liqueur.

Potatoes, celery, onion, plus your choice of any winter squash, are the beginnings of **Cream of Winter Vegetable Soup** *(front).* A portion of the cooked vegetables is pureed to provide the thick, creamy base of this robust soup. To add satisfying crunch, salted sunflower nuts are sprinkled on top of each serving

DEGLAZE

Capture Drippings to Add Richness

Don't discard the tasty pan drippings when you roast or pan-fry food. Instead, **deglaze** the pan. When the cooking vessel is deglazed, those crispy brown morsels are loosened and become the basis for a full-bodied gravy or sauce.

To get started, remove the cooked food from the skillet and keep it warm.



Add your choice of liquid to the hot pan —milk, fruit juice, wine, coffee, bouillon, or any other liquid you happen to have on hand in the kitchen. Scrape up the crusty bits with a metal spatula while the liquid boils, stirring in additional liquid and seasonings as needed. The result: A rich-tasting sauce that turns plain food into extra-special fare.



Ham with Onion Sauce *(back)* capitalizes on the drippings left in the skillet after boneless ham slices have been fried. A hint of coffee in the deglazing liquid makes the sauce similar to the Southern favorite, red-eye gravy.

Add apple juice to the flavorful bits in the pan bottom for **Curried Lamb Chop Platter** *(front)* and stir up extra flavor. Then, blend curry powder, green pepper, onion, and dried fruits into the juice mixture and you have a colorful sauce to spoon over the meat.

Recipes begin on page 124.
Buying information, page 81

REDUCE

Boil Down Liquids to Boost Flavor

Does your sauce have a thin consistency, a thin taste, or both? **Reduce** it! Just simmer a big-batch sauce for hours, or vigorously boil a small-scale sauce for minutes, to evaporate the liquid and concentrate the flavors. Almost any sauce or condiment can be enriched via reducing (catsup and apple butter are two old standbys). Just remember to first reduce the liquid, then add ingredients such as meat or vegetables and simmer just till they're done.



And if you're trying to reduce (your weight, that is), you'll discover that reducing (your sauce) can help because it may allow you to omit thickening ingredients, thus calories.



Rosemary Chicken *(back)* features chicken-sausage bundles simmered in a mixture of bouillon, wine, and herbs. For the cream sauce, the braising liquid is reduced before cream is added. The sauce is boiled down again to a velvety consistency, and then it's spooned over the poultry roll-ups.

For **Pasta with Fish Sauce** *(front)* a tomato-clam sauce slowly simmers till it is thick enough to coat linguine. Just a few minutes before serving, cubes of whitefish and sliced pimiento-stuffed olives are added to and cooked with the spunky Italian-style sauce.

GLACÉ

Spoon on a Glossy Finish

If you've ever enjoyed glazed strawberry pie or main dishes sealed in delicate aspics, you already know the virtues of **glacéing.** It forms a glistening topper that enhances both the looks and the flavor of foods, including vegetables, meats, and candies. Of course, you'll want to choose a sweet or savory glaze that complements the food. In addition, remember that the jelly, thickened sauce, or gelatin-based mixture should set up on the food. When glazing individual portions, place the unglazed food on a wire rack so that any excess glaze can run off. Gently spoon on the glossy finish, then refrigerate the food. In a short time, your creation will be all set.





Jellied chicken broth and soy sauce make up the see-through topping for **Oriental Vegetable Tart** *(back).* Purchased refrigerated dough is used for the bread shell of this colorful vegetable side dish. The shell is topped with a cheese layer, then pea pods, tomatoes, mushrooms, and water chestnuts.

Glacéed Sandwiches *(front)* get their richness from the whipping cream that is stirred into a thickened salad dressing. Spoon this sauce over layers of rye bread, ham, sour cream, cheese, and nuts, and garnish with decoratively cut foods to suit your fancy.

Cook's Guide to Food Terms

If you're stumped by the terminology used in recipes and restaurant menus, this list of food terms will provide the help you need. You'll discover that many of those baffling terms are simply fancy (or foreign) phrases for cooking techniques you're already using.

Cooking Terms

aged—Foods and beverages such as cheese, beef, spirits, and wine that have been stored under controlled conditions for days, months, or years. Besides maturing the flavor, aging often improves the color and/or texture of the food.

al dente (al-DEN-tay)—A phrase describing pasta that has been cooked just to the point that it is slightly chewy. (Italian)

beurre manié (boor-mun-YAY)—A mixture of softened butter and flour that's shaped into small balls, then used to thicken sauces. (French)

candied—A term describing fruits or nuts that have been coated with a sugar syrup to enhance the flavor and also to preserve the food.

clarify—To clear a liquid (such as beef stock or melted butter) by removing the solid particles.

crystallize—To allow crystals of sugar to form on foods such as candy. The size and number of crystals determine the quality of the finished food.

degrease—To remove excess fat from soups, stocks, pan juices, or sauces by skimming the surface of the hot liquid with a spoon or chilling the liquid and removing the hardened fat.

duxelles (dewk-SELL)—A combination of mushrooms, shallots, and herbs that is cooked till it's reduced to a paste. Then the mixture is used as a garnish or as an ingredient in sauces, stuffings, or meats. (French)

gratiné (grah-tee-NAY)—Meats and vegetables that have been sprinkled with buttered bread crumbs or cheese and then broiled to brown the foods or give them a crust. (French)

macerate—To soak food, especially fruit, in a flavored liquid so that the food can absorb the flavor.

roux (ROO)—A blend of flour and fat that is cooked and used to thicken sauces and gravies. How long the roux is cooked affects the color and flavor of the sauce.

sauté (saw-TAY)—To cook foods, often vegetables, quickly over high heat in a small amount of fat. (French)

score—To place shallow slits partway through the outer surface of food, usually meat or bread, for functional or decorative purposes. Scoring meat allows fat to drain and tenderizes tough connective tissue.

Menu Terms

a la Grecque (ah-la-GREK)—A phrase meaning "in the Greek style." Vegetables prepared in this manner are seasoned with oil, vinegar, and spices and are served chilled. (French)

avgolemono sauce (AHV-go-LEM-uh-no)—An egg-lemon sauce that is served over meats, fish, poultry, or vegetables or is used to thicken soup. (Greek)

blanquette (blan-KET)—A chicken, veal, or lamb stew made with a creamy white sauce and thickened with egg yolk. Onions and mushrooms often are added to the stew. (French)

blintze—A main-dish or dessert pancake rolled round a meat, cheese, or fruit filling and served with sour cream, applesauce, or jam. (Yiddish)

Bourguignonne (boor-gween-YON)—Meats, fish, and poultry that have been cooked in a red wine sauce with onions and mushrooms. The cooking style originated in the Burgundy region of France. (French)

braciola (bra-chee-O-la)—A flattened piece of meat rolled around a stuffing and cooked in a wine sauce. (Italian)

brûlé (brew-LAY)—Any food made or served with a caramelized sugar topping or sauce. (French)

cacciatore (catch-a-TOR-ee)—The Italian word for "hunter." The term is applied to meat or poultry that's been prepared with onions, garlic, herbs, wine, and tomatoes. (Italian)

Chantilly—A term describing a dessert prepared or served with whipping cream. (French)

en daube (ahn-DOB)—A meat, poultry, or fish stew made with wine, vegetables, and herbs. (French)

en papillote (ahn-POP-e-lowt)—A method of baking and serving food, such as fish, in parchment or brown paper. (French)

Florentine—An adjective that is used to describe a food prepared with spinach. (Italian)

maison (may-ZOHN)—The French word for "house." It's applied to a food prepared according to the chef's own recipe. (French)

Niçoise (nee-SWAZ)—Foods prepared with tomatoes and garlic, a style that originated in Nice, France. (French)

Paella (pie-AY-yah)—An elaborate rice, seafood, and poultry casserole seasoned with saffron. (Spanish)

paprikash (PAP-ra-kesh)—The term referring to foods that are seasoned with paprika. (Hungarian)

paysanne (pay-ZAHN)—The French word for "peasant," used for meat or poultry that is braised with vegetables.

Provençale (pro-vin-SAHL)—Foods cooked in the style of Provence (a region in southern France). A liberal amount of garlic, plus tomatoes and oil, is used. (French)

ratatouille (ra-too-TWEE)—A well-seasoned vegetable stew that includes eggplant, squash, green pepper, tomatoes, garlic, and olive oil. (French)

roulade (roo-LAHD)—A word meaning "roll" which refers to a thin slice of meat that has been wrapped around a stuffing, then cooked. (French)

Saint Germain (san-zher-MAYN)—A French city's name, applied to foods made with green peas. (French)

Véronique (ver-ro-NEEK)—A meat or fish dish that contains seedless white grapes. (French)



YOU ALWAYS HAD A GOOD FEELING ABOUT SOUP. AFTER YOU READ THIS YOU'LL KNOW WHY.

Soup makes you feel good in so many ways. It's the wholesome food that satisfies your appetite and your spirit.

You know that when you've got to go somewhere on a cold windy night, a bowl of steamy Clam Chowder can stoke you up for the trip, and insulate you inside till you get there.

Or, when the midday sun is sweltering you, a bowl of refreshing, chilled Consommé (maybe with a salad and iced tea) tastes great and keeps you going through the day.

But did you know nutritionists are now finding out that nutritionwise, soup is super. Three different sources support the goodness of soup.

Using data from one of the largest studies ever made on nutrition (conducted by Government health agencies), experts from leading universities identified differences in people's diets.* **It was found that soup can be a significant part of a balanced and healthful diet.**

And when compared to other foods in a Nutrient Density Rating System** used by nutritionists, many of the most popular soups come through with flying nutrients. **In fact, some soups have more nutrients per calorie than other good foods you think are very nutritious.** For instance, calorie for calorie, Campbell's Chicken Noodle Soup has more protein and thiamin than peanut butter, or rye bread.

In another way of rating soup, based on U.S. Department of Agriculture data, one 10 ounce serving of Campbell's **Old Fashioned Vegetable Soup has more Vitamin A than 2 heads of lettuce, 12 ears of corn, or four tomatoes.**

And soup is not only good for your body. It's good for your soul. When you come home from a hard day all frazzled, a heart-warming cup of zesty Minestrone can really unwind you. Because what could be more soothing than soup?

And so digestible. If you've got a little empty spot late at night, a bowl of delicious Mushroom Soup will hit the spot perfectly and let you sleep like a log.

So you can see, there's a good reason for the good feeling you get with soup. One of the many reasons why Soup is Good Food.

Campbell's

SOUP IS GOOD FOOD.

*As published in The American Journal of Clinical Nutrition, April, 1981

**Source: Hansen, R.G., Wyse, B.W., Sorenson, A.W., The Nutritional Quality Index of Foods, AVI Publishing Co., Inc., Westport, Conn. 1979

Note—Mean value sources for nutrient comparison: USDA Handbooks No. 8 and 456 and Campbell Soup Co.



Enjoy smoking longer without smoking more.



Low tar Saratoga 120's

© Philip Morris Inc. 1981

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

15 mg "tar," 1.1 mg nicotine av. per cigarette, FTC Report Mar.'81.

FOOD

WIN MONEY FOR YOUR

RECIPES

Meatless Soups and Stews

Tarts and Turnovers

Do you feature meatless soups and stews for a mealtime change of pace? Have pastry experts asked for your sweet tart or turnover recipe? Send us your recipes—you could be a winner. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next September. All winners receive a Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Meatless Soups and Stews

We're looking for main-dish soups or stews that feature protein-rich beans and rice, lentils, nuts, seeds, and/or dairy products. **Tips: peanut-bean stew, cheesy tofu soup, barley-vegetable burgoo.**

Tarts and Turnovers

Do you serve tarts or turnovers warm, chilled, or frozen? The crust of your dessert might be based on homemade pastry or a convenient bread dough. **Hints: phyllo tart, sherbet cups, banana turnovers.**

THIS MONTH'S WINNERS

(See recipes on page 119 and 120)

Cooks-of-the-Month

Mary Jeanne Brooks, Chelsea, Okla.
Lee Ann Zimmerley, Rochester, Minn.

Runners-up

Lois Jean Beer, Houston, Tex.
Delka F. Crawford, Wichita, Kans.
Katherine G. Musat, Parma, Ohio
Rosemary Porto, Westwood, Mass.

Honor Roll

Beverly Bodenbender, New Glarus, Wis.
Mrs. Frances Foust, Masury, Ohio
Mrs. Barbara C. Gossage, Springfield, Va.
Alice Hausser, Belmont, Mich.
Martha C. Lea, Shelton, Wash.
Lorraine M. Saulnier, Clarksburg, Mass.
Mrs. Mildred Sherrer, Bay City, Tex.
Libby Soter, Windham, N.Y.
Mrs. William Strieber, San Antonio, Tex.
Norma Walther, Waterloo, Iowa

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "September Meatless Soups and Stews" or "September Tarts and Turnovers."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, February 28. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8202 Food Department, Better Homes and Gardens, Des Moines, IA 50336.**


"Who says you have to be
d-fashioned to bake old-fashioned."
"I get scratch-tasting cakes
I don't have to make from scratch.
With Pillsbury Plus."
"Spending all day baking just isn't my style.
But you'd never know it from my cakes! Pillsbury Plus
cake mix has pudding right inside. That makes my
cakes so moist and delicious, you'd swear I made
them from scratch."
Pillsbury
Plus
Devil's Food
Cake Mix
Pudding
in the mix
The freshest ideas
are baking at Pillsbury.
©, 1981 The Pillsbury Co.

Oh the loving nutty things you can do with Diamond® Walnuts.



For Valentine's Day, Washington's Birthday or any day, give them something made with love.

Sweetheart Fudge Pie

¼ cup butter or margarine
¾ cup brown sugar, packed
3 eggs
2 6-oz. pkgs. (2 cups) semi-sweet real chocolate pieces
2 tsp. instant coffee
1 tsp. rum flavoring
¼ cup all-purpose flour
1 cup coarsely chopped Diamond Walnuts
9-in. unbaked pastry shell
1 cup whipping cream
2 Tbsp. chopped maraschino cherries

Cream butter with brown sugar; add eggs, one at a time, beating well. Melt chocolate over hot, not boiling, water; add to creamed mixture with coffee and rum flavoring. Stir in flour and walnuts. Pour into pie shell. Bake at 375° F. 25 min. Cool. Whip cream stiff; fold in cherries. Spread on top of pie; decorate with chocolate or candy hearts.

Rocky Road Bars

¼ cup sifted all-purpose flour
¼ tsp. baking powder
⅛ tsp. salt
⅓ cup brown sugar, packed
1 egg
1 Tbsp. softened butter
½ tsp. vanilla
1 cup coarsely chopped Diamond Walnuts
1 cup quartered marshmallows
1 6-oz. pkg. (1 cup) semi-sweet real chocolate pieces

Sift flour with baking powder and salt. Add sugar, egg, butter and vanilla. Beat smooth. Stir in ½ cup walnuts. Turn into greased 9-in. sq. pan. Bake at 350° F. 15 min. until top is lightly browned and springs back when touched lightly. Remove from oven. Immediately arrange marshmallows, remaining walnuts and chocolate over top. Return pan to oven for 2 min. or until chocolate is softened. Remove from oven; swirl chocolate over marshmallows and walnuts. Cool until chocolate is set. Cut into 15 (1¾ x 3-in.) bars.



Oh the lovely nutty things you can do with Diamond Walnuts.

MY TURN TO COOK

Pâté Maison Frank



Photograph: Reid Prewitt



Photograph: Mike Dieter

When it comes to preparing French pâté, Parisian chefs have nothing over Frank Malone of Houston, Texas. Frank is a builder by trade, but he also is skilled in French cuisine, as his Pâté Maison Frank attests.

He attributes his longtime interest in gourmet cooking to his mother's teaching. But it was a trip to Europe that prompted Frank to try French pâtés. After sampling several versions made by famous chefs, Frank developed his own recipe for a pâté. "It's inexpensive to prepare, yet it's still authentically French," he says. He suggests serving Pâté Maison Frank as a first course with French bread, olives, or raw vegetables.

PÂTÉ MAISON FRANK

4 slices bacon
1 pound boneless pork
8 ounces boneless veal
4 ounces prosciutto *or* ham
⅓ cup all-purpose flour
8 ounces chicken livers, halved
¼ cup butter *or* margarine
2 eggs
½ cup brandy
1 large onion, cut up
1 medium carrot, cut up
4 cloves garlic
1 tablespoon paprika
1 teaspoon salt
1 teaspoon dried rosemary, crushed
½ teaspoon ground allspice
½ teaspoon pepper
2 bay leaves

In skillet partially cook bacon; drain and set aside. Using a food grinder or a food processor grind pork, veal, and prosciutto or ham together. (If using food processor, grind meat half at a time.) Stir in flour; set aside. Cook chicken livers in the butter or margarine till pink. In blender or food processor combine the livers, and remaining ingredients *except* bay leaves. Cover; process till smooth. Stir in meat mixture.

Line bottom and sides of a 9x5x3-inch loaf pan with partially cooked bacon. Spoon pâté mixture in pan. Top with bay leaves. Fold bacon slices over pâté. Cover pan tightly with foil. Place on a baking sheet. Bake in a 350° oven for 1½ hours. Remove foil; drain off excess fat. Do not remove pâté from pan. Place pan on rack. To weight down pâté in pan, place several pieces of heavy foil directly over pâté; place two 1-pound unopened food cans or a brick on the foil. Cool to room temperature, then refrigerate overnight with weight atop.

To serve, remove bay leaves and reserve; unmold pâté. Place bay leaves atop pâté. Slice pâté thinly to serve. Serve with bread or crackers, cherry tomatoes, and sweet pickles, if desired. Makes 20 servings.

Buying information, page 81

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. Send in your favorite original recipe. If yours is selected for the "My Turn to Cook" feature, we'll pay you $100 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "My Turn to Cook," P.O. Box 7, Des Moines, IA 50336. No recipes will be returned. We reserve the right to edit recipes. If your recipe is purchased, you give Meredith Corp. the right to use it in any manner as long as we wish.



begins on page 98

Classic cooking

FLAMBÉ RECIPES

FRISKY SHRIMP

- ¼ small lemon
- 2 stalks celery, bias sliced into 1-inch pieces
- 3 green onions, sliced into 1-inch lengths
- 1 clove garlic, minced
- 3 tablespoons butter *or* margarine
- ¾ pound large shelled shrimp with tails
- 1 7½-ounce can tomatoes, cut up
- ¼ teaspoon dried basil, crushed
- ¼ teaspoon salt
- Dash pepper
- Dash bottled hot pepper sauce
- ¼ cup slivered almonds, toasted
- ¼ cup Southern Comfort *or* brandy
- 2 cups hot cooked rice

With zester or sharp knife, cut lemon peel into thin strips. Set aside. In 10-inch skillet cook celery, green onion, and garlic in the butter or margarine till onion is tender but not brown. Add shrimp. Continue cooking 2 to 3 minutes or till shrimp are pink. Stir in *undrained* tomatoes, basil, salt, pepper, and hot pepper sauce. Stir over low heat for 2 minutes or till heated through. Stir in almonds.

In separate saucepan heat Southern Comfort or brandy and lemon peel just till warm. On serving platter, arrange shrimp mixture atop rice. Using a long match, ignite the liquor. Pour over shrimp mixture. Allow flames to subside. To serve, toss together the shrimp mixture and rice. Makes 4 servings.

MERINGUE AND FRUIT FLAMBÉ

The meringue shells can be made a day ahead and stored in an airtight container—

- 3 egg whites
- 1 teaspoon vanilla
- ½ teaspoon cream of tartar
- ¾ cup sugar
- ¼ cup unsweetened cocoa powder
- 2 medium oranges
- Orange juice
- 1 tablespoon cornstarch
- ¼ teaspoon ground allspice

continued

The one-skillet sensation.



ombine the rich, Cheddary goodness of Betty Crocker® Au Gratin Potatoes
ith Hillshire Farm's delicious farm-fresh Smoked Sausage, and you've got
dinner that's anything but routine—in just 35 minutes. Sensational!



ountry Sausage
Potatoes Au Gratin

pound Hillshire Farm Smoked Sausage, cut into ½-inch slices
large onion, chopped (about 1 cup)
tablespoon vegetable oil
package Betty Crocker® Au Gratin Potatoes
½ cups hot water
teaspoon pepper
medium carrots, cut into 2-inch julienne strips (about 2 cups)
package (10 ounces) frozen chopped broccoli, thawed and drained
cup shredded Cheddar cheese (about 4 ounces)

Cook and stir sausage and onion in oil in 10- or 12-inch skillet until onion is tender, about 5 minutes. Stir in potatoes, Sauce Mix, water and pepper. Heat to boiling; reduce heat. Cover and simmer, stirring occasionally, 10 minutes. Stir in carrot strips; cover and simmer until carrots are crisp-tender and potatoes are tender, about 10 minutes. Stir in broccoli and cheese; cover and cook until broccoli is heated through and cheese is melted, 5 to 10 minutes. 4 or 5 servings.

High Altitude Directions (3500 to 6500 feet): Increase second simmer time to 15 minutes.

® Betty Crocker is a registered trademark of General Mills, Inc.

22J

Save 15¢



on your next purchase of any variety of Betty Crocker® Potatoes: Au Gratin, Scalloped, Julienne, Hash Brown, Sour Cream 'n Chive or Creamed.

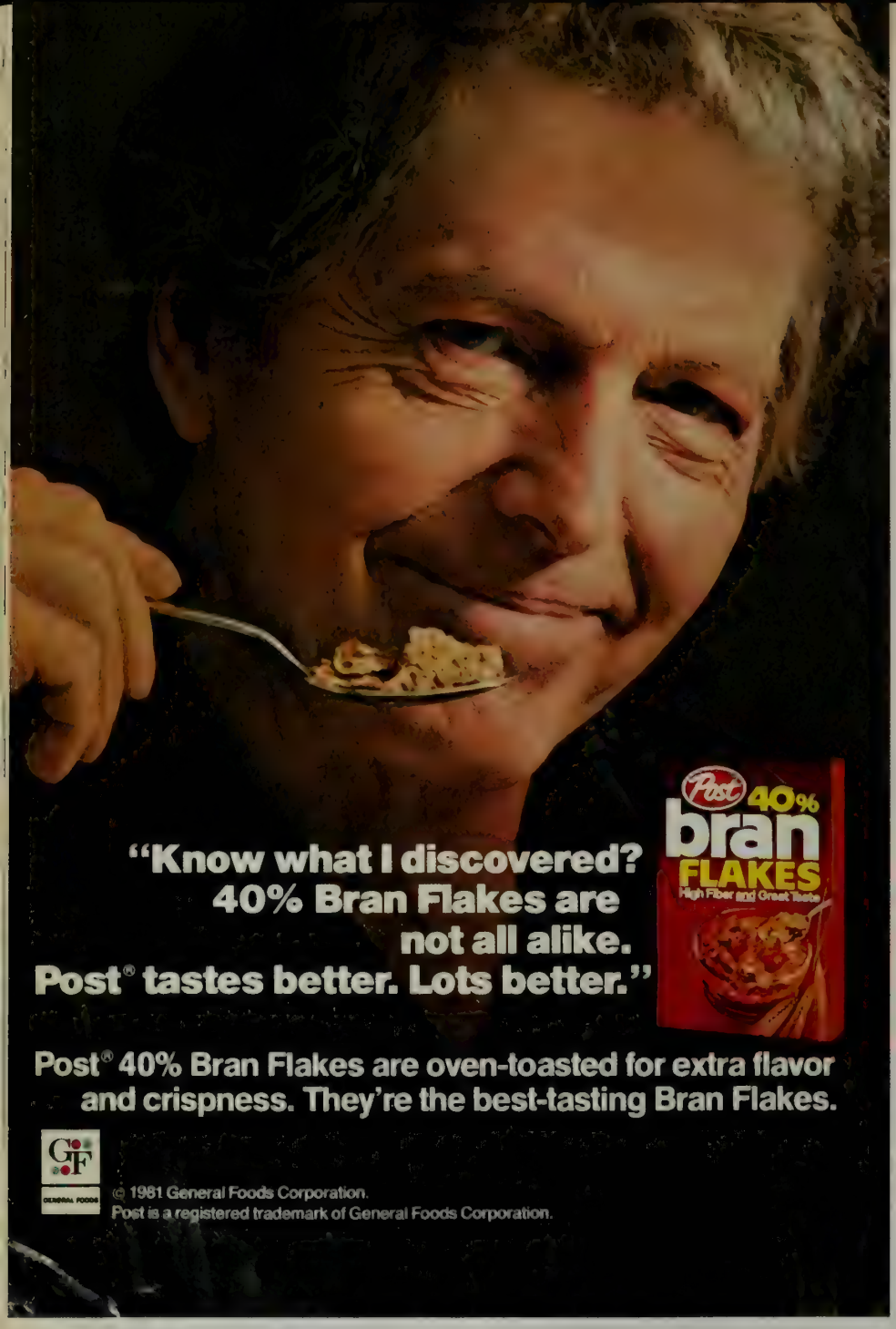
TO CONSUMER: This coupon good only on the product indicated. Only one coupon redeemed per purchase. Any other use may constitute fraud. Coupon not transferable.

TO RETAILER: As our agent, accept this coupon on the purchase of the specified product. General Mills will redeem each coupon you so accept for the face value plus 7¢ handling charge. Mail this coupon to General Mills, Inc., Box 900, Minneapolis, Minnesota 55460 for redemption. Coupons will not be honored if presented through third parties not specifically authorized by us. *Any attempt to redeem this coupon otherwise than as provided herein shall constitute fraud. Invoices proving quantities you purchased must be submitted on request to corporate headquarters. Coupons subject to confiscation and/or marking when terms not complied with.*

Void where prohibited, licensed, or regulated. Good only in U.S.A., A.P.O's, F.P.O's. Cash value 1/100 cent.

0182

22J



continued

Classic cooking

- **1 tablespoon lemon juice**
- **2 small fresh peaches, sliced *or* one 8-ounce can peach slices, drained**
- **1 small banana, sliced**
- **¼ cup raisins**
- **¼ cup brandy**
- **8 scoops vanilla ice cream**

Let egg whites come to room temperature. For meringue shells, cover baking sheet with brown paper or foil. Draw eight 3-inch circles. Set aside. Add vanilla, cream of tartar, and dash *salt* to egg whites. Beat to soft peaks (tips curl over); gradually add *½ cup* of the sugar. Continue beating to stiff peaks (tips stand straight). Combine the remaining ¼ cup sugar and the cocoa powder; gradually beat into egg whites being careful not to overbeat. Pipe meringue mixture through a pastry tube or spoon and spread the mixture to cover each of the eight circles, forming high edges. Bake in a 275° oven for 1 hour. Turn off oven. Let stand 2 hours in oven. Cool. Peel off paper.

For sauce: Section oranges over bowl to catch juices. Drain orange sections, reserving juice. Add additional orange juice to make ¾ cup liquid. In saucepan combine cornstarch and allspice. Stir in the ¾ cup orange juice and the lemon juice. Cook and stir over medium heat till thickened and bubbly. Remove from heat; stir in orange sections, peaches, banana, and raisins; heat through, stirring gently.

To serve, place a scoop of ice cream in each meringue shell. In small saucepan heat brandy just till hot. Using a long match, ignite the brandy. Pour into fruit sauce; stir. Ladle sauce over ice cream. Serve immediately. Makes 8 servings.

DESSERT OMELET FLAMBÉ

If desired, make a decorative crisscross design on the omelet by singeing the surface with a hot metal skewer before adding the flaming liqueur—

- **3 egg whites**
- **¼ teaspoon vanilla**
- **Dash salt**
- **3 tablespoons granulated sugar**
- **3 egg yolks**
- **1 tablespoon butter *or* margarine**
- **2 kiwis, peeled and sliced**
- **2 tablespoons strawberry preserves**
- **Sifted powdered sugar**
- **3 tablespoons orange liqueur**

In large mixer bowl beat egg whites, vanilla, and salt at medium speed of electric mixer to soft peaks (tips curl over). Gradually add granulated sugar, beating at high speed till stiff peaks form (tips stand straight). In mixer bowl beat egg yolks at high speed about 5 minutes or till thick and lemon-colored. Fold egg yolks into beaten egg whites.

In a 10-inch skillet with an ovenproof handle, heat the butter or margarine till a drop of water sizzles. Pour in egg mixture, mounding it slightly higher at the sides. Cook over low heat, uncovered, for 8 to 10 minutes or till eggs are puffed and set and bottom is golden brown. Place skillet in a 325° oven. Bake 10 minutes or till a knife inserted near center comes out clean. Loosen sides of omelet with a metal

continued

Zesty!



Zesty taste! That's what you get with every sip of Lipton® Flavored Teas. Zesty flavors! Take your pick from luscious fruits, sassy spices, or other exciting flavors, each blended with the great taste of Lipton quality teas. Brew up some Lipton Flavored Tea bags. One taste and you'll say "Zesty"!



Lipton Flavored Teas

A BURST OF ZESTY FLAVOR IN EVERY SIP.

continued

Classic cooking

spatula. Make a shallow cut across the omelet, cutting slightly off center. Combine kiwis and preserves; spoon over larger portion of omelet. Fold the smaller portion of omelet over. Slide omelet onto platter. Sprinkle powdered sugar over omelet. Heat the 3 tablespoons liqueur just till warm. Using a long match, ignite the liqueur; pour over omelet. Serve immediately. Makes 2 or 3 servings.

FLAMING TEA PUNCH

If you can't find the liquor blend in your liquor store, just use ¾ cup Amaretto and ¾ cup cognac—

6 cups strong almond-flavored tea *or* regular brewed tea
1 cup orange juice
1½ cups Amaretto/cognac blend
¼ cup sugar
Orange slices (optional)

In a blazer pan or chafing dish combine the brewed tea, orange juice, *1 cup* of the liquor blend, and sugar. Heat through. Cut notches in orange slices, if desired; add to punch. In a small saucepan heat the remaining liquor just till warm. Using a long match, ignite the liquor. Pour flaming liquor into tea mixture; stir. After flames subside transfer to heatproof punch bowl, if desired. Makes 16 (4 ounce) servings.

CARAMELIZE RECIPES

PINEAPPLE TARTE TATIN

¾ cup sugar
¼ cup butter *or* margarine
¼ teaspoon ground cloves
5 medium cooking apples, peeled, cored, and each cut into 8 wedges
1 16-ounce can pineapple chunks, drained
1 10-ounce package frozen patty shells, thawed

In 10-inch skillet heat the sugar over low heat without stirring till it begins to melt. Heat and stir for 3 to 5 minutes or till light brown. Stir in butter or margarine and ground cloves. Add apple wedges; cook over medium-low heat, stirring occasionally, about 7 minutes or till apples are nearly tender. Remove apples with slotted spoon. Gently boil mixture in skillet till the consistency of corn syrup, stirring occasionally. Pour into a 9- or 10-inch flan pan. Decoratively arrange apples and pineapple chunks in pan. Bake in a 425° oven for 10 minutes.

Meanwhile, on lightly floured surface press patty shells together and roll into a 9- or 10-inch circle to fit flan pan. Turn pastry into pan; trim and flute edge. Place atop hot fruit. Bake 15 to 18 minutes more or till pastry is golden brown. Cool in pan on a wire rack for 30 minutes. Invert onto platter. Serve warm. Serves 6 to 8.

WHOLE WHEAT CARAMEL ROLLS

1 to 1½ cups all-purpose flour
1 package active dry yeast
½ cup raisins
1 cup boiling water
3 tablespoons cooking oil
3 tablespoons honey
½ teaspoon salt



1 egg
1½ cups whole wheat flour
1 cup sugar
⅓ cup water
¼ cup butter *or* margarine
¼ cup chopped nuts
2 tablespoons wheat germ
1 teaspoon ground cinnamon

In large mixer bowl combine *1 cup* of the all-purpose flour and the yeast. Soak raisins in the 1 cup boiling water for 5 minutes. Drain, reserving ⅔ cup liquid. Set raisins aside. Stir the oil, honey, and salt into reserved liquid; cool to 115° to 120°. Add honey mixture to flour mixture; add egg. Beat at low speed of electric mixer for ½ minute, stirring constantly. Beat 3 minutes at high speed. Stir in the whole wheat flour and raisins. Stir in as much of the remaining all-purpose flour as you can mix in with a spoon. On floured surface, knead in enough of the remaining all-purpose flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape into a ball and place in a lightly greased bowl; turn once to grease top. Cover; let rise in warm place till double (about 1 hour).

Meanwhile, in 10-inch skillet heat the sugar over medium-low heat till it begins to melt. Heat and stir for 5 to 10 minutes or till golden brown. Remove from heat. Stir in the ⅓ cup water and *2 tablespoons* of the butter or margarine; return to heat. Cook and stir to remelt sugar. Immediately pour mixture into a 13x9x2-inch baking pan; swirl to coat pan bottom. Set aside.

Punch dough down. Cover and let rest 10 minutes. On a lightly floured surface roll dough out to a 15x10-inch rectangle. Melt the remaining 2 tablespoons butter or margarine; brush over dough. Combine nuts, wheat germ, and cinnamon; sprinkle over dough. Roll up dough jelly roll style, starting at long end. Pinch edges and ends together to seal. Cut dough into 15 slices. Arrange dough slices atop caramelized sugar in prepared pan. Cover pan; let rise in warm place till double (about 45 minutes). Bake, uncovered, in a 375° oven for 20 to 25 minutes or till golden brown. Immediately turn rolls out onto wire rack with waxed paper underneath. Serve warm with butter or margarine, if desired. Makes 15.

CARAMELIZED ONIONS IN SQUASH
2 small acorn squash
⅓ cup sugar
2 large onions, sliced and separated into rings *or* chopped
2 tablespoons butter *or* margarine
½ teaspoon finely shredded orange peel

Cut squash in half lengthwise. Remove seeds and strings. Place squash, cut side down, in a shallow baking pan. Bake in a 350° oven for 30 minutes. Turn squash cut side up; bake 15 to 20 minutes more or till fork-tender.

Meanwhile, in heavy skillet heat the sugar over medium heat without stirring till it just begins to melt. Heat and stir about 3 minutes or till golden brown. Add the onions, butter or margarine, and shredded orange peel. Continue cooking and stirring for 7 to 8 minutes or till onions are tender and glazed, and liquid is the consistency of corn syrup. To serve, spoon onions and syrup into each squash half. Serve at once. Makes 4 servings.

continued on page 123





Fleischmann's® Yeast presents

ENGLISH MUFFINS IN A LOAF!

The greatest thing since sliced bread.

Just wait until you bake up a recipe and toast a slice. Nooks and crannies inside—crusty outside. Nobody bakes it better than you and Fleischmann's® Yeast.

English Muffin Loaves

Makes 2 loaves

2 packages Fleischmann's® Active Dry Yeast
6 cups unsifted flour
1 tablespoon sugar
2 teaspoons salt
2 cups milk
¼ teaspoon baking soda
½ cup water
Cornmeal

Combine 3 cups flour, yeast, sugar, salt, and soda. Heat liquids until very warm (120°-130°F.). Add to dry mixture; beat well. Stir in rest of flour to make a stiff batter. Spoon into two 8½ x 4½-inch pans that have been greased and sprinkled with cornmeal. Sprinkle tops with cornmeal. Cover; let rise in warm place for 45 min. Bake at 400°F. for 25 min. Remove from pans immediately and cool.

Microwave Oven Directions: Reduce flour to 3 cups in first step, 2 cups in second. Mix and let rise as directed above. Microwave each loaf on high power for 6 minutes, 30 seconds. Surface of loaf will be flat and pale in color. Allow to rest 5 minutes before removing from pans.

To Serve: Slice and toast. Makes 16 slices per loaf.

Microwave version is pictured here.

For more variations, like orange, whole wheat currant, onion, and others, send for your free English Muffin Loaf recipe booklet. Send a stamped, self-addressed envelope to: English Muffin Recipes, Box 924, Dept. B1, Madison Square Station, New York, New York 10010.

©Standard Brands Incorporated, 1981

Another fine product of Standard Brands Incorporated



File under Vegetables

Photographs: Mike Dieter

Winter Vegetable Ideas

Spicy Vegetable-Stuffed Squash

Carrot, turnip, apple, and spices team with acorn squash in this winning side dish—

- **2 medium acorn squash (about 1 pound each)**
- **2 medium carrots, chopped**
- **2 small turnips, chopped (1½ cups)**
- **1 tablespoon butter *or* margarine**
- **1 tablespoon brown sugar**
- **½ teaspoon ground cinnamon**
- **¼ teaspoon ground nutmeg**
- **¼ teaspoon salt**
- **1 cup coarsely shredded, peeled apple**

Halve squash; remove seeds and strings. Place squash, cut side down, in a 13x9x2-inch baking pan. Cover lightly with foil. Bake in a 350° oven 30 minutes. Turn cut side up; bake, covered, 20 to 30 minutes more or till tender. Scoop pulp out of each squash half, keeping shells intact. Set shells aside. Place cooked pulp in a large mixer bowl. Meanwhile, cook carrot and turnip, covered, in boiling, lightly salted water 20 minutes or till tender. Drain well. Add carrot and turnip to the squash in bowl. Beat on low speed of electric mixer till mashed. Add butter or margarine, brown sugar, cinnamon, nutmeg, and salt. Beat till well blended. Fold in apples. Spoon mixture into squash shells. Return to baking pan. Bake in a 350° oven for 15 to 20 minutes or till heated through. Makes 8 servings.

Mary Jeanne Brooks, Chelsea, Okla.



File under Meat

Buying information, page

Sausage Suppers

Tortilla Roll-Ups

Top honors go to this lasagna-type casserole with a Mexican twist—

- **1½ pounds bulk Italian sausage**
- **2 cups cream-style cottage cheese**
- **2 tablespoons all-purpose flour**
- **1 teaspoon dried oregano, crushed**
- **1 teaspoon dried basil, crushed**
- **¼ teaspoon garlic powder**
- **3 cups bottled spaghetti sauce**
- **10 large whole wheat *or* white flour tortillas**
- **1½ cups shredded mozzarella cheese**

In skillet cook the sausage till browned; drain off fat. Stir in cottage cheese and flour. Add oregano, basil, and garlic powder to the spaghetti sauce. Stir ***⅓ cup*** of the spaghetti sauce into the sausage mixture. Spoon about ***⅓ cup*** meat mixture onto each tortilla; roll up jelly roll style. Place tortillas, seam side down, in a 13x9x2-inch baking pan. Pour remaining spaghetti sauce over tortillas. Bake, covered, in a 375° oven for 35 to 40 minutes. Uncover; sprinkle mozzarella cheese atop. Bake 3 minutes or till cheese melts. Makes 8 to 10 servings.

Lee Ann Zimmerley, Rochester, Minn.



PRIZE TESTED RECIPES®
ADD TO YOUR COOK BOOK
Order your 460-page loose-leaf cook book. Contains 1,200 tested recipes. Room to add extra pages like this one. At booksellers or mail $15.95 + $1.45 postage to Better Homes and Gardens, Dept. 22A, P.O. Box 374, Des Moines, IA 50336.



Sausage-Vegetable Skillet

½ cup brown rice
½ cup bulgur wheat
8 ounces fully cooked smoked sausage links, thinly sliced
1 large green pepper, chopped
1 medium onion, thinly sliced
1 medium zucchini, sliced
1 medium carrot, shredded
1 tablespoon cornstarch
1 tablespoon soy sauce
1 tablespoon honey
1 tablespoon dry sherry (optional)
1 teaspoon instant chicken bouillon granules
¼ teaspoon ground ginger
¼ teaspoon curry powder

Combine rice with 2¼ cups ***water*** and ½ teaspoon ***salt.*** Bring to boiling; reduce heat. Simmer, covered, 25 minutes. Stir in bulgur. Simmer, covered, 15 to 20 minutes. In skillet brown sausage. Add vegetables. Cook 5 minutes. Combine remaining ingredients with ¾ cup ***cold water;*** add to skillet. Cook and stir till bubbly. Cook 2 minutes. Serve over bulgur mixture. Serves 3.



Sausage-Broccoli Bake

A tangy sour cream mixture is spread over the sausage-broccoli base—

1 pound bulk pork sausage
2 beaten eggs
2 cups soft bread crumbs
1 8-ounce can water chestnuts, drained and sliced
1 10-ounce package frozen chopped broccoli, cooked and drained
¾ cup dairy sour cream
¼ cup mayonnaise *or* salad dressing
2 teaspoons prepared mustard
1 teaspoon dried parsley flakes (optional)

In skillet cook sausage till browned; drain off fat. In bowl combine eggs, bread crumbs, water chestnuts, broccoli, and sausage; mix well. Turn mixture into an 8x8x2-inch baking pan. Bake, uncovered, in a 350° oven 35 minutes. Combine sour cream, mayonnaise, and mustard; spread over sausage mixture. If desired, sprinkle parsley flakes atop. Bake 5 to 7 minutes more or till hot. Makes 6 servings.

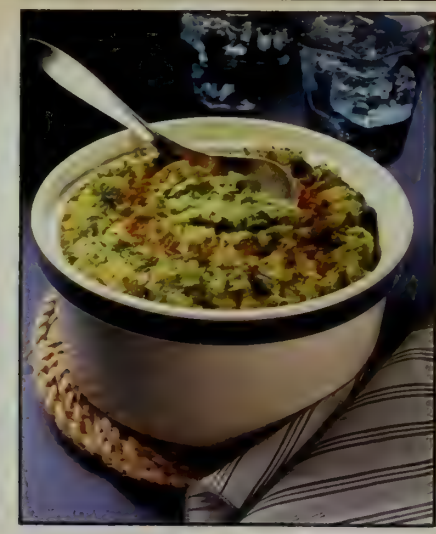
Katherine G. Musat, Parma, Ohio



Cheesy Stuffed Turnips

6 medium turnips, peeled
¾ cup crushed saltine crackers
½ cup shredded cheddar cheese
1½ cups milk
5 tablespoons butter *or* margarine
Melted butter *or* margarine
Paprika
2 tablespoons all-purpose flour

Cook turnips, covered, in boiling salted water 25 minutes or till tender. Hollow out each turnip, leaving a ½-inch shell. Finely chop turnip centers. (Should have 1 cup chopped turnip.) Combine crushed crackers, cheese, ***¼ cup*** of the milk, and ***3 tablespoons*** of the butter or margarine. Fill turnips with cheese mixture; place in a greased 10x6x2-inch baking pan. Brush with melted butter; sprinkle with paprika. Bake, covered, in 350° oven 25 minutes. Uncover; bake 10 minutes more. Melt the remaining 2 tablespoons butter; blend in flour, ¼ teaspoon ***salt,*** and ⅛ teaspoon ***pepper.*** Add remaining milk. Cook and stir till bubbly. Cook 2 minutes more. Stir in chopped turnip; heat through. Spoon sauce over turnips. Serves 6.



Rutabaga-Spinach Medley

Turnips can be substituted for the rutabaga in this puffy vegetable side dish—

1 12-ounce package frozen spinach soufflé
1 medium rutabaga (about 1½ pounds)
⅓ cup butter *or* margarine
¼ teaspoon salt
⅛ teaspoon ground nutmeg
Dash pepper

Thaw spinach soufflé. Peel and cube the rutabaga. Cook rutabaga, covered, in boiling salted water about 25 minutes or till tender. Drain well. In large mixer bowl beat the rutabaga on medium speed of electric mixer till smooth; beat in butter or margarine, salt, ground nutmeg, and pepper. Fold in the thawed spinach soufflé. Turn mixture into a 1½-quart casserole. Bake, uncovered, in a 375° oven for 35 to 40 minutes or till heated through. Makes 6 to 8 servings.

Rosemary Porto, Westwood, Mass.


Ahh, the beer with the taste for food!
Natural Light
Natural Light
Anheuser-Busch, Inc.
St. Louis, MO

THIS DISH WENT ON A DIET AND LOST 500 CALORIES!



How do you put a platter of Eggplant Marinara on a diet? Easy. Just cook it in PAM® instead of oil.

You get great-tasting results, but 500 fewer calories!

With PAM in the pan instead of oil, butter or shortening, you can put lots of dishes on a diet.

Even fried potatoes! Cook them in shortening and you add 212 extra calories. Use PAM and you add less than two.

Or French toast. Butter adds 158 calories. PAM adds less than four. The best part?

PAM can help do a lot of the dieting for you.

So see for yourself. When you diet, put your dishes on a diet. Today!



COOKING WITH PAM

Start with PAM. Your recipes turn out right.

© 1981 BOYLE-MIDWAY NEW YORK

continued from page 117

Classic cooking

BOUQUET GARNI RECIPES

BOUQUET GARNI

2 cloves garlic, halved
1 bay leaf
4 sprigs parsley
2 teaspoons snipped fresh thyme *or* ¾ teaspoon dried thyme

Cut a small square from several thicknesses of cheesecloth; place the garlic, bay leaf, parsley, and thyme in the center of the cheesecloth. Bring corners of cheesecloth together to form a bag. Tie with string. Makes 1.

BOUQUET GARNI JELLY

The red wine vinegar gives this jelly its rosé color. To heighten it, add a few drops of red food coloring to the sugar mixture—

6½ cups sugar
2 cups water
1 cup red wine vinegar
3 Bouquet Garni (see recipe above)
1 6-ounce package liquid fruit pectin (2 foil pouches)

In saucepan combine sugar, water, vinegar, and Bouquet Garni. Bring to boiling. Stir in pectin. Bring to full rolling boil; boil hard 1 minute. Discard Bouquet Garni. Pour hot liquid into clean, hot jelly jars, leaving ¼ inch headspace. Seal jars, using metal lids or paraffin. Makes 7 half-pints.

HERBED BÉCHAMEL SAUCE

½ cup water
2 Bouquet Garni (see recipe above)
1 teaspoon instant chicken bouillon granules
1¼ cups milk
1 tablespoon all-purpose flour
3 slightly beaten egg yolks

In small saucepan combine water, Bouquet Garni, and bouillon granules. Bring to boiling. Reduce heat. Simmer, covered, for 10 minutes. Stir milk into flour; add to the bouillon mixture. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Discard Bouquet Garni. Stir *half* of the

continued

"Lite Syrup? You're kidding, it's thicker than our syrup!"



Aunt Jemima® Lite Syrup.
1/3 less calories, high calorie taste.

Aunt Jemima® Lite Syrup. It's even thicker than the leading syrup. With all the rich flavor your family wants, but one-third less calories! And no artificial sweeteners. Try Aunt Jemima Lite Syrup. With the high calorie taste.



STORE COUPON



Save 15¢ on Aunt Jemima® Lite Syrup.

4352 MO2 15¢

RETAILER: As our agent you may accept this coupon from retail customers only when redeemed on the specified product(s). Quaker will reimburse you for the face value of this coupon plus 7¢ for handling. Any other use may constitute fraud. Adequate proof of purchase must be submitted upon request. Customer pays any tax. This coupon is void if transferred, assigned, reproduced, taxed, licensed, restricted, or wherever prohibited by law. Offer good only in U.S.A. and military commissaries and exchanges. Cash value .001¢. Only retailers and Quaker authorized clearing houses send to The Quaker Oats Company, P.O. Box 4106, Oak Park, IL 60303. *TERMS OF OFFER.* Redeemable only on the purchase of specified product(s). Any other use may void all coupons submitted for redemption and such coupons may be confiscated. Limit one coupon per transaction.

No artificial sweeteners

4352 MO2

COUPON EXPIRES September 30, 1982

© 1982 The Quaker Oats Company

Hooray, Hash Browns!



Ore-Ida
Hash Brown
The deliciou
side dish tha
makes a mea



All-Righta!™

© 1981 Ore-Ida Foods, Inc.

continued

Classic cooking

hot mixture into egg yolks. Return all to saucepan. Cook and stir constantly over low heat for 2 to 3 minutes or till thickened. Serve immediately over cooked vegetables, eggs, or fish. Makes 1½ cups.

HERBED LENTIL-VEGETABLE SOUP

1 cup dry lentils
3 cups water
1 18-ounce can tomato juice
1 large onion, cut into wedges
1 tablespoon Worcestershire sauce
2 teaspoons instant beef bouillon granules
½ teaspoon salt
¼ teaspoon pepper
1 Bouquet Garni (see recipe, page 123)
2 potatoes, peeled and cubed
1 10-ounce package frozen cut green beans
1 cup shredded cheddar cheese

Rinse lentils. In a large saucepan combine lentils, water, tomato juice, onion, Worcestershire sauce, bouillon granules, salt, and pepper. Bring to boiling. Reduce heat. Add the Bouquet Garni. Cover and simmer for 25 minutes. Add potatoes. Cover and simmer 20 minutes more or till vegetables are nearly tender. Add green beans; cover and simmer 5 to 10 minutes more or till all vegetables are tender. Discard Bouquet Garni. Sprinkle cheese atop each serving. Makes 6 servings.

PUREE RECIPES

PEACH MOUSSE WITH RASPBERRY SAUCE

To unmold this dessert, first dip the mold in warm water, then tilt the mold to let air in. Center an upside-down plate over the mold and gently shake. Carefully lift off the mold—

1 29-ounce can peach slices (syrup pack)
1 11-ounce can mandarin orange sections, drained
1 15-ounce carton ricotta cheese
2 teaspoons lemon juice
⅓ cup sugar
2 envelopes unflavored gelatin
Dash salt
1 egg yolk
1 egg white
2 tablespoons sugar
½ cup whipping cream
1 recipe Raspberry Sauce (see recipe, page 126)
Peach slices and mandarin orange sections (optional)

Drain peaches, reserving ¾ cup syrup. In blender container or food processor bowl combine the peach slices, mandarin orange sections, ricotta cheese, lemon juice, and *¼ cup* of the reserved peach syrup. Cover and process till smooth. (Or, press peaches and oranges through a fine-wire-mesh sieve; set aside. Press cheese through sieve. In bowl combine sieved fruits, cheese, lemon juice, and ¼ cup peach syrup.)

In small saucepan combine the ⅓ cup sugar, the gelatin, and salt. Stir in the remaining ½ cup reserved peach syrup and egg yolk. Cook and stir till mixture just comes to a boil and gela-

continued


NABISCO
Try that rich Nabisco chocolate taste
Rich Cocoa Coating
Heyday Caramel Peanut Logs
Rich Cocoa Coating
Party Grahams
Cookies
Fudge
Striped Shortbread
HEYDAY CARAMEL PEANUT LOGS
A luscious blend of nuts, caramel and fudge. The cookie that tastes like a candy bar.
STRIPED SHORTBREAD
Delicious shortbread laced with rich fudge flavor.
PARTY GRAHAMS
Scrumptious graham cookies with a creamy fudge coating.
Love that Nabisco chocolate taste!
SAVE 15¢
on one of these Nabisco Cookies.*
TO THE RETAILER: Coupon will be redeemed for 15c plus 7c for handling when you comply with offer terms. Any other application constitutes fraud. Invoices proving sufficient purchases of this product to cover coupons presented must be available on request. Consumer to pay applicable sales tax. Coupon may not be assigned or transferred by you. Coupon void when presented by outside agency or broker or where use is prohibited, restricted, or taxed. Good only in U.S.A. Cash value 1/20c. Mail to Nabisco, Inc., P.O. Box 1754, Clinton, Iowa, 52734. Only one coupon redeemed per purchase.
COUPON EXPIRES MARCH 30, 1983.
*Or any other Nabisco chocolate/cocoa-coated cookie.
44000 106045
15¢
©NABISCO BRANDS, INC. 1982

Presto, popcorn wow!

Presto® PopCornNow® continuous hot air popper is the one everybody wants.

Because it's Presto PopCornNow, you pop as much or as little as you want... without stopping or measuring.

Just pour popcorn into special self-feeding bin.

Because it's Presto PopCornNow, you can have hot buttered popcorn automatically if you wish. ButterWell® melter butters as it pops.

Popped corn is crisp, light and nutritious without extra calories because kernels explode with hot air, not hot oil.

Because it's Presto PopCornNow, it has the features everybody wants in a hot air popper.

PRESTO®

... innovation to make it first quality that makes it last and last®



© 1981, 1982 by NATIONAL PRESTO INDUSTRIES, INC.

Also Available in Canada

CREAM OF WINTER VEGETABLE SOUP

Use your favorite winter squash—butternut, acorn, banana, or buttercup—

2 cups chopped peeled potatoes
1½ cups chopped peeled winter squash
½ cup chopped celery
1 small onion, chopped
1 clove garlic, minced
2 tablespoons snipped parsley
1 teaspoon dry mustard
1 teaspoon finely shredded lemon peel
⅛ teaspoon pepper
1 10¾-ounce can condensed chicken broth
1¼ cups milk *or* light cream
Sunflower nuts

In large saucepan combine the potatoes, squash, celery, onion, garlic, parsley, dry mustard, lemon peel, and pepper. Stir in the chicken broth. Bring to boiling. Reduce heat; cover and simmer 20 minutes or till vegetables are tender. Transfer about 2 cups of the vegetable-broth mixture to blender container or food processor bowl. Cover and process till smooth. Return pureed mixture to saucepan. Stir in the milk or cream. Heat through. Season to taste. Sprinkle nuts atop each serving. Makes 6 to 8 servings.

DEGLAZE RECIPES

HAM WITH ONION SAUCE

6 slices fully cooked boneless ham cut ¼ inch thick
2 tablespoons cooking oil
1 cup water
½ teaspoon instant coffee crystals
½ cup sliced green onion
1 teaspoon Worcestershire sauce
1 tablespoon all-purpose flour
2 tablespoons cold water
Green onion fans (optional)

In large skillet cook the ham slices in hot oil about 5 minutes per side or till heated through. Remove ham slices to platter; keep warm. Add the 1 cup water and the coffee crystals to skillet drippings. Bring to boiling, scraping up any browned bits in skillet. Add the sliced green onion and Worcestershire. Blend flour into the 2 tablespoons cold water; add to skillet juices. Cook and stir till thickened and bubbly. Cook and stir 1 minute more. Spoon gravy over ham. Garnish with green onion fans, if desired. Makes 4 to 6 servings.

continued

continued

Classic cooking

tin is dissolved. Pour into a large bowl; cool to room temperature.

Stir the ricotta cheese mixture into the gelatin mixture. Beat egg white to soft peaks (tips curl over). Gradually add the 2 tablespoons sugar; continue beating to stiff peaks (tips stand straight). Fold beaten egg white into gelatin mixture. Beat the cream to soft peaks; fold into gelatin mixture. Spoon mixture into a 6½-cup mold. Chill till firm. To serve, unmold onto plate. Drizzle Raspberry Sauce over mousse; pass remaining sauce. Garnish with peach slices and orange sections. Makes 8 to 10 servings.

Raspberry Sauce: Combine one 10-ounce package frozen *red raspberries*, thawed, with 1 teaspoon *cornstarch*. Cook and stir till bubbly. Cook and stir 2 minutes more. Sieve; discard seeds. Add 1 tablespoon *orange liqueur*. Chill.

TAKE A QUICK DIP.

Discover no heavy oily taste.

1. DIP your favorite vegetable into Crisco Oil.
2. TASTE the vegetable, not the oil.

Crisco Oil...for delicious salads.

And Crisco Oil has no cholesterol.





per. Cover and simmer 10 minutes more or till meat and vegetables are tender. Remove chops; arrange atop couscous or rice on a serving platter; keep warm. Blend cornstarch into cold water; stir into liquid in skillet. Cook and stir till thickened and bubbly. Cook and stir 1 to 2 minutes more. Spoon sauce over chops; sprinkle with crumbled bacon. Pass peanuts to sprinkle atop. Makes 6 servings.

REDUCE RECIPES

ROSEMARY CHICKEN

2 whole medium chicken breasts, skinned, halved lengthwise, and boned
4 smoked sausage links
2 tablespoons butter *or* margarine
¼ cup dry white wine
¼ cup water
1 small onion, chopped (¼ cup)
1 stalk celery, finely chopped
1 teaspoon instant chicken bouillon granules
¼ teaspoon dried rosemary, crushed
⅓ cup whipping cream

Place each chicken breast half between two pieces of clear plastic wrap; with meat mallet pound each piece to ¼-inch thickness. Wrap each chicken breast half around a sausage link. Secure with wooden picks. In 10-inch skillet brown the chicken rolls in the butter or margarine. Add the wine, water, onion, celery, bouillon granules, and ¼ teaspoon dried rosemary. Bring to boiling; reduce heat. Simmer, covered, 20 minutes or till tender.

continued

Classic cooking

CURRIED LAMB CHOP PLATTER

Couscous is another name for semolina wheat kernels—

2 slices bacon
6 lamb leg sirloin chops, cut ¾ inch thick
½ cup apple cider *or* apple juice
2 teaspoons curry powder
1 cup chicken broth
½ cup apple cider *or* apple juice
1 large onion, chopped (¾ cup)
½ cup chopped mixed dried fruits (3 ounces)
1 green pepper, cut into strips
Hot cooked couscous *or* rice
4 teaspoons cornstarch
2 tablespoons cold water
Peanuts

In skillet cook the bacon till crisp. Remove bacon, reserving drippings; crumble bacon and set aside. Brown the lamb chops on both sides in hot bacon drippings. Sprinkle chops lightly with salt, if desired. Remove chops from skillet. Remove skillet from heat; add ½ cup apple cider and curry powder. Return skillet to heat; cook over medium heat 5 minutes, scraping up any browned bits on bottom of skillet.

Return chops to skillet. Add chicken broth, the remaining ½ cup apple cider or apple juice, and onion. Cover and simmer for 20 minutes. Add the dried fruits and green pep-





Meanwhile, let fish stand at room temperature 20 minutes; cut into 1-inch cubes. Add fish, olives, and clams to sauce. Bring to boiling. Reduce heat; cover and simmer for 5 to 7 minutes or till fish flakes easily. Serve sauce over hot cooked pasta. Makes 6 servings.

GLACÉ RECIPES

ORIENTAL VEGETABLE TART

1 package (4) refrigerated crescent rolls
1 3-ounce package cream cheese, softened
¼ cup mayonnaise *or* salad dressing
1 teaspoon soy sauce
1 6-ounce package frozen pea pods, thawed
1 cup sliced fresh mushrooms
½ cup sliced water chestnuts
5 cherry tomatoes, halved
¾ cup water
1½ teaspoons instant chicken bouillon granules
1½ teaspoons soy sauce
1 tablespoon cornstarch

Separate crescent roll dough. Press dough evenly on bottom and 1 inch up sides of a 10x6x2-inch baking dish. Bake in a 375° oven for 10 to 12 minutes or till golden brown. Cool. Remove crust from dish; place on serving tray. Blend cream cheese, mayonnaise or salad dressing, and the 1 teaspoon soy sauce. Spread cheese mixture over bottom of cooled crust. Drain vegetables well. Decoratively arrange the pea pods, mushrooms, water chestnuts, and cherry

continued

Remove chicken rolls to platter. Remove wooden picks and keep chicken warm. Skim fat from pan juices. Bring juices and vegetables to boiling. Boil hard for 3 minutes or till juices and vegetables are reduced to ½ cup. Add cream. Boil gently, uncovered, for 3 to 4 minutes or till slightly thickened, stirring occasionally. Spoon sauce over chicken. Makes 4 servings.

PASTA WITH FISH SAUCE

Fish cubes and minced clams mingle in this herbed sauce—

1 large onion, chopped (¾ cup)
1 clove garlic, minced
2 tablespoons butter *or* margarine
1 28-ounce can tomatoes, cut up
1 5½-ounce can clam-tomato juice cocktail (⅔ cup)
½ teaspoon dried oregano, crushed
¼ teaspoon dried basil, crushed
⅛ teaspoon pepper
1 7½-ounce can minced clams
1 16-ounce package frozen fish fillets
¼ cup sliced pimiento-stuffed olives
Hot cooked linguine *or* spaghetti

In Dutch oven cook the onion and garlic in butter or margarine till onion is tender. Stir in the *undrained* tomatoes, juice cocktail, oregano, basil, and pepper. Drain clams, reserving liquid. Set clams aside. Add clam liquid to tomato mixture. Bring to boiling; reduce heat. Simmer, uncovered, for 45 to 50 minutes or till very thick, stirring occasionally. (Mixture will thin down when fish is added.)





continued

Classic cooking

tomatoes atop the cheese layer. In small saucepan combine water, bouillon granules, and the remaining 1½ teaspoons soy sauce. Blend in the cornstarch. Cook and stir till thickened and bubbly; cook and stir 2 minutes more. Spoon hot glaze evenly over vegetables. Cover; chill. To serve, carefully cut into squares. Makes 6 to 8 servings.

GLACÉED SANDWICHES

12 slices rye bread
½ cup dairy sour cream
¼ cup bottled creamy Italian salad dressing
½ cup chopped nuts
½ teaspoon dry mustard
1½ cups shredded cheddar cheese (4 ounces)
12 ounces fully cooked sliced ham
2 teaspoons unflavored gelatin
3 tablespoons cold water
2 cups mayonnaise
⅓ cup whipping cream
Sandwich toppers, such as walnuts, ham pieces, sliced ripe olives, asparagus tips, green grapes, parsley, avocado slices, and green pepper strips

Cut each bread slice into a 3- or 4-inch circle or square, removing crusts. In bowl combine sour cream, salad dressing, the ½ cup chopped nuts, and dry mustard. Stir in cheddar cheese. Spread cheese mixture on one side of each piece of bread. Cut 2 or 3 slices of ham to fit each bread piece; place atop cheese mixture to form an open-face sandwich. Cover sandwiches and chill.

In small saucepan combine gelatin and cold water. Let stand 5 minutes. Stir over low heat till gelatin is dissolved. Remove from heat and cool slightly. In bowl stir together mayonnaise and whipping cream; stir in dissolved gelatin. Place sandwiches on wire rack. Spoon mayonnaise mixture over each sandwich, allowing mixture to drip down sides of bread to coat them evenly. Decorate sandwiches with desired toppers. Cover and chill about 1 hour or till set. Makes 12.

Do it yourself with



For anything that Sticks or Squeaks. Use in house, shop or car. Protects against rust, cleans and lubricates.

It really works.

Winter Special!

Baby's First Shoes Bronze-Plated in Solid Metal...

only $3.99



Limited time only! Baby's precious shoes gorgeously plated in SOLID METAL, only $3.99 pr. Don't confuse this offer of genuine lifetime BRONZE-PLATING with painted imitations. Your order is fully protected by our 100% Money Back Guarantee. Also Portrait Stands (illustrated.) ashtrays, bookends, TV lamps at great savings. Ideal Gift for Dad or Grandparents. SEND NO MONEY! Rush name & address for full details, money-saving certificate and handy mailing sack to AMERICAN BRONZING CO., Box 6504-B2, Bexley, Ohio 43209

Ask for Hanna when you wash your car

HANNA Car Wash Systems
Hanna Dr., Portland, OR 97222

©1982 R.J. REYNOLDS TOBACCO CO.

More you.



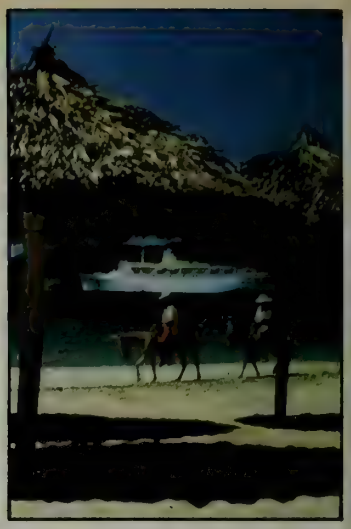
mg. "tar", 0.7 mg. nicotine av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

It's beige.
It's slender. It's more you.







mini cultural adventure. The ship's personnel are likely to be a mix of nationalities, and passengers usually come from a variety of countries and several parts of the U.S. You'll have a chance to get to know people you'd never encounter along the interstates.

And if you're worried about how your kids will cope with the social side of cruising, relax. Life aboard ship is more casual than it once was, and most youngsters fit in surprisingly well. What's more, kids quickly become favorites of stewards and waiters, who help them deal with any problems.

Knowing exactly how much your vacation costs before you set out is another plus. Included in the price are lodgings, transportation, food, entertainment, and most shipboard recreation—everything except bar bills, tips, shore excursions, and port taxes.

As a rule of thumb, figure $150 a week in tips for a family of four. Most shore excursions run $10 to $40 each, but they aren't always worth the price. On-your-own exploring generally is less expensive and often more fun for families. Port taxes (usually added on when you buy your ticket) range from $15 to $40 per person a week. Most cruise lines also guarantee against price hikes between the time you make a deposit and when the ship departs.

What's shipboard life like?

Days on board can be as active or relaxed as you like. Though diversions are available almost round the clock, you're free to ignore them in favor of a good book, sea air, and serenity.

Traditionally, the captain's "welcome aboard" party and evening dining are the most formal affairs. But you'll probably don your best bib and tucker only a couple of nights a week, which even



Shipboard pizza parlors are always popular with kids. Passengers of all ages enjoy splashing in the warm seas and exploring the many colorful sights as ships stop along Mexico's coast and at Caribbean ports.

freewheeling teens shouldn't find too onerous. You can count on casual dress the night you set sail and evenings in port. As for the food, it's not as lavish as it once was, but it's still tasty and varied enough to satisfy the pickiest pint-sized or adult appetite.

Generally speaking, visiting three or four ports is par for a one-week cruise. But ships that sail the Caribbean from San Juan, like Chandris line's *Victoria,* Cunard's *Countess* and *Princess,* and Costa Cruises' *Carla C.,* squeeze in five or six ports. That's a bonus if you enjoy lots of sight-seeing, but you won't have much chance just to savor being at sea.

What's the best price?

Though a cruise isn't a budget vacation, no matter how you figure the price, it's comparable to vacationing at a nice resort. One-week voyages in summer typically start at about $850 to $875 for each of two adults sharing a cabin. Anything less is a bargain!

You'll want to take advantage of children's rates and shop around for specials to get the best deals. Some ships offer children's fares that are so low you can't afford to leave the kids home. Age limits for these rates vary from ship to ship. Last summer, on a week-long Inside Passage cruise aboard the *World Renaissance,* children under 12 shared cabins with their parents for only $100 each. Carnival Cruises charges $195 for kids under 17 on weekly cruises.

Children under age two or three sail free on most ships, while youngsters too old for kids' rates travel at standard third- and fourth-person-per-cabin prices. Norwegian Caribbean, for instance, charges about $250 a week for kids under 17, about $455 for ages 17 and over. On ships of Holland America Cruises and Home Lines, all of the third and fourth cabin occupants pay 50 percent of the minimum adult rate.

Are there bargains at sea?

A couple of years ago, you had to make cruise reservations at least six months in advance to ensure a cabin. But today, the closer to the cruise date you make your reservations, the better deal you'll probably get—particularly for Caribbean cruises. Six to eight weeks before sailing date, some lines cut prices to make sure ships sail full.

Both Norwegian Caribbean and Carnival Cruises also sell "available space" on their Miami-based ships (seven in total) making one-week cruises. You can save up to 35 percent by making reservations three weeks in advance for the week you want to sail. The cruise line tells you about a week later (after full payment is received) which ship you'll be on.

First voyages on new or updated ships sometimes can be bargains, too. And within the next year or two, a whole flotilla of snazzy new vessels will be putting out to sea. However, taking a "shakedown" cruise probably isn't a good idea unless you get a healthy discount. Then you won't feel shortchanged if service

continued

Photographs: Sitmar Cruises (top left and right); Bradley Olman (center top and bottom)

Help your cat to... thrive!™

Brand Cat Food

rive Brand cat food from Purina is the only
ading cat food with nutritional ingredients from
e four basic food groups. Thrive is more than
st a blend of flavors—Thrive gives your cat
trition at its best. 100% complete and
lanced. Here's what Thrive gives your cat:

The Meat/Fish/Poultry Group not only
pplies protein to help your cat feel his best, it
so helps keep your cat's coat sleek and glossy.

The Dairy Group helps provide calcium for
althy teeth and strong bones.

The Vegetable Group adds fiber to aid
gestion.

The Grain Group provides vitamins and
ergy to keep your cat going through the day.



*$20 value

Purina

thrive!

the four food groups™ cat food

FREE!

CERTIFICATE FOR FREE FAMILY PHOTOGRAPH $20 VALUE

INSIDE THIS BAG!

nd get a FREE Studio Photograph

w you can put your whole family—including your cat—in the "Picture of Health," thanks to Thrive! It's a REE color studio photograph taken by a professional photographer. It's yours with a "Picture of Health" rtificate from inside specially marked 3½- and 7-lb. bags of Thrive cat food. With a studio photograph of ur family, and Thrive for your cat, you'll all be in the "Picture of Health"! (See details on package back.)

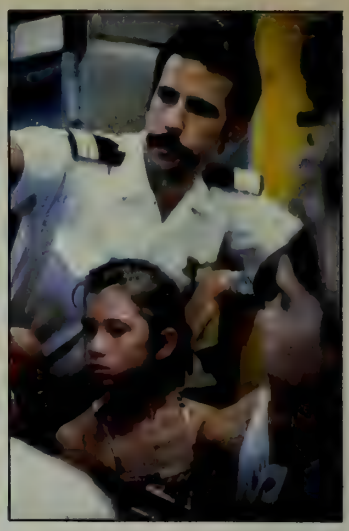
Put your whole family in the "Picture of Health" with Thrive!

© Ralston Purina Co. 1981

Purina®







isn't quite up to snuff or if there's a mechanical snafu.

Some cruise lines also sell space on cruises during the first two weeks of June at shoulder season prices. So if you can get your family organized, you might be rewarded with lower rates.

How do you get to the port?

A relatively new wrinkle in cruising is air/sea programs, which help reduce passengers' costs of getting to and/or from ship. Though there are nearly as many names for the programs as there are cruise lines, the idea is the same: Cruise lines subsidize—sometimes pay in full—passengers' air fare to and/or from cruise ports. Discounts vary from free one-way or round-trip air fare to a percentage of your air fare free, based on the price of your cabin.

Some air/sea discounts apply to all passengers, others exclude everyone who doesn't pay the full adult rate. Some vary with the length of the cruise, even the time of year. And some programs also allow for stopovers en route to the ship and stay-overs at the ship's home port. It pays to shop around.

How do you size up the ships?

Cruise ships aren't all equally suited to families. Some cater to adults willing to pay top prices for formal service and elegant atmosphere. Others are more attuned to those who enjoy nonstop partying. Getting the answers to the following questions will help you zero in on ships with the most family appeal.

- **Are there facilities specifically for youngsters on board**—children's swimming pool, playroom, teen hangout, game room, soda bar, etc.?
- **How many three- and four-berth cabins are in the ship's deck plan, and are there special rates for kids in cabins with their parents?**
- **Do trained members of the ship's staff coordinate programs for young cruisers?** The kinds of activities and how often they're scheduled are important, too. The best ships provide more than glorified baby-sitting service.
- **What types of entertainment are featured?** Entertainment ranges from magicians, comics, and singers to staff talent shows and Las Vegas-style revues. Early shows in nightclubs and lounges are best suited to families (opt for early dinner seating so you can catch those shows). Movies are rated like those run in local theaters (G, PG, etc.). Some ships also feature special kids' matinees and early-evening entertainment expressly for youngsters.
- **How big is the ship and what's its passenger count?** Generally, the bigger the better if you cruise with kids. Larger ships usually have more space for pools, game rooms, and gyms—all of which help keep youngsters occupied. But the ship's design and ratio of public space (decks, theaters, dining rooms, etc.) to cabins also figures in.
- **What's the nationality of the officers and crew?** This can be a clue to the style and ambience you'll find on board. Italians and West Indians, for instance, are noted for their warm rapport with passengers, including children.
- **How big are the cabins?** You can do some quick estimating by figuring that berths indicated in deck plans measure six feet long by three feet wide. But don't attach too much importance to cabin size. You probably won't be spending a lot of time in yours anyway, and it's amazing how spacious cabins seem once your family gets organized!
- **Does the ship tender or dock at ports?** Pulling up alongside dock in your cruise ship is more convenient than being shuttled between your ship and ports of call in boats called tenders. When the tendering operation is well handled, it results in minimal delays (look for ships that do their own tendering, rather than contracting the service to boat operators at ports).
- **How many kids will be on board?** Ask how many other children are booked on the ship or at least the number of third- and fourth-berth passengers—a good indication of the kid count. What youngsters like best about cruising is being with new friends in their age group. Kids have a way of finding each other in a hurry on a cruise.



Wide sun decks for sports, supervised activities for tots, and getting to know the ship's staff and officers are part of what makes cruising such a delight.

Which cruise is for you?

Wherever you elect to vacation, you'll have choices of cruise lines and ships. Here's an assortment of our favorite summertime family sailings from several different ports.

Sitmar Cruises

Nobody does more for vacationing families than Sitmar Cruises. Aboard two 25,000-ton, 925-passenger sister ships, the *Fairwind* and *Fairsea,* Sitmar tailors fun to all ages—junior cruisers, teens, and adults—and surrounds passengers with warm Italian atmosphere.

continued

Photographs: Bradley Olman (top right and left); Sitmar Cruises (center top and bottom)

The Merrill Lynch Money Market Fund vs. The Savings & Loan All-Savers Certificate

Merrill Lynch Ready Assets Trust	Savings & Loan All-Savers Certificate
1. All proceeds from the Merrill Lynch Ready Assets Trust are fully taxable. Every penny must be reported. The high yield is quite different from the amount you actually wind up keeping.	1. All-Savers Certificates are not taxable. You keep every penny of interest. Couples filing joint returns can collect up to $2,000 tax-free interest. Individuals up to $1,000.
2. The Merrill Lynch Ready Assets Trust isn't insured. Not by the government. Not by anyone.	2. All-Savers Certificates are insured up to $100,000 by a federal government agency.
3. The Merrill Lynch Ready Assets Trust states in their own prospectus, "There can be no assurance that the objectives of the Trust will be realized."	3. The yields on All-Savers Certificates are not merely objectives. They are guaranteed by your Savings & Loan.
4. The yield on the Merrill Lynch Ready Assets Trust fluctuates almost every day. One day it's up, the next day it's down.	4. All-Savers Certificate interest rates remain constant throughout the entire life of the Certificate. You needn't concern yourself about wildly fluctuating rates for a full year.
5. Merrill Lynch requires a minimum initial investment of $5,000.	5. All-Savers Certificates are available for as little as $500.

©1982. The Savings and Loan Foundation, Inc., 1111 "E" Street, N.W., Washington, D.C. 20004.

The Savings & Loan Foundation







A youth coordinator and at least four counselors (sometimes eight) sail with each ship year round. Facilities for young cruisers include a supervised swimming pool, game room, and pizza parlor. There's a daily schedule of activities to keep youngsters hopping, and the ship's youth center stays open every day 9 a.m. to midnight. Good-sized cabins and free self-service laundries are other bonuses.

Sitmar ships make seven-, ten-, 11-, and 14-day sailings in the Caribbean, along Mexico's Pacific coast, to Canada/Alaska, and through the Panama Canal (Alaska cruises and canal transits are 14 days only). Unfortunately, one-week cruises are mostly in spring and fall (from $880 per adult double and $350 per youngster). Your best summertime option is a ten-day cruise in the Caribbean from Fort Lauderdale, or along Mexico's coast from Los Angeles. Rates for those cruises start at $1,255 per adult double, $440 per youngster.

With Sitmar's liberal air/sea plan, you fly free round trip from over 100 cities, $75 to $225 from most other locations. Kids qualify for air/sea discounts.

Norwegian Caribbean

The *Norway* is the undisputed star of the five-ship Norwegian Caribbean Lines' fleet, which specializes in one-week Caribbean cruises from Miami. The size alone of this huge 70,000-ton, 1,800-passenger ship makes it unique (17 stories high and three football fields long). Even the most restless youngster will find lots of roaming room.

No ship offers passengers more variety or more outstanding shipboard facilities. You can play basketball, volleyball, paddle ball and go swimming on the wide sports deck, or enjoy an indoor pool, spa and gym, game room, and varied first-rate entertainment in spacious lounges and an elaborate theater. Roomy multiberth cabins come complete with closed-circuit TV.



Sleek cruise ships, like this one gliding into Vancouver harbor, specialize in fun. There are surprises in the dining room, as well as lively sports and dips in the pool.

There are organized activities for the whole family, too, from snorkeling instruction to carnival night and olympic-style sports competitions. What many families like best is the daylong beach party on a private island. During summer and holidays, two counselors sail with the *Norway* to supervise activities in the Trolland playroom, right next door to the ice cream shop.

One-week cruises start at $870 per adult double in summer. Children under 17 pay $250 per week, $455 per week for ages 17 and over. Special air fares from some 100 cities vary according to the season and distance traveled (i.e., $220 from Los Angeles, $140 from New York and Chicago in summer). Air fare discounts are less for children.

Carnival Cruise Lines

The stock-in-trade of Carnival cruises are economical one-week voyages in the Caribbean and, beginning this fall, along Mexico's Pacific coast. Though programs for youngsters aboard Carnival ships may not be as extensive as on some, the cruises offer good value.

The two cheeriest members of Carnival's four-ship fleet are the 38,000-ton *Festivale,* which sails Caribbean waters from Miami year round, and the brand-new 30,000-ton *Tropicale,* which recently started cruising the Caribbean and will make its permanent home in Los Angeles this fall, offering one-week cruises to Mexico. Members of the cruise staff act as youth counselors for summer and holiday voyages. Each 1,000-passenger craft has a children's swimming pool and a playroom with organized activities a couple of hours each morning and afternoon.

Rates start at $760 per person double in summer, $395 for ages 17 and over, and $195 under age 17. Air fare discounts are offered from some 100 cities. For Caribbean cruises, passengers pay $150 round trip from Chicago and New York, $195 from Los Angeles. There also are reduced rates for kids (i.e., $450 from Chicago for ages up to 17, including cruise and air fare).

Royal Caribbean

Royal Caribbean Cruise Line boasts three classy ships created just for sailing the warm Caribbean. A fourth ship will be launched late this year. These crafts have no special facilities for kids, and the atmosphere is more formal than on some ships. However, two counselors sail with each craft in summer and during holidays to supervise "teen power" and "kid power" programs. The programs include special free shore excursions, and there's even a youngsters' newsletter, so kids won't miss out on anything.

Ships make seven-day voyages from Miami every weekend. Prices start at $995 per adult double in summer, with air-fare discounts from some 72 cities

continued

Photographs: Bradley Olman (top right and left, bottom center); Barbara Humeston (top center)

Hanes® doesn't want your shorts to be short-lived.

That's why they trust washing the All-Temperature Cheer® way.

The old fig leaves may have been disposable, but you want your new shorts to last. So Hanes makes their shorts in a variety of high-quality fabrics for long-wearing comfort and fit. And they want them washed in the right water temperature. That's why Hanes trusts washing the All-Temperature Cheer way.

Cheer does a great job of cleaning in all three temperatures—hot, warm and cold. Hot to clean your whites, warm for your permanent press, and cold to help protect bright colors from fading. But Cheer does more. It even contains a special ingredient that helps reduce wrinkling.

In fact, Hanes thinks washing right is so important, they're sewing a special care label inside their underwear. It will approve the use of All-Temperature Cheer, and remind you to wash in the right temperature.

Cheer. It's three temperatures, one detergent. Because the kind of clean you get with All-Temperature Cheer can help keep those boxer shorts looking like champs.



All-Temperature Cheer. Cleans in the right temperature hot, warm, or cold.

Cheer has agreed with Hanes to feature their garments in Cheer advertising.

©1981 B&W T Co

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

15 mg. "tar", 1.2 mg. nicotine av. per cigarette, FTC Report May '81

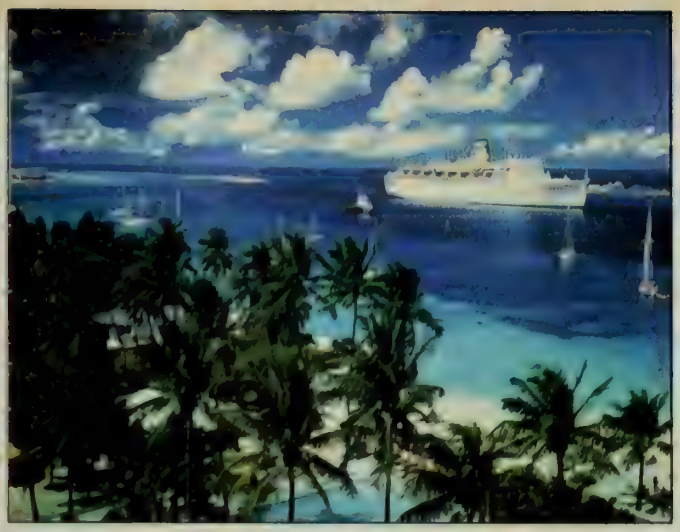


There's only one way to play it...

Wherever the music is hot, the taste is Kool. Because there's only one sensation this refreshing.









($75 round trip from Los Angeles, $50 from New York and Chicago). Children sailing as third and fourth passengers in their parents' cabin pay $495 and are eligible for some reduction in air fare.

Holland America and Home Lines

Holland America Cruises' ships, the *Veendam* and *Volendam*, and Home Lines' *Oceanic* make week-long voyages from New York to Bermuda spring through fall. A brand-new Home Lines' ship, the *Atlantic*, also begins New York-Bermuda cruises this spring. The two Holland America ships and the *Atlantic* spend over three days in port. The *Oceanic* sails on to Nassau. Both the *Oceanic* and the *Atlantic* have particularly spacious cabins.

Youth counselors are aboard all four ships in summer. The *Oceanic* and the *Atlantic* have a Fun-O-Rama room for youngsters, and there's a free pizza party every night. On Holland America ships, diversions for youngsters range from beach parties to movies and scavenger hunts.

Summer rates on the 23,500-ton *Volendam* and *Veendam*, which carry about 800 passengers each, start at $860 per adult double; $880 aboard the 39,000-ton, 1,000-passenger *Oceanic*, and $925 on the 30,000-ton, 1,200-passenger *Atlantic*. Kids pay standard third- and fourth-person-per-cabin rates. Holland America offers air/sea discounts, which also apply to children, from 52 cities. Rates range from $110 round trip from Chicago to $425 from the West Coast. Home Lines' air/sea discounts apply to fall and winter cruises only, when its ships sail in the Caribbean from Fort Lauderdale.

American Hawaii

The friendly aloha spirit aboard the *Oceanic Independence* is perfect for families. This 750-passenger American Hawaii Cruises' ship travels among the Hawaiian Islands from Honolulu year round. Surfboards and outriggers sometimes escort the ship into the four ports on its three-island, seven-day itinerary. You spend at least one full day in each port. A new sister ship, the *Constitution*, will join the *Oceanic Independence* on cruises among the islands in June.



Masquerades and tours of the bridge are among shipboard diversions everyone in the family can enjoy. After a day at sea or sampling pleasures in port, you can settle down in your compact and cozy cabin.

Everyone on board speaks English, so you'll feel at home instantly. Cabins are roomy, there's a children's playroom, and the open deck is as big as six football fields. Computers keep tabs on the number and ages of youngsters so activities can be tailored to them. Kids can even take hula and ukulele lessons. And a menu just for youngsters soon will be featured in the dining room.

Rates start at $845 per adult double. Kids under 12 sail for $295, $495 for ages 12 and up in a cabin with two adults. But despite the line's air/sea program, reaching Honolulu can be expensive. The round-trip air fare for adults ranges from $345 from Los Angeles to $550 from Chicago and $590 from New York (no air/sea discounts available for children).

Princess Cruises

The *Sun Princess* is the number one family ship among Princess Cruises' three-craft fleet of *Love Boat* fame. It's one of few ships that make seven-day Alaska/Canada cruises, sailing from Vancouver June through mid-September. Whether you find youth counselors and special activities for kids aboard depends on the numbers of youngsters indicated in advance bookings.

Alaska cruises start at $1,267. Kids three to 12 pay 50 percent of the minimum adult rate for the cabin booked; 10 percent for ages one to three; and 75 percent for ages 12 to 18. No air/sea rates are offered. Other times of year, the *Sun Princess* switches to the Caribbean for one-week cruises from San Juan, and to Los Angeles for one-week cruises to Mexico. Air/sea programs are available then, including free air fare from some 50 different cities in fall, when there's no charge for the third person in a cabin on cruises to Mexico (no air-fare discounts apply for third cabin occupants).

Bahama Cruise Line

Bahama Cruise Line specializes in cruises to New England and eastern Canada aboard the 10,000-ton, 700-passenger *Veracruz*. Though the ship is small, the prices and cozy atmosphere are hard to beat.

One-week cruises between New York and Montreal from June 11 through September 24 start at $795 per adult double, $150 for children six to 12. Older youngsters pay $500 per week in a cabin with their parents.

continued

Photographs: Bradley Olman (top right and left, bottom center); Sitmar Cruises (top center)

Budget Meat Kabobs



Photograph: Dieter

Keep these easy-on-the-budget kabobs in mind the next time you want an extraordinary barbecue entree. For a complete summer meal, team them with a crisp tossed salad, homemade biscuits or rolls, and an assortment of fresh fruit and cheese for dessert.

LIVER KABOBS

1 cup tomato juice
2 tablespoons instant minced onion
1 teaspoon salt
⅛ teaspoon garlic powder
⅛ teaspoon pepper
1 teaspoon dried oregano, crushed
1 pound beef liver, cut in 1-inch-wide strips
3 medium zucchini, cut in ¾-inch chunks

In deep bowl combine tomato juice, onion, salt, garlic powder, pepper, and oregano. Add liver, stirring to coat. Let stand at room temperature 30 minutes, stirring occasionally. Meanwhile, cook zucchini in boiling unsalted water for 3 minutes or till nearly tender; drain. Lift liver from marinade, reserving marinade. On four skewers thread meat loosely, accordion-style, alternating with the zucchini. Grill over *medium-hot* coals for 4 to 5 minutes, brushing occasionally with marinade. Turn. Grill and baste 4 to 5 minutes more. (Or, broil 4 to 5 inches from heat for 8 to 10 minutes, basting occasionally with marinade.) Makes 4 servings.

BEEF STEW KABOBS

Meat tenderizer turns beef stew meat into a fast-cooking favorite—

1 pound beef for stew, cut in 1-inch cubes
½ cup bottled teriyaki sauce
⅓ cup dry red wine
1 tablespoon worcestershire sauce
½ teaspoon garlic salt
Unseasoned instant meat tenderizer
1 large green pepper, cut in cubes
½ small pineapple, rind removed, sliced, and cut in wedges

Place meat in bowl. Mix teriyaki sauce, wine, worcestershire, and garlic salt. Pour over meat. Cover and refrigerate overnight or let stand at room temperature 2 hours, stirring occasionally. Drain meat, reserving marinade. Sprinkle meat with tenderizer according to label directions. On four long skewers thread meat alternately with pepper and pineapple. Grill over *hot* coals 8 minutes; baste with marinade. Turn and grill 7 minutes more. (Or, broil 4 to 5 inches from heat for 8 minutes. Turn; brush with marinade. Broil 7 minutes.) Brush again with marinade. Makes 4 servings.

HASTE MAKES TASTE.

Now marinate meat, poultry and fish in just 15 minutes.

Introducing Chef's Marinade from Lea & Perrins. The quick and easy way to turn out dishes like this savory sliced beef in red wine. There are 27 other marinating ideas on the back of the jar. New Chef's Marinade in the sauce section.





Lea & Perrins

Available in limited areas. © 1981 Lea & Perrins



Your redwood dream deck. Now it can be different from anyone else's redwood dream deck.

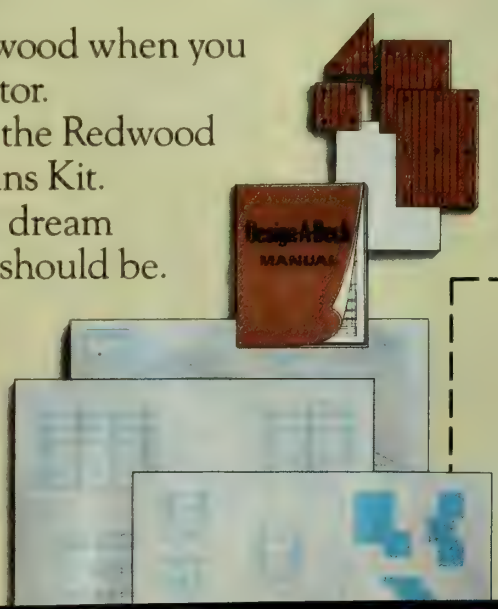
A deck that's all your own begins with a design that's all your own. Design your own redwood deck with the Redwood "Design-a-Deck" Plans Kit.

- Adaptable patterns for an endless variety of decks to suit your home and landscaping
- Plans for steps, benches, and railings
- An illustrated instruction manual
- Working drawings
- And more!

Then you can build your deck yourself with natural, low-cost garden grades of redwood.

Or recommend redwood when you consult your contractor.

It all starts with the Redwood "Design-a-Deck" Plans Kit. Make your redwood dream deck exactly what it should be. All your own.



$5 gets you the new Redwood "Design-A-Deck" Plans Kit.

Each plans kit contains five large sheets of working drawings; a complete list of required materials; a 20-page, illustrated step-by-step manual; graph paper and unique punch-out patterns to help you decide exactly where to place your deck; information on hillside installations; plus detailed plans on steps, benches and railings.

CALIFORNIA REDWOOD ASSOCIATION A
One Lombard St., San Francisco, CA 94111
I'm enclosing a ☐ check ☐ money order for $5.00
Please send my deck plans kit.

Name _____

Address _____

City _____

State _____ Zip _____

CALIFORNIA REDWOOD ASSOCIATION
One Lombard Street
San Francisco, CA 94111

Redwood – a renewable resource

What are cherries this fresh doing in a can?



Waiting for you.

Because the people at Wilderness know the fresher your fruit, the tastier your desserts.

That's why we insist on packing only the finest, and fresh tree-ripened cherries available.

So when you open a can of Wilderness Cherry Fruit Filling (or any other of our great Fruit fillings), you get fruit with uncanny freshness.

Wilderness Cherries.

If we insist on the best, shouldn't you?

Now you know why Wilderness in a can, is something you should never be fresh out of.

Wilderness

Nobody Knows Fresh Fruit Better

Tips for Travelers

Museums just for kids—You'll find a wide variety of children's museums nationwide with exhibits geared to the younger set. Check the directory of the American Association of Museums in most libraries, or write Cathy-Ann Spelman, American Association of Museums, 1055 Thomas Jefferson Street NW., Washington, DC 20007.

Help for fearful flyers—Nearly 30 programs aimed at curing the air travel jitters have been started across the U.S. in recent years. The programs range from one to ten weeks in length, and average $250 per person in price. For details, write to the Institute for the Psychology of Air Travel, Suite 300, 25 Huntington Avenue, Boston, MA 02116. For how-to tips on overcoming your flying phobia, check *Fearless Flying: The Complete Program for Relaxed Air Travel* by Forgione and Bauer (Houghton-Mifflin, $6.95).

Passport pointers—You can apply for a passport (allow at least two months for processing) at most larger post offices. You'll need proof of U.S. citizenship (birth certificate, naturalization papers, or an old passport), identification (valid driver's license or ID card), two passport photos (most commercial studios take them), and $15 (check or money order). Write for the helpful booklet, *Your Trip Abroad,* available from Jane Hayes, Passport Services-PPT/S/PC, Department of State, Washington, DC 20520.

Preparing your child to fly solo—For a young child getting set for his or her first flight alone, rehearsing the trip in advance is the best preparation. Go to the airport and familiarize your child with all the facilities—ticket counters, security checkpoints, telephone booths, etc. At the time you make the reservation, tell the agent that it's for an unaccompanied child. And try to schedule the youngster on nonstop flights. When you check in at the airport, you'll fill out a form including the name and address of the person who will be meeting your child. The form is given to an attendant who will deliver your pint-sized traveler to the proper party at the end of the trip.

8 REASONS WHY NOBODY MAKES DECORATING EASIER THAN WALLPAPERS TO GO.®

1. Choose from hundreds and hundreds of exciting designs. All displayed separately, not hidden in sample books.



Everything's conveniently grouped by color, pattern and texture, including many exclusive designs found only at Wallpapers To Go stores. And everything's first quality with no seconds or manufacturers' close-outs.

2. You'll get decorating ideas, the easy way.



Whether it's from our easy-to-use videotape, exciting room-setting photos or full-size display vignettes, you'll leave Wallpapers To Go with many stimulating decorating ideas.

3. You'll find what you need in our complete tool and supply section.



It's all here. Everything you'll need to prepare your wall and hang your wallpaper. From individual tools and supplies to complete kits. All conveniently located in one handy section.

4. You'll have an easy time visualizing your selection.



Why guess how a pattern will look? Just place it on one of our handy viewing racks. Unroll it. And step back for a real good look. Or, take it home with you for an even better look.

5. You'll learn how to do it yourself with our free wallpapering lessons.



ed from a
unter top
ble is the
We e room. It
or liv
near
is tr
answ

6. We'll teach you how to prepare your wall surfaces.



Different wall surfaces require different preparations. Our handy Wall Preparation Chart features the 4 most common wall surfaces and simple step-by-step instructions on how to get them ready for wallpapering.

7. Everything's in stock so you can take your selection home right away.



Small Dining Spots With Style

Dining areas don't have to be large to be stylish and comfortable. With space-conscious planning and small-scale furnishings, you can make almost any size dining spot attractive and inviting. These three distinctive seating areas prove the point.

A sliver of space along a kitchen wall is utilized for casual dining, *below.* A built-in ledge serves as an eating/serving surface, while two smaller triangular shelves add storage space for dishes and a portable television.

The sleek contemporary chairs are light in scale, so they take up minimum visual space. And their casters make them easy to move about. The two light pendants hanging from an overhead track are equally flexible; they can be moved to any position along the track, as well as up or down.



Photograph: William N. Hopkins. Designer: Mary Jo Consiglio
Field editor: Mary Ann Thompson

This modest yet sophisticated dining area, *above right,* was created with furnishings that only look expensive.

Banquette-like seating is provided by upholstered benches and a corner section backed with matching cushions. The L-shaped configuration accommodates up to four in the space normally taken up by two dining chairs.

The table's clear glass top provides a 36-inch-square eating/serving surface yet takes up little visual space. The sculptural base is a simple plywood box, covered with a plastic laminate that has the elegant look of marble.

Even a pocket-size nook like this, *right,* can be turned into an inviting dining spot. Here a table for two makes the corner space perfect for morning brunch.

A small table lamp casts a soft glow, while an informal grouping of country-style treasures gives the eating space a down-home feeling. Above the table, a wall-mounted shelf (actually a piece of molding salvaged from an old house) displays a collection of contemporary pottery.



Photograph: Ross Chapple. Design: Gary Widrick. Field editor: Eileen A. Deymier



Photograph: Jessie Walker Associates. Design: Blair Pope



Yuban is a registered trade mark of General Foods Corporation. ©1981 General Foods Corporation.



FREE!
If you're 5'6" or Taller!

The new Tall Collection Catalog...featuring fashions guaranteed to fit you better 7 ways!



Here are the latest, liveliest looks for Talls... at low, low prices! Jeans, jackets, tee shirts, skirts and dresses...in sizes 10 to 26. Designer fashions and famous brand names too: Levi's, Liz Claiborne, Fire Islander, Jordache, Trissi, and many others! Send for your FREE catalog today!
For FREE CATALOG, mail this coupon to TALL COLLECTION, Dept. C., Indianapolis, Indiana 46201.

Print Name _____

Address _____ Apt. # _____

City _____ State _____ Zip _____

Charge it on your Visa, Master Charge or Lane Bryant Account

T-82-004-0



Craft Kits

Better Homes and Gardens CRAFTS

One year subscription
Only $1.00

Reserve your full-color Craft Kits catalogs today, and we guarantee you — or your money back — hundreds of fun-to-make gift and decorating ideas that will suit any taste, any budget. You'll find pictures to needlepoint...toys to sew...sweaters to knit...rugs to hook...and much, much more! Many items are **Better Homes and Gardens® Exclusives** — and can be purchased only through Craft Kits! To start your catalog series arriving at your doorstep right away, complete the coupon below and mail it today!

DETACH AND MAIL TODAY!

Send to: Better Homes and Gardens
Dept. 28G, Box 374
Des Moines, Iowa 50336

☐ YES! Please rush me your full-color Craft Kits catalogs *No. 00900.* I have enclosed a check or money order for $1.

Name _____

Address _____ Apt.# _____

City _____

State _____ Zip _____

How to Freeze Eggs

Do you have a surplus of eggs or some leftover egg yolks or whites? You can keep them for months if you take a few minutes now to freeze them, using the guidelines below.

How to freeze

For best results, make sure the eggs you select to freeze are fresh and high-quality eggs and that the shells don't have any cracks.

Egg yolks as well as whole eggs can become thick and gummy during freezing. To prevent this, crack whole eggs; separate them, if desired. Add 1½ teaspoons sugar or corn syrup *or* ⅛ teaspoon salt to each ¼ cup whole eggs or ¼ cup egg yolks. Be careful not to beat the eggs. Egg whites will freeze well without any additions.

Freeze serving- or recipe-size amounts of eggs in moisture-vaporproof containers, allowing room for expansion. You also can freeze eggs in ice cube trays. When the eggs are frozen, remove the cubes and either transfer the cubes to a freezer container, wrap them in foil, or place them in a freezer bag. Mark the container with the number of whole eggs, whites, or yolks and whether you added salt (use for main dishes) *or* sugar or corn syrup (use for baking or desserts). Freeze the eggs at zero degree Fahrenheit or below to keep them solidly frozen for nine to 12 months.

How to use

Thaw frozen eggs in the refrigerator or by standing the container in cold water. Be sure to thaw only the amount needed; thawed eggs are highly perishable and should never be refrozen. Use yolks and whole eggs immediately upon thawing. Thawed egg whites will beat to a better volume if you let them stand at room temperature for 30 minutes. If necessary, keep thawed eggs up to 24 hours in the refrigerator. It's best to use frozen eggs in dishes that are to be thoroughly cooked. Here are some equivalents to guide you in cooking with eggs that have been frozen.

1 whole egg = 3 tablespoons
1 egg yolk = 1 tablespoon
1 egg white = 2 tablespoons



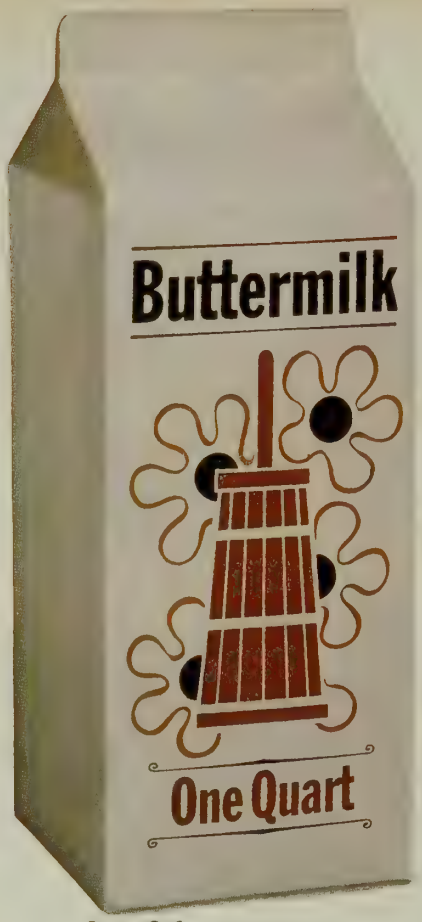
The perfect place for a honeymoon–the first or the second.

The American paradise.

United States Virgin Islands

St. Croix · St. John · St. Thomas

© 1982 United States Virgin Islands Division of Tourism, 1270 Avenue of the Americas, NY, NY 10020



This buttermilk spoils.



This buttermilk doesn't.

New Swiss Miss All Purpose Buttermilk powder stays fresh—unrefrigerated—for a full year. Liquid buttermilk spoils within three weeks. So with Swiss Miss Buttermilk powder in your pantry, you don't have to worry about spoiled buttermilk—or spoiled dinner plans. Swiss Miss Buttermilk powder is made with real cultured buttermilk. So it's every bit as good as liquid buttermilk for baking, cooking, and salad dressings. You'll find it in your grocer's baking section.





Swiss Miss Buttermilk powder is as easy to use as it is to keep on hand. Just mix it with your dry ingredients and add water as directed with liquid ingredients.

New Swiss Miss All Purpose Buttermilk powder. It doesn't spoil.

We make good things from milk.



©1981 Sanna Inc., Sub. Beatrice Foods Co



You are what you wheat.

Add the goodness of Kretschmer Wheat Germ to any food you eat. It's the heart of the wheat, naturally packed with energy and protein, iron, zinc, vitamin E and most B vitamins. Add it to your diet. Add it to your life.

Kretschmer Wheat Germ
Available in regular or brown sugar & honey.

MULTIFOODS

AWARENESS



The Stanford University Museum of Art has been providing pleasure and stimulation to its visitors for nearly a century. It is one of several small regional museums which have contributed to the remarkable growth of American awareness of the fine arts. For its collections and the support of many of its programs, the museum depends wholly on the generosity of its friends.

The Committee for Art at Stanford, a volunteer organization, helps with its biennial fund-raiser, TREASURE MARKET, a sale of antiques, art objects, Oriental rugs, sculpture and fine furniture to be held March 25, 26, 27, 1982 in Maples Pavilion on the Stanford campus. The public is invited.

For information, please call the Committee for Art (415) 328-7149.

Join the winners circle



support Special Olympics.

Special Olympics is a program of sports training and athletic competition for mentally handicapped children and adults. Special Olympics greatly contributes to the physical, social and psychological development of these important individuals.

For further information call:

Marin
924-4020

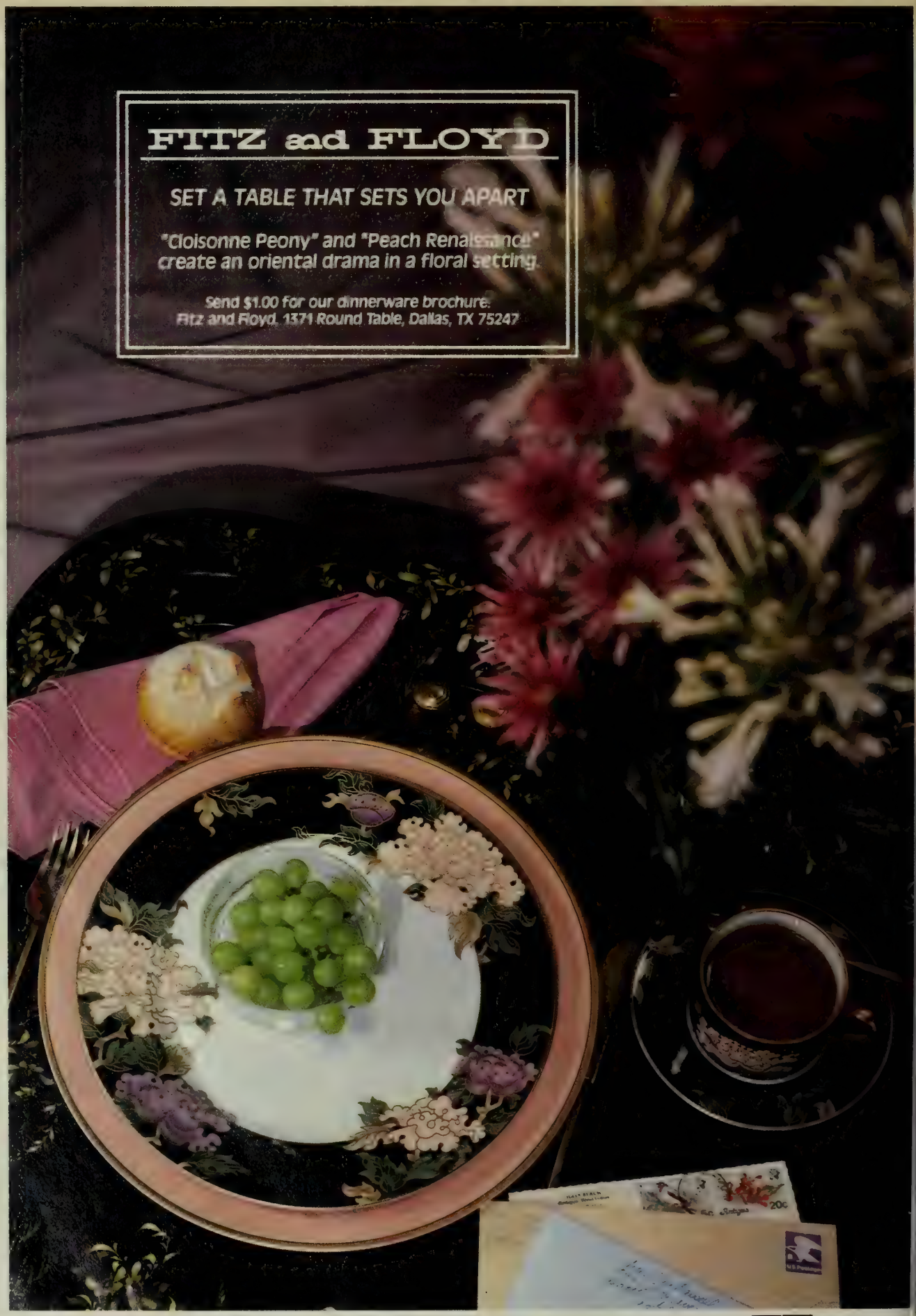
San Francisco
221-6575

Contra Costa
938-4995

Santa Clara
578-2336

Alameda
797-1178

San Mateo
697-7237



Tray Courtesy of East & Orient Company/Dallas, Texas

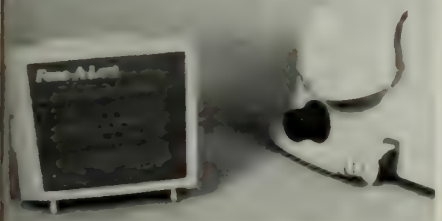
FF

Better Homes

Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

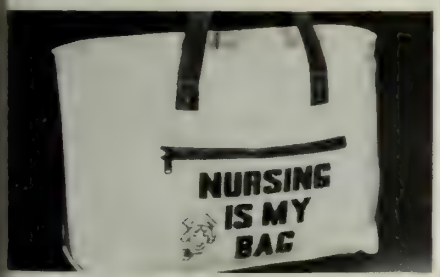
by Ann Lively



Fone-A-Lert
Don't miss calls when you're in the yard or away from the phone or door. Lets you hear your phone or doorbell anywhere on your premises. Just apply suction cup to surface of phone or doorbell chime box, 40' wire. Uses standard 9-volt battery (not included) 4¼ x 3½ x 2½". $21.95 + $2 postage. Order from Holst, Inc., Dept. BH-282, 1118 West Lake, Box 370, Tawas City, MI 48763.

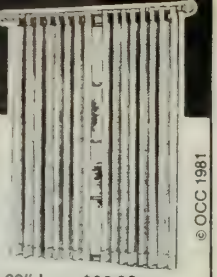


Amazing projector
Show wall-size images of photos, maps, stamps, even 3-dimensional objects with this rugged projector. No film or negative needed. Just place item in projector, turn on lamp (any 60w bulb). Great for entertaining, lectures, etc. 12" x 4½" x 8"; 5½ ft. cord. Order F5154, Amazing Projector, $14.99 ppd. Walter Drake, BH38 Drake Bldg., Colorado Springs, CO 80940.



Tote bag for nurses
An attractive, handy carry-all for books, lunch, crafts, etc. It's so useful you'll find you're always using it. Made of heavy gauge canvas with a waterproof vinyl lining. It's gusseted and has a zippered outside pocket. 17" x 11" plus handles. Makes a wonderful gift too! $7.98 + $1.50 post. Order from Harriet Carter, Dept. BHG-14122, North Wales, PA 19454.

Energy-Saving
Tab Curtains



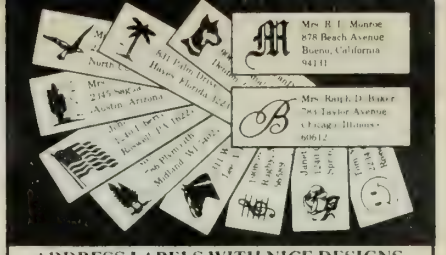
NEW! Energy-saving ROC-LON thermal suede lining insulates against cold or heat. Natural linen-look. Drip-dry poly/cotton. 84" W. per pr. Length includes 3" tab. Tiebacks priced extra.

36" L . . . $19.00 pr. 63" L . . . $26.00 pr.
45" L . . . 21.00 pr. 72" L . . . 29.00 pr.
54" L . . . 24.00 pr. 84" L . . . 33.00 pr.
Tiebacks per pr . . . $2.00

Add $3.00 for Pstg. & Hdlg.
Order style "HALIFAX". Use Check, Visa, MO, AmEx or M/C. Del. in NJ, add 5% tax
SEND $1.00 FOR CATALOG!
B223, Box 759, Westfield, N.J. 07090

Old Colony Curtains

© OCC 1981



ADDRESS LABELS WITH NICE DESIGNS
Any initial in Old English or Script, most dogs, palm, gull, saguaro, U.S. flag, pines, horse, treble clef, rose, happy face . . . also any zodiac sign, roadrunner, palette. Printed in black ink on 500 white or 250 gold gummed labels. To 20 letters per line, 4 lines. Order by initials shown. . . .

#DD 500 white 1¾"x⅞" $3.95
#GDD 250 gold 1¾"x⅞" $3.95
#DR 500 white 1½"x½" $3.50
#GDR 250 gold 1½"x½" $3.50

Please add 75¢ postage and handling. Useful 80-P. Gift Catalog, $1.00. Bruce Bolind, 152-L Bolind Bldg., PO Box 9751, Boulder, CO 80301. (Since 1956, thanks to you!)



7 SUPER OFFERS!
COLOR Wallet Photos & Enlargements
FREE ONE PHOTO IN PLASTIC WITH WALLET PHOTO ORDER
20 Wallet Photos
2 8"x10" Enlargements
ONLY $1.99 EACH OFFER
1 8"x10" Enlargement & 12 Wallet Photos
1 8"x10" & 2 5"x7" Enlargements
2 5"x7" Enlargements & 12 Wallet Photos
4 5"x7" Enlargements

Fine quality, smudgeproof, lustre finish. Send Polaroid, instant color print or photo (up to 5"x7"), negative or slide. **GUARANTEED!** Add 80¢ per order for postage and handling. Originals returned unharmed.

Big! Big! COLOR POSTER
APPROX 20"x25" ONLY $8.55
SUITABLE FOR FRAMING
POSTAGE & HANDLING $1.95

CAPRI PHOTO Box 1381, L.I.C., N.Y. 11101, Dept. Z-70

Silver Replating
SALE
25 YEAR WARRANTY!



Limited time only. Any item replated at sale price. Have your worn antiques, heirlooms QUADRUPLE SILVER PLATED by America's largest replaters.

FREE DENT REMOVAL
SEND FOR
•Free Price List
•25 Year Warranty
SENTI-METAL CO.
1919 Memory Lane
Columbus, Ohio 43209 Dept. BH-2

QUILT WORLD

• EVERYTHING YOU WANT TO KNOW ABOUT QUILTS AND MORE!
• OVER 120 QUILT PATTERNS PUBLISHED ANNUALLY!



- FOR ALL QUILT DEVOTEES WHETHER BEGINNER OR ADVANCED!
- EACH ISSUE PACKED WITH QUILT PATTERNS, QUILT DESIGNS, QUILT TALK, QUILT PICTURES, QUILT NEWS, QUILT EXCHANGES, QUILT COLUMNISTS, QUILT LETTERS, QUILT BOOK REVIEWS, AND QUILT CONTESTS!
- AT LEAST 120 QUILT PATTERNS PUBLISHED ANNUALLY!
  (THAT'S A LITTLE BIT MORE THAN 6¢ PER QUILT PATTERN!)

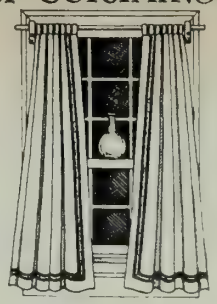
YOUR MONEY BACK IF THE FIRST ISSUE THAT YOU RECEIVE DOESN'T PLEASE YOU!

JUST $6.00 per year
3yrs. $16.50

Quilt World, Box 337-LR, Seabrook, N.H. 03874
Please enter my subscription as follows:
☐1 yr. $6.00 ☐1 yr. Canada $8.00
☐3 yrs. $16.50 ☐1 yr. Foreign $10.00
Please print name & address clearly
Name . . . . . .
Address . . . . . .
City . . . . . .State. . . . . .Zip. . . . . .
Please allow 45 to 60 days to receive your first issue

COUNTRY CURTAINS®

FREE SPRING CATALOG



Country Curtains are a tradition . . . years of old-fashioned quality and conscientious service. Curtains in cotton muslin and carefree permanent press, some with ruffles, others with fringe or lace trim. Also tab curtains, bed ensembles, tablecloths, wooden rods and other accessories. Free catalog and color flyer . . . fabric swatches available to help you decide. Please call 413-298-3921 or write us. Satisfaction guaranteed.

☐ PLEASE SEND FREE CATALOG

Name

Address

City

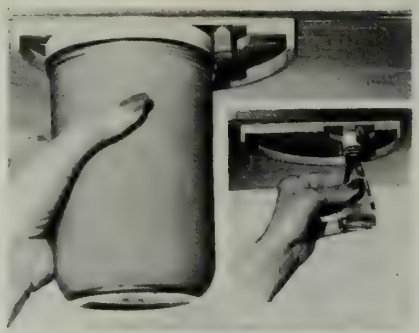
State Zip

COUNTRY CURTAINS
At The Red Lion Inn
Dept. 22, Stockbridge, Mass. 01262

UN-SKRU

Amazing New Jar Opener

OPEN ANY SCREW LID IN 3 SECONDS!



New UN-SKRU Jar and Bottle Opener mounts permanently to underside of cabinet or shelf. Opens **every** size screw top—from tiny tube to gallon jar—with scarcely any effort. Even opens press-and-turn "child-proof" pill bottles.

"Best we've used"—GOOD HOUSEKEEPING

Featured by Good Housekeeping magazine as one of "Half-dozen kitchen helpers no cook should be without." Also handy in trailer, boat, workshop. Wonderful for folks with arthritis. Unique gift. You must be **pleased**, or your money back. Only **$6.95** + 85¢ p&h; two for **$13.50** + $1 p&h.

Send Check or M.O. 20 day money back guarantee.

HOLST, Inc. Dept. BH-282, 1118 W. Lake, Box 370, Tawas City, MI 48763



Affordable accessories

For your home including plaques, framed prints, lamps and other decorative accents. Now they're all available by mail from the Wild Wood Gallery catalog. The easy way to shop in the comfort of your home. To receive new catalog and for special events brochures throughout the year send $1. Wild Wood Gallery, Dept. T, 4001 South Salina St., Box 300, Syracuse, NY 13205.



52" Panama Ceiling Fan

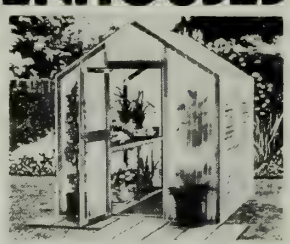
Only $29.95

Genuine commercial size, 52" circulating fan. Looks and works like the $360 top-of-the-line American Classic. Features handsome mahogany finished wood blades, 52" across, plus solid brass hardware.

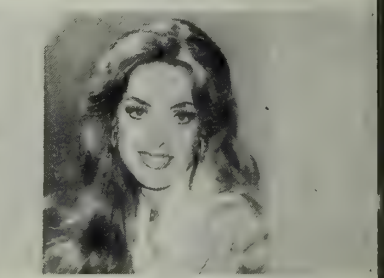
PANAMA CEILING FAN #2130, $29.95 plus $9.95 S&H. **Two CEILING FANS $54.95** plus $14.50 S&H. **Sheldon Marketing, Dept. PF-34, 500 Market Street, Perth Amboy, N.J. 08861.**

GREENHOUSES

Use up to 40% LESS HEAT!!



All-bolted California Redwood and Fiberglass. Portable. Write to McGREGOR GREENHOUSES, Box 36-A2, Santa Cruz, CA 95063 (408) 476-5390



Old-fashioned Easter postcards

Quaint nostalgic old-fashioned reproductions in full color. Each card has a space for a short message plus the address. Old-fashioned designs in rich antique colors. 24 cards per package. 2 different assortments available. Please order by number. Asst. 1 (#570), Asst. 2 (#580). $1.75 per package. Order from Easter Postcards, Box 428-BH2, Seabrook, NH 03874.

We'll send you a **FREE** package of seeds when you order your fun and easy to follow booklet—**GROWING VEGETABLES IN THE HOME GARDEN.** For just $3.00, you can learn to grow your own fresh vegetables at home.

NAME

ADDRESS

CITY & STATE ZIP

Mail the coupon and $3.00 to:

JUST VEGETABLES
2736 N. Hampden Ct., Chicago, Ill. 60614

TRICKER'S WATER LILIES

SEND FOR OUR NEW **CATALOG**

Just 50¢ (to cover cost of postage and handling) brings you America's most complete water garden catalog. It contains beautiful four-color photos and a superb listing of hardy and tropical Water Lilies as well as many graceful aquatic palms or creeping oxygenating plants and exotic fish.

Write to the office nearest you

Box 398, Dept. A-82, Saddle River, N. J. 07458
Box 7845, Dept. A-82, Independence, Ohio 44131

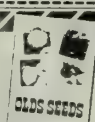
WILLIAM TRICKER, INC

A free 5" x 7" photo

With 200 wallet photos in Full Color. Best quality copies available anywhere on Kodak paper; borderless. Try them, you'll like them. Send ONLY photo(s) or instant print(s) (8x10 or smaller), returned. Price $2.50 + 60¢ postage. Satisfaction guaranteed or your money refunded. Order from Reliance Color Labs, Inc., Studio BH2, Box 159, Stamford, CT 06904.

Don't plan your garden 'til you get

OLDS Free Seed Catalog.



A to Z Flower Special! Crego Mixed Asters and Gold Medal Zinnias (one packet of each)—regular price 95¢, now yours for only 25¢.

OLDS 1982 Catalog offers flower and vegetable varieties from A to Z plus gardening supplies. If you ordered in 1981, you will receive this catalog.

OLDS SEED COMPANY
Box 7790, Dept. O, Madison, WI 53707

FREE

Big new PARK SEED CATALOG

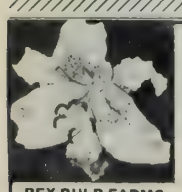
OVER 3000 vegetables and flowers—*"The Best of Both"*—all here in Park's new FULL COLOR CATALOG. The choice NEW INTRODUCTIONS and the best proven all-time favorites. SEND FOR YOUR 124 PAGE CATALOG TODAY . . . It's yours FREE!

Geo. W. PARK SEED Co., Inc.
125 Cokesbury Rd., Greenwood, S. C. 29647



The best insulated log homes

You too can now have an insulated log home. Choose from any of these forty designs. The complete kits are available in hand-crafted Cedar or Pine. Prices range from $5900. Please send $5 for Brochure/Plan Book, or $8.75 for Dealership Information Package (includes brochure). Order from Wilderness Log Homes, Route 2, Dept. BHE-2, Plymouth, Wisconsin 53073.



LILIES

HUNDREDS OF WORLD FAMOUS GARDEN VARIETIES.

Send 10¢ for 68 Page Catalog.

Box 774-E
Port Townsend, WA 98368

REX BULB FARMS

HERBST HERBS.

Herbs are part of our name!

Parsley, sage, rosemary and thyme, not to mention cardoon, sorrel, 45 other herbs and over 2500 vegetables are in your FREE 1982 Herbst catalog. Write today.

herbst
Quality Seeds for 106 Years

Herbst Seeds, Inc.
North Main Street 5054
Brewster, N.Y. 10509





STERLING SILVER PATTERN MATCHING SERVICE

STERLING AND SILVERPLATE

More than 2,000 Patterns in Stock
Active • Inactive • Obsolete

Replace lost or damaged pieces
Complete your starter set • Add serving pieces

UP TO 40-75% OFF SUGGESTED RETAIL PRICES

We have hundreds of sterling and silverplate flatware patterns in stock (2,366 patterns the day this ad was prepared)—active, inactive and obsolete. Many cannot be bought in retail stores at any price. Get a single piece, a place setting, extra spoons—whatever you need. Save up to 40-75% on every piece.

EASY TO ORDER—DO IT NOW!

Just tell us the pattern name and manufacturer. We will send you a list of all the pieces in stock in your pattern and the price for each. We will put your name in our Silver Register and notify you when we have additional pieces you might want. 30-day return privilege on all silver you buy from Walter Drake Silver Exchange. If you are not sure of your pattern name, ask for one of our free combination sterling and silverplate pattern identification booklets.

SEND THE COUPON BELOW TODAY

We buy and sell silver every day, so our stock changes every day. The sooner you send the coupon, the sooner you will get the pieces you want. First come, first served. We keep our prices as low as we can, but inflation affects the price of silver, too. It probably costs less to get the silver you want now than it ever will again, so don't delay. Send coupon today—or for fastest service, phone us right now. Our toll-free number is shown below.

DO YOU WANT TO SELL STERLING AND SILVERPLATE?

We pay cash for all sterling, and for silverplate flatware in good condition. To get an immediate cash offer, send pattern name and manufacturer. No need to list individual pieces. We buy all patterns—full sets, partial sets, odd pieces—from individuals and estates as well as retailer's trade-ins and overstock. We also buy sterling and silverplate holloware. Send the coupon below for more information, or for fastest service call our toll-free number shown below.



PHONE TOLL-FREE
FOR MASTER CARD OR VISA ORDERS OR INFORMATION
1-800-525-9826 1-800-525-9827
Colorado Residents call 1-800-332-3661
7am to 7pm Mountain Time – Monday thru Friday 7am to 2pm Saturday

WALTER DRAKE SILVER EXCHANGE

5052 Drake Building, Colorado Springs, CO 80940

WALTER DRAKE SILVER EXCHANGE
5052 Drake Building, Colorado Springs, CO 80940

Your Name _____
Address _____
City & State _____ Zip _____
I am interested in ☐ Buying ☐ Selling ☐ Sterling ☐ Silverplate
Manufacturer's name _____
Pattern Name _____
☐ Send free combination Sterling and Silverplate Pattern Identification Booklet

GURNEY'S Black Magic" ZUCCHINI

Small Plants Take Less Garden Space

LARGE PACKET ONLY **10¢** ppd



Now you can grow lots of delicious full size zucchini without wasting precious garden space, because Gurney's Black Magic Zucchini plants are smaller than most varieties. Extremely small seed cavity and small seeds mean the fruit is good even when it's of larger size, and semi-spineless stems mean less scratching of your hands and arms when harvesting. Bargain priced at just 10¢ to introduce you to Gurney's fine seeds. And we'll send our FREE, full-color Spring 1982 Catalog, too . . . 66 big pages, packed with pictures and descriptions of over 4,000 items — plus lots of good gardening advice from the experts at Gurney's. Send for your seed packet today! (Limit one per family, please.)

Fill out, clip and mail today

GURNEY'S Seed & Nursery Company,
Dept. 95, 3307 Page St., Yankton, SD 57079

☐ Here's my dime. Please send a special packet of Gurney's Black Magic Zucchini seeds.

☐ **I'd like your FREE full-color catalog, too.**

Name _____

Street or Route _____ Zip _____

Post Office _____ State _____ Please! Zip speeds delivery

Select Your LOG HOME



"AMERICA'S BEST INSULATED LOG HOMES!" Pre-Cut "Extra Insulated" log home kits with full 10" walls. Select the natural hand-crafted beauty of **Northern White Cedar** or **Quality Pine** priced from $5900. Your log home can now have a superior "R" 23 wall and "R" 40 roof insulation value. Energy efficient, easily maintained and solar adaptable. Send now for full color Plan Book with 40 exciting designs $5.00, a Dealership Information Package $8.75, or call (414) 893-8416.

Wilderness Log Homes

Route 2-BH22, Plymouth, WI 53073

Please Send ☐ Plan Book $5.00
☐ Dealer Information Pack w/Plan Book $8.75

Enclosed is $_____

Name _____

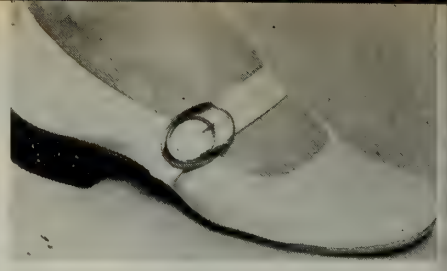
Street _____

City _____ State _____

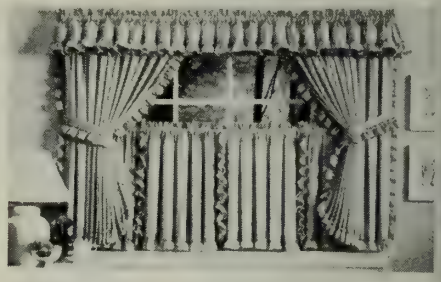
Zip _____ Phone ( ) _____

I own a lot. ☐ Yes ☐ No

Building Date _____



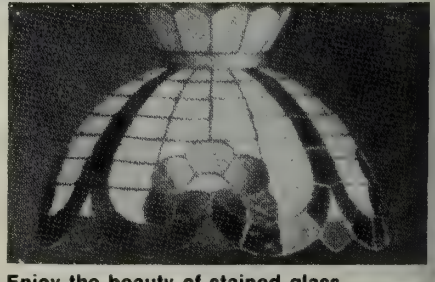
Comfortable, versatile dancing doll
Made of soft genuine glove leather with foam padding, elasticized throat, adjustable strap, and 1¼" heel. In White, Bone, Black, Yellow, Pink, or Blue. Combination sizes 6-10½ Narrow & Wide; 5-10½ Medium. A useful addition to your wardrobe. $23.95 + $1.95 post.; 2/$43.90 + $2.95 post. Old Pueblo Traders, Dept. BD2DD, Palo Verde at 33rd, Box 27800, Tucson, AZ 85726.



Frame cape cod
Favorite classic from New England salt box homes now in no-iron, poly/cotton blend muslin. 78" wide with full 2½" ruffles. In Natural or White. 24" or 30", $15 pair; 36" or 45", $17.50 pr.; 54" or 63", $21 pr. Valance $7.50. Please add $2.50 post. 13 additional colors in free color catalog. Colonial Maid Curtains, Dept. BH2, Mamaroneck, New York 10543.



Useful instant speller
6,000 commonly misspelled words correctly spelled, divided, accented. Press release tab with pointer on first letter of word wanted. In a flash find your answer. You'll want one for the home, school and office. Makes a unique gift, too! $4.99 + $1 postage; 2/$8.99 + $1.50 postage. Order from Holst, Inc., Box 370, Dept. BH-282, 1118 West Lake, Tawas City, MI 48763.



Enjoy the beauty of stained glass
Stained glass lamp shades and other items available in do-it-yourself kits. The kits come complete with stained glass pieces cut to shape and everything you will need to assemble; including plastic molds. Even a beginner can put together a beautiful stained glass piece. Send $2 for color brochure. Rainbow Art Glass, Dept. BH, 49 Shark River Rd., Neptune, NJ 07753.

Kelly Bros. FREE!

Spring Planting Nursery Catalog

Your new FREE Kelly Catalog has helpful gardening tips. Grow your own strawberries, raspberries, grapes, asparagus, dwarf fruit trees, roses, perennials, flowering shrubs, trees. Send for your Kelly Spring Garden Guide & Nursery Catalog today.

KELLY BROS. NURSERIES, INC.
702 Maple St., Dansville, NY 14437
Yes, rush my FREE Kelly Fall Catalog to:

Name _____

Address _____

_____ Zip _____

(Sorry, no catalogs to AZ, CA, OR, WA)

Inter-State Nurseries delivers

Hamburg, Iowa 51640
Postpaid & Guaranteed

One Dozen Giant Ruffled Glads $1.00

Double your money back if not completely satisfied.
New and superior varieties...if bought by name they would cost $2.40. Colors range from white to purple, pink, rose, yellow, lavender, orange. This year we added **Red Beauty,** one of the brightest glads known. Big bulbs, 1 to 1¼ inches across. Glads will bloom for you this summer.

Free Spring Catalog

INTER-STATE NURSERIES
122 E Street, Hamburg, Iowa 51640
☐ **Free** Spring Catalog ☐ 12 Glads $1.00
NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
Glads will be shipped at proper planting time

Carrots Love Tomatoes

(But don't plant beans near onions!)

Hard to believe but botanical characteristics in vegetables actually help (or hinder) their growth and taste when planted near or apart from other vegetables. Our strange but true new 224-pg. companion planting book tells what to plant together for outstanding results and why. Fun, educational, a **Great Gift for Gardeners!** Only $6.50 (we pay postage). Send to:
Garden Way Publishing,
Dept. A1094, Charlotte, VT 05445

© 1982 GARDEN WAY, INC.

STOKES



SEED CATALOG FREE

Select from 1300 varieties. Many exotic exclusives from England, Europe, Canada. Send for it today.

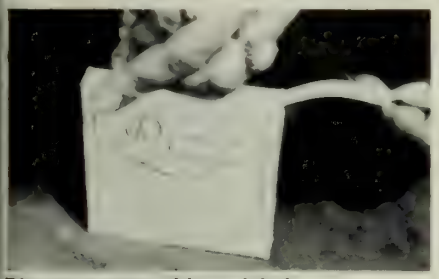
STOKES SEEDS, INC.
1012 Stokes Building, Buffalo, N. Y. 14240



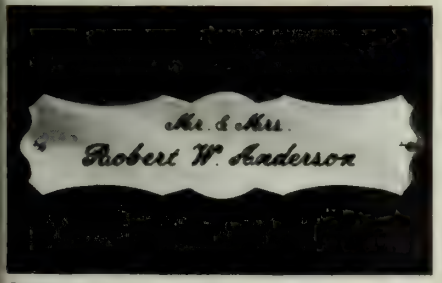
Piggy beach party
Shown are just two of the set of four different, stylish, sunbathing pigs. Positioned to catch the sun's rays . . . or the attention of a passing boar. Delightful, whimsical reminders for that not-so-determined dieter. Flesh toned porcelain bisque, colorfully suited. 3" high. Each one a prize winner. Set of four, $10.98 + $1.50 post. Ferry House, Dept. BHP, Briarcliff Manor, NY 10510.



Bargain silverplating
Now's the time to go through your closets, attic, basements, etc. Any item replated at sale prices—there is absolutely no charge for dent removal or straightening. Your worn antiques or heirlooms will be quadruple silverplated. Write for info. on 25-year warranty and price list. Silverplating Div., Senti-Metal Co., Dept. BHe-2, 1919 Memory Lane, Columbus, OH 43209.



Dispense your address labels
Now available plain or with your initials or Zodiac sign. Order 500 White for only $3.95; Gold $4.95; Transparent $5.95. Save on three orders (mixed copy OK). White $9.95; Gold $11.95; Transparent $14.95. Please add 50¢ with each order. (CA residents add 6% tax.) A welcome gift. Order from Labels Unlimited, Dept. BH-2, 182 Paul Drive, San Rafael, California 94903.



Solid brass nameplate
To enhance your entrance door & provide name too! Your name will be engraved in Script Type on this 5" wide Solid Brass Nameplate. Brass screws are provided for easy installation. Satisfaction guaranteed. Please print name. Total price $12 postpaid. Send check or money order to: Schmiede & Company, Dept. BH2, 351 Terrill Road, Fanwood, NJ 07023.

Solve Your Most Common Home Problems!

New and Revised from Better Homes and Gardens®

A pocketful of **Guide-To** miracles for almost any household project! 18 new and revised titles in easy-to-handle booklet form! Contains over 900 pages and more than 1,000 illustrations covering Home Insulation, Bathrooms, Landscaping and much more! **Save by ordering all 18 Today! Booklets are $1 each, 5 for $4.00, 12 for $8.00, all 18 for $10.00. Include 95¢ postage and handling.**

Quantity

_____ No. 02249 All 18 Booklets
_____ No. 02209 Bookshelves and Storage
_____ No. 02205 Patios and Decks
_____ No. 02206 Kitchen Planning
_____ No. 02218 Landscaping and Fencing
_____ No. 02208 Family and Rec Rooms
_____ No. 02211 Bathroom Planning
_____ No. 02248 Insulating Your Home
_____ No. 02210 Painting and Wallpapering
_____ No. 02219 Fireplaces
_____ No. 02232 Floors, Walls, and Ceilings
_____ No. 02233 Home Upkeep and Repair
_____ No. 02235 Basic Home Carpentry
_____ No. 02242 Houseplants
_____ No. 02234 Repairing and Refinishing Furniture
_____ No. 02204 Enlarge-A-Room
_____ No. 02237 Masonry and Concrete
_____ No. 02223 Plumbing Repairs
_____ No. 02224 Electrical Wiring Basics

(Not Shown)

Better Homes and Gardens®

Dept. 28E, Box 374
Des Moines, Iowa 50336

Name _____
Address _____
City _____
State _____ Zip _____

TAX NOTE Better Homes and Gardens is required to collect and pay state and local sales taxes in the following states Arizona, California, Georgia, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, New York, Pennsylvania, Tennessee, Texas, Virginia, Washington, and Wisconsin.

Credit Card Orders Only To use your credit card, fill in the boxes below — or on orders of $10 (entire set) PHONE TOLL FREE 800-247-5099. In Iowa, call 1-800-532-1526. (Toll Free not available in Alaska and Hawaii.)

Credit Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Expiration Date Month/Year ☐☐☐☐

AMERICAN EXPRESS · master charge · VISA

OUR POLICY: Full refund if not completely satisfied.



Guide-To Booklets Short cuts that save you hours . . . extra touches that assure **professional** results . . . material buying hints that save you lots of dollars . . . that's what the editors of Better Homes and Gardens® Guide-To series have put into each and every booklet — to make sure your do-it-yourself projects are the fun, rewarding experiences they're meant to be. Each booklet is pocket size for on-the-job convenience. Easy to follow and fully illustrated directions take you step-by-step from start to finish. Save now by ordering the booklets you need for today's and tomorrow's projects. Complete and return the above coupon **today!**

SALE! SAVE $12.18

Only **$7.77**

GENUINE CAST IRON PIGGY BANK!

Cast in Authentic 100 Year Old Antique Molds



Here's the heavyweight savings champion of the century . . . a ponderous porker you can really bank on to increase your wealth. Genuine cast iron piggy bank is made in antique foundry molds. Huge 1 ft. long. Weighs a hefty 6 lbs. A fun way to teach kids the importance of saving. Durable materials and beautiful craftsmanship make it a lasting heirloom.

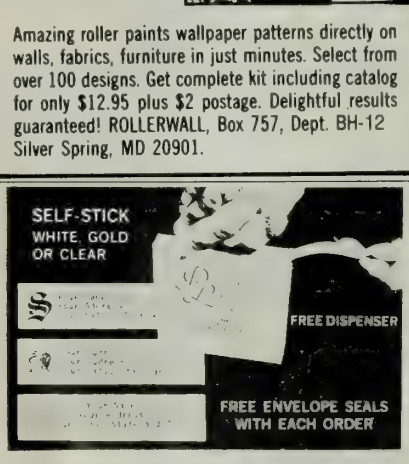
Piggy bank (Z610386) Only $7.77. Add $2.50 p&h. Major credit cards accepted. PA res. add sales tax. Money back guarantee (exc. p&h).

Old Village Shop, Dept. VZ-2128
340 Poplar St., Hanover, PA 17331

FORGET WALLPAPER!



Amazing roller paints wallpaper patterns directly on walls, fabrics, furniture in just minutes. Select from over 100 designs. Get complete kit including catalog for only $12.95 plus $2 postage. Delightful results guaranteed! ROLLERWALL, Box 757, Dept. BH-12 Silver Spring, MD 20901.



ADDRESS LABELS IN FREE DISPENSER

Self-Sticking labels dispense with ease ready to apply. No moistening needed. Up to 4 lines in rich black. FREE ENVELOPE SEALS with each order. Deluxe 2¼" Lg. Money back guarantee. 500 labels per order.

	WHITE	GOLD	CLEAR
1 Order	$3.95	$ 4.95	$ 5.95
3 Orders (Mixed copy OK)	$9.95	$11.95	$14.95

Specify: Plain ( ) Initial ( ) Zodiac ( )
Add 50¢ per order Post/Hdlg. (Cal. res. add 6%)

Send to: LABELS UNLIMITED, Dept. 551
182 Paul Dr., San Rafael, CA 94903

FREE to School Officers of PTA-PTO, Mothers Clubs, Etc.

A FREE Sample Kit containing Pencils (School name imprinted) Filler Tablet (School name embossed) etc. We serve 15,000 schools. Your group can distribute school supplies to encourage pride among the students as a fund raising project or consider having a small bookstore conducted by the students themselves. This project would help students in their selling and buying experiences.

☐ Send FREE Sample Kit

School Name Only _____
School Address Only _____
City _____ State _____ Zip _____
Attention _____ Title _____

STUDENT STORES
Student Stores Building 419 Mandeville St Utica NY 13502



COLOR PHOTOS

YOUR CHOICE **$1.95** FULL COLOR

24 Wallet Photos or 3 — 5 x 7 or 1 — 8 x 10 Enlargement

Send any photo or polaroid 8 x 10 or smaller (returned). Add 55¢ per selection for postage and handling and an additional 50¢ for 1st class service. Satisfaction guaranteed or money back.

COLOR LAB P.O. Box 230 M Irvington, N.J. 07111

"Unicorn" NEEDLEPOINT KIT



Includes 9"x12" 7-color design on 12-mesh canvas, yarn, needle, and instructions. $25 value, $9.95 plus $1.75 p&h. Shipped in 72 hours.

Color catalog, Membership information $1 ☐

The Needlecraft Club of America
Dept. A-030
352 Rt. 59
Monsey, NY 10952

SATISFACTION GUARANTEED



SLACK RACK

$9.98

plus $2 shipping

A fantastic space saver! Hangs eight pair of slacks in the space of one. Eight non-slip 14" swivel arms rotate for easy hanging and selection. Sturdy chrome-plated pole is adjustable to fit any floor to closet-rod or floor to under-shelf up to 5'8". SPECIAL: 2 for **$19**+$3 shpg., 3 for **$28**+$3.50 shpg. Check, MC or VISA.

ESSEX HOUSE
Box 60, BH2-2
Scotch Plains, NJ 07076



ELEVATE FOR RESTFUL SLEEP

Raise the full width of your mattress for healthy, restful sleep. Slip the **NU-SLANT** under your mattress at head or foot of bed. 7 positions allow you to select the height from 5" to 14". Better than extra pillows. Folds flat. Plywood. Customer approved for 20 years. **Head Elevation** eases discomforts associated with diaphragm hernia, acid regurgitation, breathing & heart ailments. **Leg Elevation** eases varicose & other leg discomfort. Twin Bed size **$35.98**, Double Bed size **$37.98**. Add $1.00 postage & handling. NJ residents add 5% tax. We ship promptly. Money back guarantee.

Send Check or Money Order to – **BETTER SLEEP, INC.** Box BR, New Providence, NJ 07974

ROYAL WEDDING

Prince Charles & Lady Diana Stamp PLUS 40 yr. old US Airmail, Dog, Disney, Norman Rockwell, Medieval Ship, Children, Space Station, Wild-Cat, Locomotive All for ONLY 10¢ when requesting our mail order service. Select those you like. Return the rest. Cancel service anytime. Please state age.

Douglas Cook, Dept. BH-10
Las Vegas, Nev. 89132



SCARCE OLD COINS

LINCOLN CENTS: 15 for $3

1947P 48P 49P 19S 20P 25P 26P 27P
1948P 29P 29S 30P 34P 35P 35D 36P
1949D 47P 47D 38P 39P 39S 40P 40D
1940S 41P 41D 41S 42P 42D 42S 43P
1941D 44S 45D 45S 46D 46S 47D 47S
1948D 48S 49D 49S 50D 50S 51D 51S
1952D 52S 53D 53S 54P 54D 54S 55P 55D 56P 56D
1957P 57D 58P 58D 59P 59D 68S 69S 70S 72S 74S

Circle dates wanted. 15% $3. Satisfaction Guaranteed

TIPSICO COIN CO. P.O. Box 1128H, North Bend, OR 97459



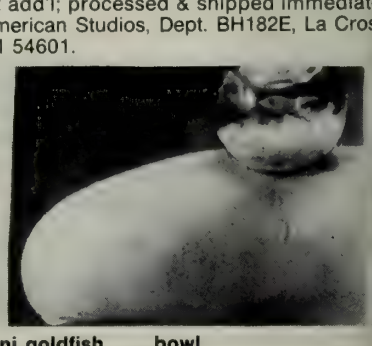
Create a place for things that clutter
Three split willow baskets hang on your wall to make charming holders for bills, letters, coupons, knitting supplies, etc. Pretty for dried flowers too! 7⅛", 8⅛", 9¼" tall. Handwoven and imported from China. #6608 Basket Trio, Set $7.98; 2 Sets $14.98 + $1.50 post. Order from Lillian Vernon Dept. S2HE, 510 South Fulton Ave., Mount Vernon, NY 10550.



4 exciting new craft catalogs
Express your creativity with the widest selection of crafts and needlework anywhere. Inspiration and ideas to make things for yourself, your home and for your gift list. Lee Wards catalogs have been helpful for over a quarter of a century. To receive your next 4 catalogs send 25¢ to: LeeWard's Creative Crafts Center, Dept. 5540, 1200 St Charles Rd., Elgin, IL 60120.



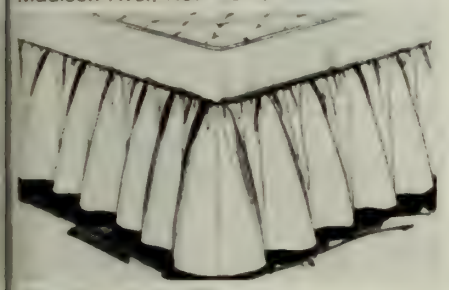
Your favorite photograph—into puzzle
The 8" x 10" jigsaw puzzle can be color or black/white depending on the photo you send. An imaginative holiday gift or greeting, a personalized thank you. Mail print or negative (which will be returned unharmed) and $4.95 ppd. First-class rush order service $2 add'l; processed & shipped immediately. American Studios, Dept. BH182E, La Crosse WI 54601.



Mini goldfish . . . bowl
A wee aquatic delight painstakingly done by hand. Tiny ferns and goldfish (not real, of course) are placed in a miniature crystal bowl which is then set in clear acrylic. The bowl measures a mere ¾". A most unusual conversation piece. Price is $7.98 plus $ postage. Order from Lynne's Miniature Treasures, Inc., Dept. BHG14118, North Wales PA 19454.



The exercise club
Complete exercise program on cassette tapes and accompanying booklet. Comes in beige and brown canvas case. You relax, listen and follow an uninterrupted series of movements through each tape. Kit: 15 minute tape (first 2 mos.), 20 min. (2nd 2 mos.), 35 min. continuing for lifetime. $33.95 plus $1 post. Nickolaus Exercise, Dept. JM3, 295 Madison Ave., New York, NY 10017



Attractive dust ruffle
Perma-press, poly/cotton dust ruffle in White or Natural (eggshell) has extra-full gathered ruffles, split corners and extra-full drops. Rolled handkerchief hems; no-iron platform and ruffle material. 18" drop: Twin $32.50; Full $35.50; Queen $38.50. 22" drop: Tw. $35; Full $38; Qu. $41. 14" avail. Add $3 post. Cat. $1. Old Colony Curtains, Dept. B2V, Box 759, Westfield, NJ 07090.



Preserved giant basket fern
This fern was once a living plant and has been delicately preserved to maintain its fresh natural color and subtle beauty. Requires no sun, water or care . . . ever! Comes with tan & brown hand woven 24" basket urn. Specify (#79), fern shipped flat. 36"H x 36"W $19.95 + $4 post. Color Portfolio 50¢. Tropical Island Imports, Dept. A2, 901 N.W. 8th Ave., Ft. Lauderdale, FL 33311.



Attention bear lovers
Flocked mini Paddington Bear, a version of the world's favorite British storybook bear. For stocking stuffer, party favors or a perfect pocket pal. He comes dressed in navy felt jacket and yellow sou'wester. 3" tall; you'll want several to use as gifts. 3 for $5 + $1 post. Catalog devoted to bear lovers of all ages $1. Bear-In-Mind, Dept. BHP12, 73 Indian Pipe Lane, Concord, MA 01742.

OLD PUEBLO TRADERS *satisfying customers for over 30 years*

now in the style you've asked for most . . .

only $13.95



Handwoven Huaraches

Your favorite shoe . . . closed toe, open heel woven GENUINE LEATHER uppers afford flexible comfort for your feet. Side buckle adjustment for perfect fit. Sturdy full sole for lasting durability. LEATHER insole, ventilated upper. TAN-57. Full sizes 5-10 M.

two pairs just $25.90

FOR *FAST* PERSONAL SERVICE
24 HOURS A DAY
7 DAYS A WEEK
CALL (602) 747-5000
Charge Orders Only

SATISFACTION GUARANTEED OR MONEY BACK!
Wear for 15 days before deciding to keep them. If not completely satisfied, return for a full refund or exchange.

OLD PUEBLO TRADERS Dept. BD2HR
Palo Verde at 33rd, Box 27800, Tucson, AZ 85726

☐ I do not wish to order now, but have enclosed $1 to receive a *SPRING CATALOG* and a *$2 BONUS CHECK* good on first order.

NAME _____ (please print)
ADDRESS _____
CITY _____
STATE _____ ZIP _____
CHARGE TO: ☐ MC ☐ BA VISA ☐ AE
ACCOUNT # _____
EXP. DATE _____
SIGNATURE _____

#BD2HR	SIZE	QTY	PRICE
TAN-57			

ADD $1.95 P & H one item, $2.95 two or more. _____
AZ res. 6% tax. _____
Enclosed is $ _____

The choice in log homes.



Our detailed Planning Kit and NELHI's hundreds of design options will help individualize your log home. You can select from 55 basic models and customize the interiors, exteriors and room layouts.

Whether you build it yourself or have a contractor erect it, your easy-to-maintain NELHI home has Total Building and TotalSeal™ Insulating Systems to keep the weather outside and the comfort inside, year-round.

Send for FREE color brochure or mail $5.00 check for a detailed, color Planning Kit with floor plans; photos; transportation, pricing and assembly information.

Exclusive area dealerships available. Send $25.00 for Dealer Information Packet.

NEW ENGLAND LOG HOMES®
General Sales Office
2301 State Street
P.O. Box 5056GA
Hamden, Connecticut 06518
(203) 562-9981
AUTHENTIC LOG HOMES™

Manufacturing facilities in Great Barrington, Massachusetts, Lawrenceville, Virginia and Houston, Missouri.

© Copyright 1982 by NELHI



"more... in my free spring catalog!"

MORE for your money...exclusives from Europe and the whole world over —we import direct, that saves you money!

MORE for your home...to make it more attractive, efficient, organized!

MORE for you...to make you a better cook, decorator, gardener, hostess!

MORE convenience...save time, gas and effort when you shop at home by mail, plus my money-back guarantee!

yours free!

MORE than 120 pages, 600 color photos and a free gift with each $10 you purchase (when I promise the world, I deliver!)



Lillian Vernon® Dept. S2H4
Box LV, 510 South Fulton Ave., Mount Vernon, NY 10551

Name _____
Address _____ Apt. _____
City _____ State _____ Zip _____



REMOVE HAIR FOREVER

Perma Tweez® is the **ONLY** home electrolysis instrument recommended by 4 medical textbooks (titles on request). 'Tweezer-like' action **permanently** removes hair from face, arms, legs and body. Save hundreds of dollars over salon electrolysis. **14 DAY MONEY BACK GUAR.**

$16.95—*ADVERTISED ELSEWHERE AT $19.95*

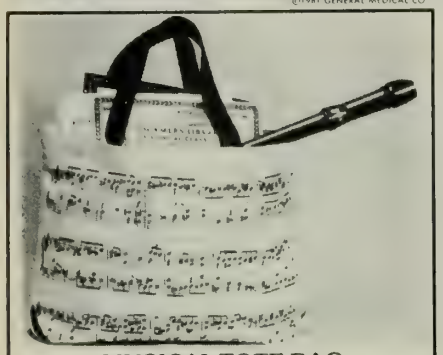
Cal. residents add 6% sales tax.

Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE — A LIMITED WARRANTY TO CONSUMERS

☐ I enclose $16.95.
☐ MasterCard/Visa # /Exp. date
☐ COD requires $4.00 deposit. Pay balance plus COD charges and $1.00 handling. COD in U.S. only.

GENERAL MEDICAL CO., Dept. BH-197
1935 Armacost Ave., W. Los Angeles, CA 90025

©1981 GENERAL MEDICAL CO.



MUSICAL TOTE BAG

Talented tote stashes a big bunch of music, books, records, tapes—even a small instrument. Sturdy, heavy-duty canvas with gusseted flat bottom. Webbed straps fit comfortably over arm or shoulder. 16½"x11". Camel Brown. Great treat for student, teacher, music lover. $5.98 + $1.75 post.

Dept. BH-282
FERRY HOUSE Briarcliff Manor, NY 10510

Learn FLOWER ARRANGING

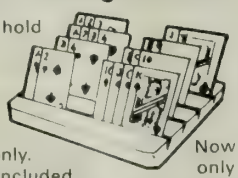
Quickly and Easily at Home



Learn to make Professional corsages, arrangements, wedding and remembrance designs. *Study and earn your certificate at home.* Unusual spare or full time money making opportunities or hobby. Send for FREE BOOK . . . "Opportunities in Floristry."

LIFETIME CAREER SCHOOLS Dept B-907
2251 BARRY AVE LOS ANGELES, CA 90064

Do you need an extra good hand ?



Aid of Aces will hold up to 24 cards, stacked neatly in four tiers for suit organization.

Prepaid orders only. Tax and freight included. Order Now!

Now only **$12.95**

C.E.I. / Box 120 / Westmont, IL 60559

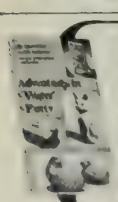
Solid Mahogany
VICTORIAN TABLE



with Italian marble top **$39.95**

New way to save on fine furniture. Shipped direct from the factory, to your home: Choice of love seats, sofas, chairs, tables, bedrooms, lamps, clocks. Send **$1.00** for America's largest Victorian catalog (80 pages!) and free fabric samples. We will include certificate good for $2 off on your first purchase. Phone (404) 256-4747

MAGNOLIA HALL (Dept. BH-22)
726 Andover, Atlanta, Ga. 30327



Free Handcraft Booklet

Make attractive, durable art objects with Durham's Rock Hard Water Putty. Mold, carve, sculpt, model or cast it. Not flammable, toxic or poisonous. No firing needed. For free handcraft booklet, send long, stamped, self addressed envelope to **Durham, Box 804-B, Des Moines, Iowa 50304.**

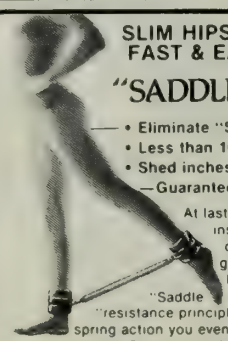
easter eggs

The colors of the rainbow adorn these delicate eggs from Czechoslovakia. Each egg is painstakingly decorated with traditional folk designs — some are drawn with warm wax and dyes, some gaily hand painted . . . all are different! One dozen eggs $19.50 postage paid.



Send $1.00 for our newest catalog of imported fashions and gifts.

shopping international
dept. 503 norwich, vermont 05055



SLIM HIPS & THIGHS THE FAST & EASY WAY WITH "SADDLE SLIMMER"

- Eliminate "Saddlebags" & Cellulite
- Less than 10 minutes a day
- Shed inches in days
- —Guaranteed!

At last! A professional exercise instructor has scientifically designed a safe exerciser guaranteed to reduce your HIPS and THIGHS! Using "Saddle Slimmer" with its proven "resistance principle" and exclusive tension spring action you even lose ugly "Saddlebags" In less than 10 minutes a day have thinner, attractive hips, thighs, legs, and tone stomach, waist, chest and arms Guaranteed! Use "Saddle Slimmer" for 10 days, you must be satisfied or return for full refund Patent Pending

Thousands Sold World Wide to Satisfied Customers

MC & Visa accepted with acct no & exp date

Mail only **$12.95** plus $1.50 ea post & hand to Order 2—Save $1 ea

Greator Innovations
P O Box 6573 Dept B12
Evansville IN 47712

NEVER IRON AGAIN use **RINK-L-RID** *for TOUCH-UP PRESSING!*





NEVER DRY CLEAN WRINKLED GARMENTS!
NEVER USE VALET SERVICE for SUITCASE WRINKLES!
NOW THERE IS ***RINK•L•RID!*** The amazing spray product that actually removes wrinkles from garments without pressing! This patented wonder product (U.S. Pat. #3674688) has been sold nationally for over a decade for commercial use, but now it's available to you!
JUST SPRAY, BRUSH & PRESTO! Wrinkles Disappear! It's great for travel! Odorless, harmless! *MONEY BACK GUARANTEE IT REALLY WORKS!* To receive 1 11 ounce HOME SIZE can plus 1 4 ounce TRAVEL SIZE can send $5.95 plus $1.00 postage & handling TODAY to

MATTHEW ADAM Inc., 2074 Congressional Dr. St. Louis, MO 63141

Check, M.O., VISA, or M.C. accepted (Charges please send card # *and expiration date) Mo. residents add 28- sales tax.*

THE ORIGINAL
BASEMENT TOILET

Genuine Porcelain



FLUSHES **UP** TO SEWER OR SEPTIC TANK

-No Digging Up Floors-

INSTALLS EASY, ANYWHERE!

Write McPHERSON, Inc., Dept. BH
Box 15133 Tampa, Florida 33684

27 COLOR PHOTO SPECIALS $1.95

Full color copies on quality KODAK paper—send any color photo or Polaroid® (prints only) up to 8"x10" (original returned).



Your choice only $1.95!

P4079 **27 Wallet Photos** (2½"x3½")
P4080 **15 Wallets, one 8"x10"**
P4081 **15 Wallets, two 5"x7"**
P4082 **Two 5"x7", one 8"x10"**

Order by item no. Satisfaction or money back
Add 50¢ each order for shpg & hdlg

Walter Drake Photo Labs
2052 Drake Bldg. Colorado Springs, CO 80940

Ball fringe curtains



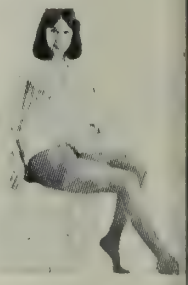
Cotton/polyester in Natural or White. 90" per pair. 20", 25"; $11.50 pr. 30", 36"; $13.50. 40", 45"; $15.50. 54", 63"; $19.50. 72", 81"; $23. Swag: 38" x 86", $14 pair. Add $3 post. per order. Free Cat. Country Curtains, Dept. BG21, Stockbridge, MA 01262.



New 1982 catalog

Eighty pages of perennials, trees, flowers, shrubs, etc. in the 1982 Spring Hill Nurseries Catalog. Free bonus—$10 worth of plants with first order. Write for info. & Free Catalog. Spring Hill Nurseries, Dept. N628Z, 6523 N. Galena Rd., Peoria, IL 61614.

Save on surgical support



Futuro Firm Sheer Support pantyhose at less than ½ retail price. Offers more support. Specify: beige, taupe or white. Give height & weight. Style G6, $6.25; 2 pr./$12. Send for Free Cat. Surgical Products, Box 369-B12, Needham, MA 02192.



Hair today—gone tomorrow

Perma Tweez, a permanent electrolysis method, removes hair from face, legs, body. Original patented feature destroys roots without puncturing skin. $16.95 ppd. General Medical, Dept. BHE-67, 1935 Armacost, W. Los Angeles, CA 90025.

Stair-Glide® Deluxe



Ride up, down stairs in a normal sitting position. Designed for those who can't or shouldn't climb stairs. Uses 110-volt household current. For info. write: American Stair-Glide Corp., Dept. EBHG-0282, 4001 E. 138th Street, Grandview, MO 64030 (816-763-3100).



From the Orient

An actual Rattan leaf covered with a layer of 24K Gold! No two are alike . . . perfect for a charm bracelet or with an 18K Gold Plated Necklace (pictured). 24K Gold Plated Rattan Leaf $5.95 each (specify #TM-A7). 18K Gold Plated 18" Serpentine Necklace $4.95 each (specify #SNC-18). Add $2 Post. Color Portfolio 50¢. Tropical Island Imports, Dept. B2, 901 N.W. 8th Ave., Ft. Lauderdale, FL 33311.



Straps of soft leather, a sturdy sole and ½" heel give support with each step. Camel, wht., blk., bone, navy. Full, half sizes 6-10N & W. 5-10M. $19.95 + $1.95 post. Old Pueblo Traders, Dept. BD2KC, Palo Verde at 33rd, Box 27800, Tucson, AZ 85726.

Bath and shower caddy



Three 8½" white corner shelves provide convenient space for soap, shampoo, etc. Chrome tension pole. Adjusts up to 7'3" high. $10.99 plus $2 post.; two for $19 plus $3 post. Essex House, BH2, Box 80, Scotch Plains, NJ 07076.



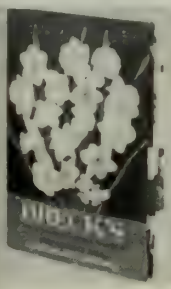
Solid brass unicorn

A mythological symbol of purity and innocence translated into a brass sculpture so detailed it lacks only the breath of life. A fine addition to your curio collection 8" High; $19.98 plus $1.75 post. Harriet Carter, Dept. BHG-14119, North Wales, PA 19454.

Beautifully plated



Solid metal baby shoes $3.99 pair. A keepsake forever. Available: Portrait Stands (shown), Bookends, TV lamps. Makes the perfect gift for dad, grandparents. Send no money. Write for details and postpaid mailer. American Bronzing, Box 6504-Be2, Bexley, OH 43209.



1982 Dutch bulb catalog

Sixty color pages with over 200 varieties of bulbs shipped direct to purchaser from Holland at savings up to 50%. Bonus of 6 new Dutch tulip bulbs free with first order. Catalog Free. Breck's, Dept. E616Z, 6523 North Galena Rd., Peoria, IL 61614.



Bavarian clock kit

Solid ¾" and ⅝" cherry pre-cut case pieces; solid brass, key-wound, hour-striking movement and solid brass dial. All hardware and screws; easy-to-follow instructions. No woodworking experience necessary. 26½"H x 10⅜"W x 6¼"D. Factory direct prices. Free info. Emperor Clock Co., Emperor Industrial Park, Fairhope, AL 36532 or call (205) 928-2316.



LB FOR SHORT

For Women 5'3" and Under!



FREE

The exciting new catalog *for petites only* from Lane Bryant!

Misses Petite Sizes 2-16

Junior Petite Sizes 3-15

Mail coupon to: LB FOR SHORT A division of Lane Bryant Inc Indianapolis, In. 46201

Please send my FREE LB FOR SHORT catalog for Spring and Summer 1982.

Print Name _____

Address _____ Apt. # _____

City _____ State _____ Zip _____

Bank cards accepted. VISA MasterCard P-82-006-1



UPSTAIRS... DOWNSTAIRS

STAIR-GLIDE® Stairway Lift

America's largest selling stairway lift is the ideal solution for people who can't or shouldn't climb stairs.

- Easily installed
- UL listed
- Will not mar walls or stairs
- Economy and Outdoor models available.

AMERICAN STAIR-GLIDE® CORP.

4001 East 138th, Dept. BHG-022
Grandview, Missouri 64030



The "diamond" you can afford to lose!

A Kenya® Gem isn't a diamond...but you're the only one who needs to know that. What you and admiring glances will see is the incredibly true, blue-white lustre and brilliance of this gem which, amazingly enough, is priced from just $75 a carat.

A truly striking variety of mens' and womens' styles and settings are available in 14K white or yellow gold...priced to lose...

but you won't want to.

Send for free full color catalog today:
Major credit cards accepted

KENYA Division, Dept. BHG-282
Day & Frick, Inc.
1760 N. Howard Street
Philadelphia, PA 19122

®Trademark of Day & Frick, Inc., Est. 1866

Be an INTERIOR DECORATOR

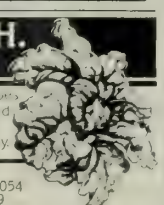


Learn at home in spare time. No previous experience needed. Married or single, young or old, get free facts about exciting full or part-time career. If you're trapped at home or in a hum-drum dead-end job, find out how this professional home-study course can change your outlook on life without upsetting your present schedule. No obligation. No salesman will call.

ICS School of Interior Design
ICS Center, Scranton, Dept. V1012, PA 18515

HERBST SPINACH.
It'll leave you popeyed!

Spinach, mustard greens, broccoli, tomatoes and over 2500 vegetables and fruits are in your FREE 1982 Herbst catalog. Write today.



herbst
Quality Seeds for 106 Years

Herbst Seeds, Inc.
North Main Street 4054
Brewster, N.Y. 10509



Windmills on your mind?

Uniquely beautiful ornamental windmills. 4½ to 10 ft. high to perfect scale. Ideal for yard and garden. Send 50¢ for Windmill Brochure. We will refund with $1 off on your first purchase.

HOLST, INC. Dept. BM-282
1118 W. Lake P.O. Box 370
Tawas City, MI 48763

FREE COLOR CATALOG

Build Your Own Grandfather Clock
Prices Starting Under $255
(including movement and dial)



- Do-it-yourself case kit, parts pre-cut
- Finished clocks
- Solid 3/4" hardwoods: black walnut, cherry, oak
- Heirloom quality
- Factory direct prices
- Solid brass West German chiming movements
- Money back guarantee
- Prompt shipment

MASTERCARD and VISA ACCEPTED

EMPEROR® CLOCK COMPANY
WORLD'S LARGEST MANUFACTURER OF GRANDFATHER CLOCKS
Dept. 201, Emperor Industrial Park
Fairhope, Alabama 36532

BRITISH COLONIES OLD and NEW 10¢



Exciting collection of genuine postage stamps for only 10¢! Hold the Empire in your hands. See native animals and flowers from the far corners of the British Empire; fish from Mauritus, birds from the Republic of Maldives, butterflies from Malaysia. Marval at miniture reproductions of the world's greatest art from the Cayman Isles or New Zealand. Plus FREE BIG CATALOG included. Also Fine Stamps from our approval service. Buy only what you like. Return balance promptly. A fine offer—write today!

JAMESTOWN STAMP COMPANY K22BH, Jamestown, NY 14701
MEMBER ASDA • ASP • SPA

ENERGY INDEPENDENCE

Our new 1500 watt wind generator will put you back on the road to independent living by allowing you to generate your own electricity. 50% Tax credit. Send **$4.00** for brochure, **$6.00** for Dealer Application pack.

WINDPOWER
Box 158, Dept. B-1, Stanwood, MI 49346

COLONIAL MAID CURTAINS

Curtain & Bedspread Specialists Since 1947



GRAINED RIBBON

bands of rust, caramel or royal blue skillfully appliqued onto natural color poly/ctn. blend muslin. Washable, no-iron. 80" wide.

30" or 36"	17.00 pr.
45" or 54"	20.50 pr.
63" or 72"	24.50 pr.
84"	27.00 pr.
Tiebacks	4.00 pr.
Valance	9.25 ea.

Satisfaction guaranteed. Add 2.50 post. Send check, M.O., MASTERCARD, VISA or AM. EX.

☐ SEND FREE 56-PG. COLOR CATALOG

My order enclosed $ _____

Name _____

Address _____

City _____ State _____ Zip _____

Colonial Maid Curtains, Dept. 42
Mamaroneck, N.Y. 10543

SAVE HUNDREDS OF DOLLARS WITH BURKE SEAT-LIFT CHAIRS

MEDICARE APPROVED



Free Week Home Trial

LONGEST SEAT-LIFT WARRANTY

Comfortable Burke seat-lift chairs let you stand and sit when you want, with less strain. Chairs sized to fit you. Power recline to any position, automatically elevating your feet and legs. Swivel Rocker available. Write for information and compare.

BURKE INC. P.O. 1064, Dept. BHG-282 Mission, Kansas 66202
or call TOLL FREE 1-800-255-4147



DOLLS

Learn to make, repair, dress, and restore dolls of all kinds – old and new. Fascinating opportunity for women of all ages. Free booklet describes this unique home study course. NO SALESMAN WILL CALL.

Lifetime Career Schools, Dept. D-787
2251 Barry Ave., Los Angeles, Ca. 90064.

50¢ OFF WITH THIS AD COLOR PHOTO SALE!

REG. $2.50 NOW ONLY **$2.00** YOUR CHOICE ALL BORDERLESS

16 WALLET SIZE WITH FREE 5x7
or
10 -3½x5 PRINTS
or
4 -5x7 ENLS.
or
1 -8x10 ENL.
or
20 WALLET SIZE



Full size color copies on Kodak lustre paper without borders. Finest copies available. Send only photo(s) or instant print(s) (8x10 or smaller) Returned. Add 60¢ per selection for post. and hndlg., and 50¢ extra for First Class service. Satisfaction guaranteed or money back. Send check or m.o. to

RELIANCE COLOR LABS, INC. ★SALE★
Studio 14-2, Box 159, Stamford, CT 06904

FREE STAMP OFFER

GIANT WORLD-WIDE COLLECTION



125 diff. genuine postage stamps, including many large pictorials of animals, birds, sporting activities, space exploration and more, much more. All FREE when you request an exciting "Stamps on Approval" selection for your examination at home. Purchase any or none, return with payment for those kept. Cancel service anytime. SEND TODAY!

MISSION BG1, PLACENTIA, CA 92670-0009

FREE CATALOG Eva Gabor Wigs

All Colors, Styles & Sizes



Mail coupon today for Free Catalog!

WIGS by Paula
Dept. 42, Box 483, Brockton, MA 02403

Name _____

Address _____

City _____

State _____ Zip _____



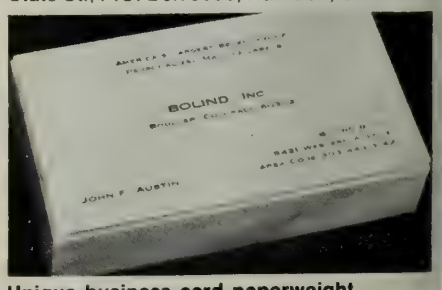
You'll want these sandal classics
With pleated vamp, soft leatherlike uppers, cushiony insoles. Adj. straps with 1¾" heels. Bone Multi, Pastel Multi, Grey Multi, Red/Wht/Blue Multi, White, Red, Navy, Camel, Brown or Wine (all in kid); also Black Patent. 7-10N, 5-12M, 6-12W (no half sizes over 10). Regularly $32 NOW $23.90; 2/$46. Add $2 post. Faye Lynn, Dept. BH2, 1535 Delcrest Pl., Lakeland, FL 33803.



Are you a recipe clipper?
This pretty book has clinging, transparent cover sheets. Keeps your recipes neat and orderly. You simply cut out recipes and slip them underneath. The pages measure 5¼" x 8" and have 20 sides to store recipes for quick, clean, easy reference. A must for all recipe collectors. $4.98 each or 2 for $9.50 plus $1.25 postage. Ferry House, Dept. BH2, Briarcliff Manor, NY 10510.



Enjoy New England Log Homes Living
Select from more than 55 energy-efficient models available with hand-peeled logs. Panelog™ or DuoLog™ designs. Easily adapted to solar energy; build it yourself with NELHI's Total Building and All-weather TotalSeal™ Insulating Systems. A home for every budget. Details in NELHI's PLANNING KIT: $5 postpaid. NELHI, Dept. BH22, 2301 State St., P.O. Box 5056, Hamden, CT 06518.



Unique business card paperweight
You send your business card to be photo-engraved on brass-colored metal and then mounted on ¾" Italian marble. Your card is duplicated exactly (do not staple or paperclip). Makes a unique and wonderful gift for your favorite business person. $12.50 plus $1.50 postage. 80-page catalog, $1. Bruce Bolind, Dept. BH-2, Bolind Building, Box 9751, Boulder, CO 80301.



Masterpiece chime clock
19th century English drawing room motif! Hand lacquered with solid brass ornaments. The London Masterpiece Chime Clock greets each new hour with melodic chiming. Precision hung front frame swings open for easy winding with its own brass-finished key. #20510, $19.95 + $2.95 post. Two/$35.90 + $4.90 post. Creative Marketing, Dept. LC-190, 500 Market St., Perth Amboy, NJ 08861



Read, eat, watch TV
This elegantly grained mahogany plywood Folding Back Rest is super size, 16" x 24" high. A full 4 to 6" higher than other back rests. It gives full pillow support to head and back for firm sitting-up comfort. Six adjustable positions for maximum comfort. Elastic cords hold pillow in place; folds wafer thin $18.98 ppd. Better Sleep Inc., Dept. BH2, New Providence, New Jersey 07974



Lush silken floral basket
White rhododendron and rich green ivy are combined to create a gorgeous hanging arrangement you'll cherish for years to come. Comes complete with finely detailed woven basket and macrame hanger. Approx. 12" H x 15"W (specify plant #68), $29.95 plus $3 post. Color Portfolio 50¢. Tropical Island Imports, Dept. C2, 901 N.W. 8th Ave., Ft. Lauderdale, FL 33311.



The solar fountain
A contemporary acrylic sculpture that's powered by solar cells. By placing the Solar Fountain under incandescent light or in direct sunlight, a display of water works begins and continues until the energy source is removed. $39.95 plus $3 postage. ACP Corp., Dept. BH2, Box 1683, Mission, Kansas 66222.

VARICOSE VEINS?

ACHING, TIRED LEGS?

SAVE UP TO 50%

ON SUPPORT PANTY HOSE AND ELASTIC STOCKINGS

Top quality hosiery from B&B, Futuro, Hanes, Round-the-Clock, Berkshire and other famous makers. Wide choice of colors and styles.

SEND FOR FREE SALE CATALOG

SURGICAL PRODUCTS COMPANY
Box 369-B22, Needham, MA 02192

DRAW ANY PERSON *in one minute!*

NO LESSONS! NO TALENT!



Artist's Conception

New Amazing Invention—"Magic Art Reproducer." You can draw Your Family, Friends, animals, landscapes, buildings, vases, bowls of fruit, copy photos, comics, designs, maps, anything — Like An Artist Even if You CAN'T DRAW A Straight Line! Anything you want to draw is automatically seen on any sheet of paper thru the "Magic Art Reproducer." Then easily follow the lines of the "Picture Image" with a pencil for an original "professional looking" drawing. Also reduces or enlarges. Send $11.98 plus $.75 for shipping and handling. No C.O.D.'s please. Money Back Guarantee if not satisfied

NORTON PRODUCTS
Dept. 391, P.O. Box 2012
New Rochelle, NY 10802



LOVABLE MUSICAL DACHSHUND
plays "Edelweiss," the beautiful melody from The Sound of Music. Darling 9" doggie is a pedigreed pup of genuine bisque porcelain.

$17.98 Add $1.75 postage

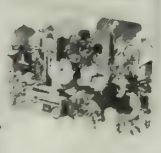
MONEY BACK IF NOT DELIGHTED.

HARRIET CARTER, Dept. BHQ-14022, North Wales, PA 19454

THE GREAT BOOK of CATALOGS

HOW TO FIND ANYTHING BY MAIL

NEW FOR '82



Directory of over 2000 of the best mail order catalogs. Names, addresses, phones, what's in each catalog—81 product categories, 176 big indexed pages. If not satisfied return it within 30 days for immediate refund.

ORDER NOW. Send $9.95 check or Master Card/Visa no. and expiration date to:

PINKERTON MARKETING INC.
135 Oak Terrace, Box 8A, Lake Bluff, IL 60044

FREE BONUS

If you order within the next fifteen days, we will send you absolutely **FREE** a two month subscription to **"The Best to You by Mail,"** a fascinating monthly newsletter. Each issue brings you details on at least 20 new catalogs, special offers, unusual new items, bargains...and much more. **Send your order today!**



BRIGHTEN YOUR KITCHEN THE WAY EUROPEANS DO!

Do you find your electric burners very unattractive and hard to keep clean? With Burner Covers you protect burners from spills and grease while adding a beautiful touch to your kitchen decor. Burner Covers are manufactured from strong steel and fine porcelain enamel, heat resistant and dishwasher safe. New, great conversation pieces. You love to show them to your friends. Burner Covers make unique gifts. Many colorful designs available. Two sizes: Small, $7.95 each ppd. Large, $8.95 each ppd. Canadian inquiries welcome.

MAX
BURTON ENTERPRISES, INC.
502 Puyallup Ave., Tacoma, Washington 98421

Send for your *free* color brochure and price list today! BH-2

Name _____

Street _____ Apt. _____

City _____

State _____ Zip _____



1000 RETURN ADDRESS LABELS $1.00

1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) $1.00



250 Crystal-Clear RETURN ADDRESS LABELS $1.98

The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $1.98



250 Self-Stick WHITE GLOSS LABELS $1.98

Glossy white self-stick labels cling to any smooth surface no moistening. Sharp black printing up to 4 lines.
Order P6030 Set of 250 White Gloss Labels (boxed) $1.98

Walter Drake 3052 Drake Bldg. Colorado Springs, CO 80940

NAME _____

ADDRESS _____

CITY & STATE _____ ZIP _____

___S717 1000 Labels @ $1 each $_____

___P2031 Crystal-Clear Labels @ $1.98 ea $_____

___P6030 White Gloss Labels @ $1.98 ea $_____

Add 20¢ per set for shipping & handling $_____

SATISFACTION GUARANTEED Total $_____

The Man Next Door®

Peg Pawley, who runs the card shop in the mall, says most of this year's valentines fall into one of two categories—lacy or racy.

Bill Norman says whoever coined the expression "Less is more" must have had the sticker prices of today's subcompact cars in mind.

The only couple we know who don't seem winter-weary at this time of year are the two chickadees who patronize our backyard feeder.

I like the big billboard that recently appeared beside the highway just outside of town. From a distance, drivers are attracted by the words "Free Tickets." But when you get closer, the rest of the message appears in smaller letters: "For speeders. Courtesy of the Highway Patrol."

Ken Floyd has devised a surefire way to make sure that his daughter at college reads important messages from home. He simply writes them on the back of a check.

Elaine Cowan says now that the bowl games are over, the folks who gather around the water cooler at her office are back to arguing about the setting on the office thermostat.



Ed Bell lamented the other day that revolving charge accounts sometimes produce bills that make his head spin.

Jim Watson composed this original valentine for his wife June, a vice-president at the bank downtown: "I love you with a high rate of interest adjusted for inflation and with year-to-year increases."

The Rev. George Hall says people should remember that children usually follow in the direction their parents lead, rather than in the direction they point to.

Four things are in endless supply in our neighborhood: free kittens, friendly advice, hamburger recipes, and zucchini (in season).



"Well, actually, it's a little more than van pooling. We call it 'van stuffing'..."

Mother Nature recently walloped us with another snowstorm, which set me to wondering: Are winters getting harder, as they seem to be—or am I just getting softer?

Isabel Norman suspects that husband Bill needs to have his eyes checked. "He can spot a foul from the 50th row during a basketball game, but an hour later he can't find his car in the parking lot," Isabel says.

With the permission of the rest of the family, Judy undertook a little human relations experiment this evening.

She set a portable tape recorder on one corner of the dining room table and recorded the conversation during dinner. After dinner, she played the tape back for our reactions.

"Oh dear! Do I really sound like that?" Chris exclaimed.

I think the rest of us felt the same way, even though we'd all heard our tape-recorded voices before, at one time or another.

Each of us admitted we'd like to change our voice somehow. Chris said she sounded too shrill. Judy said she came off like a chattering chipmunk. Burt, Jr., wished his voice would quit cracking in midsentence (I assured him that in a year or two it will).

As for me, I wished I had sounded a bit more dynamic and forceful on the tape—but then, it had been a long day at the office....

The experiment also made us aware of some bad conversation habits.

For example, Judy realized she tends to cut people off in her eagerness to make a point.

Burt, Jr., resolved to strike a few pet phrases from his speech—most notably "You'd better believe it," "Fantastic," and "Y' know?"

One thing we all noticed: There was a lot of laughter on the tape. The dinner was no special event, but everyone had something to contribute and the others seemed genuinely interested.

That's one thing none of us wants to change.

Burton Hillis

Electrasol costs less* than any other national brand.

And nothing cleans any better.

Think about it. Since not one top-selling national brand cleans any better than Electrasol, why pay even one penny more? Buy Electrasol and you can save on every size. For example, save as much as 25¢ on our 65-ounce package when compared to the price of the leading brand.

But price isn't the main reason to buy Electrasol. Our performance is. Electrasol cleans away the Dry-Hards – yesterday's tough, dried-on food. In fact, with Electrasol, everything – dishes, glasses, silverware – comes out sparkling clean.

Electrasol. Great performance at a great price. No wonder millions buy Electrasol year after year!

ECONOMICAL ELECTRASOL

*Independent survey. Prices vary by package size and city.



ECONOMICS LABORATORY, INC. St. Paul, Minn. 55102



5 mg. "tar", 0.4 mg. nicotine av. per cigarette, FTC Report May 1981.

© Lorillard, U S A., 1981

You found it.

Be it ever so low in tar...
there's no place like True.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

March 1982 • $1.25

Better Homes and Gardens®



ARDENING
ndscaping
h flowering
rubs

UILDING
new $35,000
edroom
me

RAVEL
per biking
ac. king
ca.ions

DC G
vo nily
ipe
ster, ver,
Jo ay

DECORATING
Look what's new in unfinished furniture

WINDOWS
Insulating covers you can make

STYLE
Pretty-as-a-picture table settings

COLLEGE
Any financial aid left for middle-income families?

Rose Crafts

A collection of unique designs for needlework treasures

03
0055


NOW. SOLARI

AN® SUPREME.

When there's no room for an ordinary floor.



There's never been an Armstrong floor so luxurious. So uncommonly elegant in styling. So unusually rich in color and pattern.

Yet Solarian Supreme's luxury is meant to be lived with. Its solid vinyl inner layer offers built-in toughness and excellent resistance to indentation. And its extra-durable Mirabond® surface resists scuffs and scratches, so it stays lustrous and looking like new—without waxing—far longer than ordinary vinyl no-wax floors.

See the extraordinary Solarian Supreme floors at your Armstrong retailer, listed in the Yellow Pages under floor materials.

For a free sample and color brochure, send us the coupon below. Or just call the toll-free Armstrong Consumer Line, 800-233-3823 (in Pennsylvania, call collect 717-397-0523).

Armstrong, Dept. 23FBH
P.O. Box 3001, Lancaster, PA 17604

Please send your free Solarian Supreme sample and color brochure.

Name_____

Street_____

City_____

State_____ Zip_____

Armstrong

CREATORS OF THE INDOOR WORLD®

Ormandy Court Solarian Supreme, Pattern #88000

Floor design copyrighted by Armstrong

Yesterday you hoped nobody would notice your ceiling. Today you couldn't wait.



Armstrong Masters Collection™: beautiful to look at, easy to install.

What a transformation! One day, an old or damaged ceiling. The next, a dramatic ceiling with the warm look of oak.



Armstrong Masters Collection also includes great-looking ceilings with the natural look of pine, cork, and marble.

Whether you're covering up a problem or creating a new room, installation has never been easier. Use Armstrong Easy Up™ Installation Kits, and snap on your new tile ceiling. Or simply drop suspended ceiling panels into an Armstrong metal grid system. What's more, all the materials for a 10′ x 12′ Masters Collection Ceiling come to less than $200*.

Nothing could be easier. Nothing could be more beautiful. And nothing could be nicer to come home to than a Masters Collection Ceiling.

*Estimate based on manufacturer's survey of retail pricing

SPECIAL $20 REBATE OFFER. To learn how you can save $20 on selected Armstrong ceilings and installation materials between March 8 and April 17, 1982, and the name of your nearest participating retailer, call this toll-free number: **800/233-3823** (in Pennsylvania, **800/732-0048**).

Armstrong
so nice to come home to™

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $12 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices POSTMASTER Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336 March, 1982, Vol. 60, No. 3

Special Introductory Offer

New "Anthem" in Oneidaware Solid Stainless



Any five piece place setting just $4.75



For those who prefer flatware in traditional design, we add new "Anthem" to our exclusive Oneidaware selection. The graceful ovals echo the delicate curves of the handle, which is accented by a florentine finish. And, like all of our Oneidaware patterns, "Anthem" is affordable for everyday use with "special occasion" elegance to make an attractive table setting.

Betty Crocker®

You would expect to pay twice as much in stores for comparable quality stainless by Oneida. But now, during this introductory period, you can obtain "Anthem" or any of the other Oneidaware patterns at special savings. A five-piece place setting is just $4.75. Order two place settings if you like and then complete your set by saving Betty Crocker coupons found on more than 200 General Mills products such as Gold Medal flour, Bisquick, Betty Crocker Mixes, and Big G cereals. A Betty Crocker Coupon Catalog will be sent with your order. Offer expires May 17, 1982. If not entirely satisfied, return merchandise within 10 days and your money will be refunded.

BONUS! A 50 value Betty Crocker coupon will be sent with your order to help you begin your coupon saving or add to your collection.

1982 General Mills, Inc.

General Mills, Inc., Box 5308, Minneapolis, MN 55460

I enclose ___ $4.75 for one place setting, or ___ $9.50 for any two place settings in the pattern(s) checked below:

Anthem	St. Ives	Whittier	Allegiance	Rosewood
1	2	3	4	5 (not shown)

Name_____

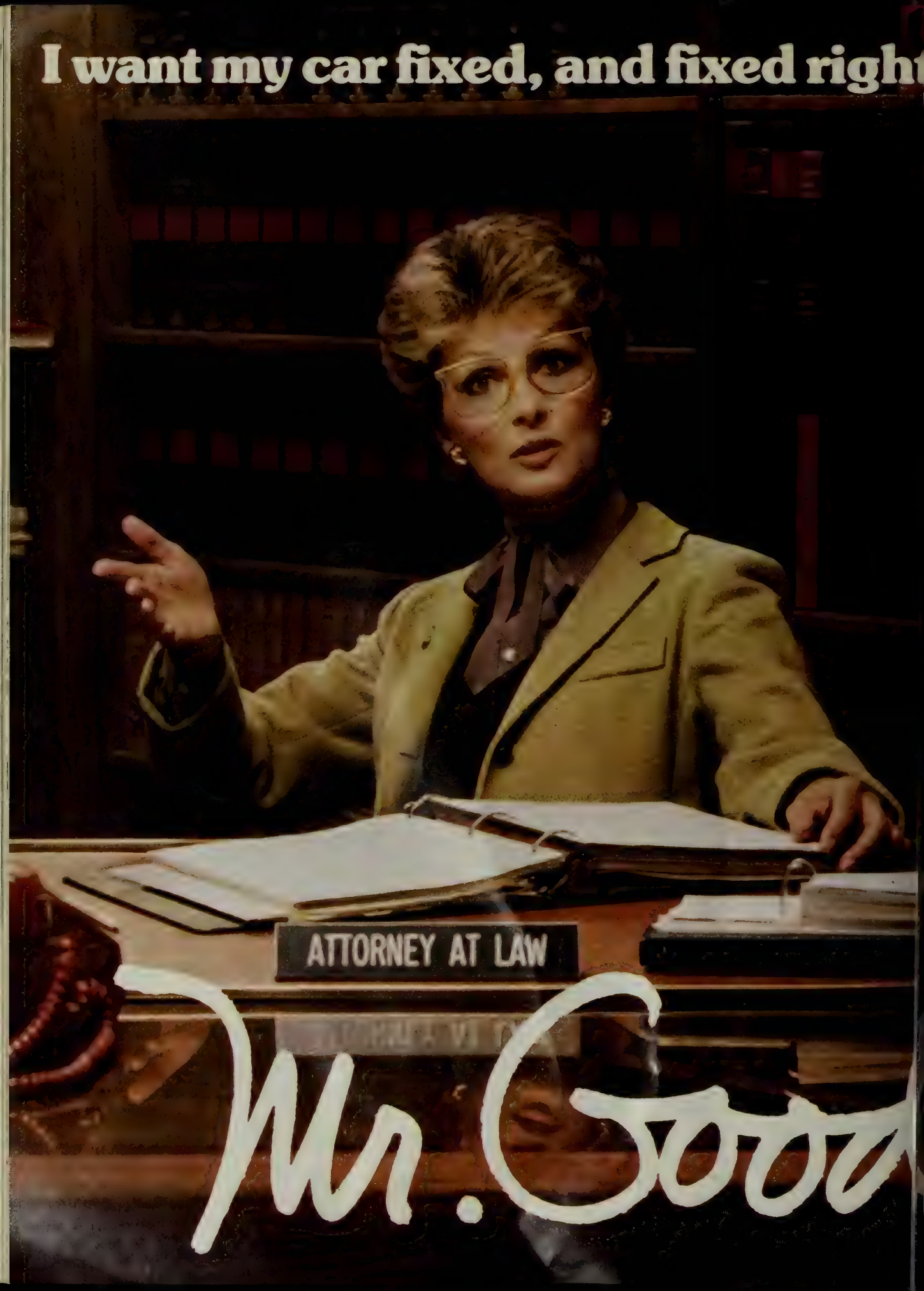
Address_____

City_____ State_____ Zip_____

Daytime Phone No. (_____)_____
Area Code

In case we have a question regarding your order.

Limit: Two place settings per family please. Send check or money order with order form. Do not tape or staple. Please allow up to six weeks for shipment. Offer expires May 17, 1982. Good only within U.S.A.


I want my car fixed, and fixed right
ATTORNEY AT LAW
Mr. Good

Mr. Goodwrench pledges to guarantee his work. In writing.



Mr. Goodwrench thinks I deserve to get the good work I paid for. And without any hassle. That's why he pledges to guarantee all of his labor. And all the General Motors parts he uses.

His limited warranty is good for 90 days or a full 4,000 miles, whichever comes first. And it covers every GM part from the bumper to the taillight. That means the work is done right, or the participating Mr. Goodwrench dealer where I had the work done will fix it right. Without cost. And, best of all, Mr. Goodwrench is committed to reasonable prices . . . he has pledged to be competitive with other places I could take my car around here for service.

So keep that great GM feeling with genuine GM parts at participating independent Mr. Goodwrench dealers selling Chevrolets, Pontiacs, Oldsmobiles, Buicks, Cadillacs, GMC and Chevy trucks.



wrench

Coordinate a room with confidence. It's easy with Tru-Test® Sat-N-Hue®



The secret's in Tru-Test's Custom Color System featuring 816 colors.

Sat-N-Hue luxury latex flat wall finish by Tru-Test comes in so many new decorator shades, you'll want to mix and match colors as you've never done before. That's why Tru-Test Paints' own Color Consultant, Bonnie Blaire, created this easy-to-use color selector. The Tru-Test Custom Color System presents large color samples as they relate in modern color schemes: monotones are side-by-side; related colors read up and down; complementary colors are opposite each other. Whether you're decorating from scratch or introducing new wall colors to existing floors and furnishings, this unique system lets you coordinate colors with the confidence of a professional designer. See Sat-N-Hue and the Custom Color System only at your True Value Hardware Store or Home Center.

®Tru-Test and Sat-N-Hue are registered trademarks of Cotter & Company, Chicago, IL 60614.



Tru-Test Custom Color System* takes the guesswork out of selecting successful color schemes.
*Patent pending.



True Value

5/8 QT. MINI-PAN

No-stick SilverStone® inside even-heating aluminum. Perfect for lots of little cooking jobs. With this coupon only 2.99

Offer good thru April 17, 1982 only at participating True Value Hardware Stores.



True Value
HARDWARE STORES

Good Housekeeping
PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

Tru-Test® Paints are sold exclusively by True Value Hardware Stores and Home Centers, who own their own paint factories and set their own prices. Look under "Paint—Tru-Test" in the Yellow Pages.

EDITOR at large

According to the newspaper that crossed my desk this morning, the median price of a new house in this country is now above $70,000 and still climbing. That's the bad news. The good news comes later in this issue when we show you a nice home for just half that amount—proof that, despite today's market conditions, the outlook in housing is a long way from hopeless. In fact, the consensus of my colleagues in the Building Department is that one long-range effect of our current financial crunch will be the construction of more efficient, more sensible houses than America has ever known. Here are some of the trends they foresee:

What we face is not the end of the American Dream but the reshaping, and in many ways the improving, of it.

1. Manufactured homes will gain wider public acceptance by continuing to upgrade quality standards. The best of them already can compete head on with "stick-builts" because of the economies of factory production plus stylish design. The three-bedroom house featured in this issue is a good example. It's attractive, it's manufactured, and it's under $35,000.

2. Resistance to unconventional housing will shrink. Dome homes and earth-sheltered houses, for example, will win converts as their assets are more widely recognized.

3. Interior space will be put to better use. The overall size of the average new house will decrease because of high costs and the trend toward smaller families. But areas within that house will become larger and more comfortable as multiple-purpose spaces replace today's part-time rooms—dining rooms used solely at mealtime, for instance.

4. Cluster developments will encourage more intelligent use of land. We'll witness a decline in the dubious practice of automatically dividing up neighborhoods like chessboards—into separate private lots with a single house on each one. More and more people will perceive the advantages of bunching the houses, merging their yards into shared space, and thus providing everyone with more attractive surroundings.

5. Detached one-family housing will lose a measure of its appeal as less costly—and less wasteful—alternatives catch on. Many young people, in particular, will decide to pursue happiness in town houses, patio homes, bi-attached dwellings, and other recent options to the suburban split-level. And many empty-nesters can be expected to do likewise.

6. Restorations and renovations will spur neighborhood revivals. Remodeling a run-down house by do-it-yourselfers will make homeowners of many families who couldn't otherwise afford to be—and at the same time will improve their community's appearance.

7. Passive solar housing will come into its own. Surveys show that the American public is increasingly intrigued by the numerous advantages of passive solar design, advantages that combine economics, practicality, and aesthetics. As architects and builders respond to this interest by acquiring more experience in solar techniques, enthusiasm will blossom, priorities will shift, and solar structures will enter the mainstream of middle-class housing.

If you want, you can dispute these predictions, of course, and build a different scenario around gloom and doom. As for me, I embrace the conclusion of my colleagues: What we face is not the end of the American Dream but the reshaping, and in many ways the improving, of it.

Gordon Greer

Gordon Greer, Editor



Enriched Elbow Macaroni.

Creamier Cheddar Cheese.

Natural Flavors.

Here is real elbow macaroni covered with richer, tastier cheddar sauce. Golden Grain's MACARONI AND CHEDDAR—you couldn't make it more delicious at home!

Mac 'n Cheddar Burger

Brown ½ lb. ground beef in a 10" skillet; drain off fat. Add 2½ cups hot water, macaroni from 1 package Golden Grain Macaroni and Cheddar, ½ tsp. salt and ¼ tsp. pepper. Bring to a boil. Cover, lower heat and simmer 10 minutes. Stir in ¼ cup margarine, ¼ cup milk and contents of cheese pouch. Makes four 1-cup servings.

From the makers of RICE-A-RONI

Virginia Slims remembers the home appliance center of 1902.



VIRGINIA SLIMS



You've come a long way, baby.



Fashions: Pauline Trigère

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Regular: 8 mg "tar," 0.6 mg nicotine—Menthol: 9 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Mar.'81

CONTENTS

March 1982 Vol. 60, No. 3

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

BUILDING

ENERGY-SMART WINDOW COVERINGS 19

A GREAT 3-BEDROOM HOUSE: ONLY THE PRICE SAYS IT'S A MOBILE 33

- *Is there any way you can get a new house that's good-looking, roomy, adaptable—and affordable? Certainly! This factory-built home meets all those requirements and is fun to live in, too.*



Tips, tools and techniques 44

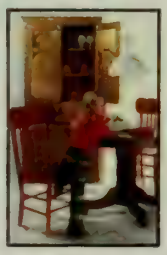
DECORATING

Problem-solving room plans 31

How to finish unfinished furniture 46

THE UNFINISHED STORY: WHAT'S NEW IN FINISH-IT-YOURSELF FURNITURE 80

- *Unfinished furniture once meant make-do quality and ho-hum looks. But today, you can find unfinished items that are beautifully crafted from fine woods. We'll show you a sampling of pieces and supply finishing ideas.*



MONEY

Mobile homes: The financial facts 39

CRAFTS

ROMANTIC ROSE CRAFTS 48

- *Crafters everywhere will welcome the collection of beautiful rose designs on these six pages. And each of our exclusive designs can be adapted to a variety of different needlework techniques.*



EDUCATION

COLLEGE FINANCIAL AID: WHAT'S LEFT FOR MIDDLE-INCOME FAMILIES? 57

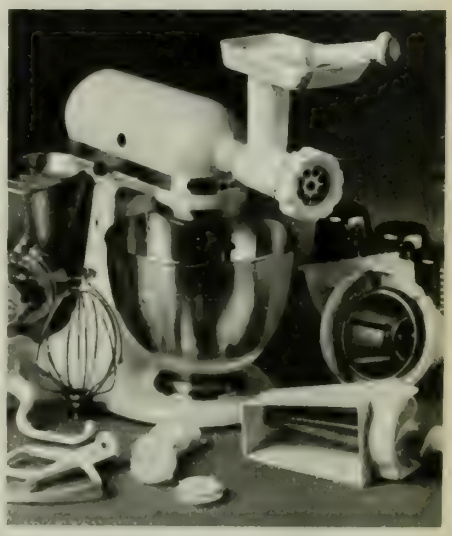
CONTENTS CONTINUED ON PAGE 10

This issue is published in multiple editions. **Subscription Prices:** One year $12 in the United States and its possessions. Canada, add $6 per year. Other countries, add $10 per year. Trademark registered in Canada and Australia. Marca Registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them.

© Copyright Meredith Corporation 1982. All rights reserved. Printed in U.S.A.

The KitchenAid Food Preparer.

Takes over where the food processor leaves off.



The KitchenAid Food Preparer with attachments does more than any food processor. You can make pasta, extract juice, grind meats, and more.

It's all there for the making with our powerful K45SS Food Preparer that includes a 4½-quart Stainless Steel Bowl, Flat Beater, Stainless Steel Whip, and Dough Hook. Plus a variety of optional attachments:

Food Grinder. Grinds meats, firm vegetables, and fruits.

Rotor Slicer/Shredder. Slices or shreds crisp vegetables, firm fruits, and cheeses.

Fruit/Vegetable Strainer. For pureeing and juicing. Makes sauces, tomato juice, and preserves.

Spaghetti/Noodle Maker. Makes thin or thick spaghetti, flat noodles, macaroni, and lasagna.

Grain Mill. Grinds corn, wheat, rye, oats and other low moisture, non-oily grains.

With KitchenAid quality and versatility, you'll have it made with the KitchenAid Food Preparer.

KitchenAid.®

Don't settle for less.

Hobart Corporation, Troy, Ohio 45374

Rührei
(Swiss Scrambled Eggs)



If you like scrambled eggs, you'll love Rührei Mit Schinken Und Käse. For that hint of Swiss flavor, mix in Swiss cheese, and ham, plus TABASCO brand pepper sauce. TABASCO is made the same today as it was in 1868. The peppers are taken fresh from the fields and placed in oak barrels. Then, years of precious time mellow them to the savory flavor known as well in Geneva as it is in Galveston.

4 eggs
¼ teaspoon TABASCO pepper sauce
2 tablespoons ham (finely chopped)
2 tablespoons Swiss cheese (grated)

Beat eggs, salt to taste and TABASCO sauce with fork. Scramble eggs as usual. Stir in ham and Swiss cheese during last moments of cooking. Serve immediately. Serves 4.

The WORLD of TABASCO® sauce

©1982. TABASCO is a registered trademark of McIlhenny Company, Avery Island, Louisiana 70513

CONTENTS

continued

GARDENING

SPOT LANDSCAPING WITH FLOWERING SHRUBS 71

- *Turn a humdrum landscape into a showplace of color with flowering shrubs. In just a few years these bold bloomers will transform your hard-to-landscape garden spots into pockets of brilliance.*



Gardener's log 135

FOOD

TREASURED FAMILY RECIPES FOR SPRING CELEBRATIONS

Passover: A dinner of reaffirmation 88

Easter: An ecumenical brunch 90

St. Joseph's Day: A feast of thanks 92

- *Festive food traditions aren't limited to the winter holidays. Here are three very special families who have preserved their own feasting traditions of Passover, Easter, and St. Joseph's Day—and now share them with you.*



Prize Tested Recipes 111

- *Stir-fried meat dishes*
- *Yogurt desserts*

Win money for your recipes 115

ENTERTAINING

PICTURE-PERFECT TABLE SETTINGS 116

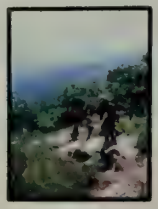
- *Creating a picture-perfect table setting is easier than you think, once you have the know-how. We'll show you how to pluck your inspiration from a painting or print and produce your own perfect setting.*



TRAVEL

SUPER BACKPACKING AND BIKE TOURING VACATIONS 141

- *By hiking and biking America's backwoods and byways, you can see more than you'd ever see from a car! Here's a round-up of back-to-nature vacations the whole family will enjoy.*



SHOPPING

Buying information 138

How to order material from the magazine 153

Shopping editor's choice 157

CUSTOMER SERVICE:
For service on your magazine subscription, including change of address, write to Robert Austin, P.O. Box 4536, Des Moines, IA 50336. Please enclose an address label from a recent issue.



Cool 'n creamy pasta salads...

exciting new twist on a main dish!

Creamy pasta salads are an exciting main dish idea. And Best Foods® Real Mayonnaise makes them taste deliciously fresh and creamy. Let Best Foods help you create a Creamy Tuna Twist or Garden Fiesta. Or invent your own pasta salad! When you make it with Best Foods, it's a creamy cool treat.

Best Foods makes it better!



Creamy Garden Fiesta

- 1 cup BEST FOODS® Real Mayonnaise
- 2 Tbsp chopped green onions
- 1 Tbsp lemon juice
- 1 tsp dried basil leaves
- 1/2 tsp salt
- 1/4 tsp pepper
- 4 oz thin spaghetti, cooked
- 1 1/2 cups seeded, chopped cucumber
- 1/4 lb green beans, cooked, cut in 1" pieces
- 1 cup thinly sliced carrots
- 1 cup thinly sliced zucchini, halved
- 1/2 cup thinly sliced radishes
- 1/2 cup chopped green pepper
- 1/2 cup chopped parsley (optional)

In large bowl stir together first 6 ingredients until smooth. Add remaining ingredients; toss to coat well. Cover; chill. Makes 8 servings.

Creamy Tuna Twist

- 1 cup BEST FOODS® Real Mayonnaise
- 2 Tbsp cider vinegar
- Dash pepper
- 4 oz twist macaroni, cooked
- 1 can (7 oz) tuna, drained, flaked
- 1 cup cooked peas
- 1 cup sliced celery
- 1/2 cup chopped red onion
- 1/4 cup snipped dill or 1 Tbsp dried dill weed

In large bowl stir together first 3 ingredients until smooth. Add remaining ingredients; toss to coat well. Cover; chill. Makes 4 servings.



© 1982 Best Foods
CPC International Inc.
Englewood Cliffs, N.J. 07632



To locate your Congoleum Studio Showcase of Floors™ retailer, call toll-free 1-800-447-2882; in Illinois, 1-800-322-4400.
Or, for the Congoleum retailer nearest you, see the Yellow Pages under "Floors—Materials." Shown here: Ultraflor® Imperial,® style 61018.

Congoleum. Collect it room by beautiful room.

Discover timeless beauty.
Discover the Congoleum difference in vinyl flooring.
A special sense of style.
Marvelously rich color and texture.
Luxuriously easy care.
Quality that will always shine through room after beautiful room.
Discover exclusive Chromabond® for superior stain resistance and long lasting beauty.
Discover the complete collection at your Congoleum Studio Showcase of Floors™ retailer.



Congoleum

FLOORS OF TIMELESS BEAUTY.™



Moistness and flavor worth clinging to.

Better Homes and Gardens®

Editor GORDON G. GREER
Managing Editor KATE KEATING Art Director GERALD PREATOR

Food and Nutrition Editor DORIS EBY
Senior Food Editor NANCY BYAL *Senior Food Editor—Books* SHARYL HEIKEN
Senior Food Editor—Special Interest Publications SALLY PEDERSON
Recipe Development Editor MARION VIALL
Associate Editors ELIZABETH WOOLEVER ROSEMARY HUTCHINSON
SANDRA GRANSETH SANDRA DAY MARLENE BROWN PAT TEBERG
JOY TAYLOR MARCIA STANLEY DIANA McMILLEN JULIA MARTINUSEN
DIANE YANNEY JILL BURMEISTER NANCY WALL JANET FIGG

Building and Remodeling Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor DAVID R. HAUPERT
Senior Building Editor—Special Interest Publications DOUGLAS M. LIDSTER
Senior Building Editor—Books LAWRENCE D. CLAYTON
Remodeling Ideas Editor CHERYL SCOTT
Kitchens and Bath Ideas Editor JOANNE JOHNSON
Associate Editors CAROLANN SHINDELAR PAUL KRANTZ
LINDA JOAN SMITH JIM HARROLD WILLIAM L. NOLAN

Furnishings and Design Editor SHIRLEY VAN ZANTE
Interior Design Editor ROBERT E. DITTMER
Senior Furnishings Editor DENISE L. CARINGER
Senior Furnishings Editor—Books PAMELA WILSON CULLISON
Senior Furnishings Editor—Special Interest Publications PATRICIA POLLOCK
Associate Editors HEATHER SCHRADLE KAROL BROOKHOUSER

Garden and Outdoor Living Editor BEVERLY GARRETT
Senior Garden Editor STEVEN COULTER
Senior Garden Editor—Special Interest Publications DOUGLAS A. JIMERSON
Associate Editor LINDA DALLIMONTI

Money Management and Features Editor MARGARET DALY
Travel and Pets Editor BARBARA HUMESTON
Health and Education Editor DAN KAERCHER
Automotive and New Products Editor KIM GARRETSON
Associate Editors JUDY CRAWFORD MELL MEREDITH
Special Assignments Editor GEORGE S. BUSH

Crafts Editor NANCY LINDEMEYER
Senior Crafts Editor DEBORAH DUGAN
Senior Crafts Editor—Special Interest Publications JOAN CRAVENS
Senior Crafts Editor—Books ANN LEVINE
Associate Editors COLEEN DEERY GARY BOLING
LAURA HOLTORF REBECCA JERDEE

Copy Chief MARY ANN ROBERTSON *Makeup Editor* KATIE NORRIS
Associate Makeup Editor DOROTHY GRANT *Assistant Makeup Editor* NANCY HAL

Associate Art Director (Creative) BRYAN E. McCAY
Associate Art Director (Managing) DON NICKELL
Assistant Art Director KRISTIN FRANTZ
Graphic Designers CHRIS GRECO JUDY HALL SUSAN KOCH KEVIN S. LUDGAT
Art Production Director RAY WOODS *Art Production Manager* JOHN BERG
Art Production Associates JOE HEUER KATHRYN DAVIDSON

New York—Associate Editor STACEY SMITH *Shopping Editor* ANN LIVELY

Group Editorial Services Director **DUANE L. GREGG**
Executive Art Director **WILLIAM J. YATES**

Special Interest Publications: *Editor* RICHARD W. ROYER
Art Director JON SNYDER
Associate Art Directors (Creative) RICK BEAULIEU KAREN HUBER
Assistant Art Director TOM WEGNER
Senior Graphic Designer MARISSA CONNER
Graphic Designers JACK YOUNG JILL CAREY RHONDA BLACK
DOUG BYERS CHRISTOPHER J. DAVIA
Copy Chief ELIZABETH BROOKS *Copy Editor* JIM WIGDAHL

Books: *Editor* GERALD KNOX *Managing Editor* DAVID A. KIRCHNER
Art Director ERNEST SHELTON *Associate Art Director (Managing)* RANDALL YONT
Associate Art Directors (Creative) NEOMA ALT WEST LINDA FORD
Assistant Art Directors HARIJS PRIEKULIS FAITH BERVEN
Graphic Designers ALISANN DIXON LYNDA HAUPERT LYNE NEYMEYER
BILL SHAW GREG THOMPSON MIKE EAGLETON MIKE BURNS DEB MINE
Copy and Production Editors DAVID WALSH LAMONT OLSON
NANCY NOWISZEWSKI MARY HELEN SCHILTZ

Meredith Publishing Services: *Editor* DOUGLAS A. HOLTHAUS
Managing Editor SYLVIA MILLER
Special Projects Editors MIKE HOLMBERG DON JOHNSON
GREG ERICKSON MARJORIE GROVES
Art Director ROGER IHLENFELDT *Associate Art Director* C. L. GATZKE
Assistant Art Director DEETRA LEECH
Graphic Designers LINDA BENDER ROBERT RILEY STEVE LUEDER

Director, Editorial Research C. RAY DEATON *Associate* CAROLYN A. HAMILTO
Administrative Editor ROSE ANDERSON *Art Business Office Manager* CECILEE LEW
Test Kitchen Director SHARON STILWELL *Photo Studio Manager* DON WIPPERMA
Manager, Editorial Planning and Development DON DOOLEY

PUBLISHING GROUP PRESIDENT **JACK D. REHM**
Publishing Group Vice-Presidents: JAMES A. AUTRY General Manager, Magazin
NEIL KUEHNL Editor-in-Chief
JAMES R. NARBER General Manager, Publication Marketing Services
ROBERT E. GERHARDT Administration
FRED STINES General Manager, Books and Newspapers

Publisher and Advertising Director J. WESLEY SILK
Publishing Services Director AL NEY
Associate Advertising Sales Director LENNOX E. H. STUART

CORPORATE OFFICERS: **Chairman of the Board E. T. MEREDITH III**
President ROBERT A. BURNETT
Group Presidents JACK D. REHM, Publishing JOHN GREGG, Printing
JAMES CONLEY, Broadcasting JAMES A. RIGGS, Real Estate
Vice-Presidents DONALD L. ARNOLD, Corporate Relations
THOMAS G. FISHER, General Counsel and Assistant Secretary
HERB SCHULTE, Corporate Planning WILLIAM H. STRAW, Finance
GERALD D. THORNTON, Administrative Services WALTER A. VOSS
Secretary BETTY CAMPBELL MADDEN Treasurer MICHAEL A. SELL



SPAM® MAKES A DISH YOU'LL FALL IN LOVE WITH

SWEET POTATO CASSEROLE

1 can (12 oz.) SPAM® Luncheon Meat
1 can (18 oz.) sweet potatoes, drained
1 can (8 oz.) fruit cocktail or mixed fruits
1 tsp. cornstarch
2 Tbsp. brown sugar
2 Tbsp. margarine

1. Arrange sweet potatoes in shallow casserole dish. Make 5 cuts partially through loaf of SPAM® Luncheon Meat and place loaf in dish.

2. Drain fruit, saving juice. Combine cornstarch and brown sugar. Stir into juice and add margarine. Heat to boiling; stir in fruit and simmer 5 minutes.

3. Spoon over slit loaf and sweet potatoes. Bake at 350° for 25 to 30 minutes, basting with juice during baking. Serves 3-4.



IT'S LOVE AT FIRST BITE.

Hormel

SPAM® is a trademark for luncheon meat made only by Geo. A. Hormel & Co.

Mar



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

16 mg "tar," 1.1 mg nicotine av. per cigarette, FTC Report Mar.'81


boro



A General Electric washer has extra action. So does Tide.

The extra action in a GE is a new "Extra Cleaning Cycle." This new cycle provides an extra deep rinse and spin for heavy soils on modern fabrics. It even allows you to use extra detergent if necessary. Some of today's GE washers also come with a special Mini Quick cycle that washes a small load in about 14 minutes.

Another extra in every new GE washer is a money-saving coupon for Extra Action Tide.

The Extra Action in Tide is extra cleaning power. If you have to clean things like ground-in clay from the garden, sticky orange juice from breakfast or dried-in gravy spills from dinner, Tide should be in your washer. Because Tide's Extra Action works on a wide range of tough laundry problems. The kind of problems you face every day!

Tide has agreed with washer makers to supply Tide coupons packed by them and feature their washers in Tide advertising.
The makers of 17 washers pack Tide coupons in their top-loading automatics.

By CarolAnn Shindelar



Photograph: William N. Hopkins

• • •

Even if you've stuffed your walls with insulation, plugged every crack with caulk, and sealed your windows and doors with weather stripping, a substantial amount of costly heat still could be going right out the window. Windows can account for up to one-half of the heat loss in your home. That's why insulating them is almost as important as insulating your walls—and insulating windows is much easier to do. In fact, you can do it yourself by making thermal shutters or shades like the ones shown here. Just purchase the kits (or run to the lumberyard and drapery store for supplies), and assemble and mount them this weekend. That way your windows will be as energy-efficient as the rest of your house.

• • •

Energy-Smart Window Coverings
You Can Make Them Yourself!

Window-Hugging Roman Shade

A magnetic strip holds this Roman shade snugly against the window to stop cold air from sneaking in. The shade itself is a quilted sandwich of materials that provide an R-factor of about 7.5 in conjunction with fixed single glazing. You can order the materials you'll need from the manufacturer or purchase them at a local drapery shop. You'll also need decorative fabric to cover the front of the shade.

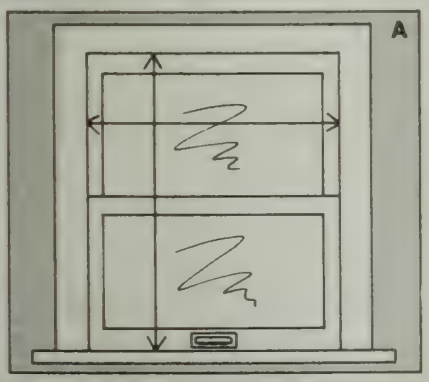
The shade can be mounted one of two ways—to just cover the window between the sides of the jamb (an "inside mount") or to cover both the window and the casing (an "outside mount"). For the inside method shown here, measure the inside width and height of the window *(illustration A)*. Add four inches of fabric to the height measurement for mounting. The cover fabric should be three inches wider than the width measurement and 12 inches longer than the length.

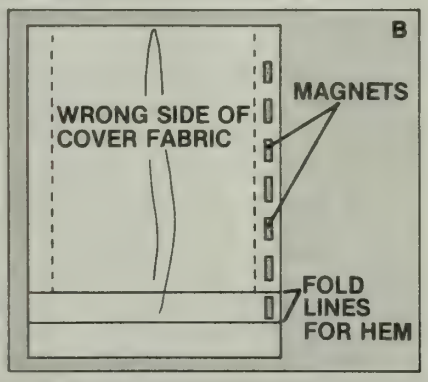
With the right sides of the cover fabric and shade together, match the top and sides and stitch ½-inch seams. Break the prescored magnetic strips supplied with the kit into pieces and place them in the seam allowance on the wrong side of the cover fabric *(illustration B)*. Turn the shade right side out; turn the hem of the cover fabric up four inches, then four inches again, and stitch the hem in place.

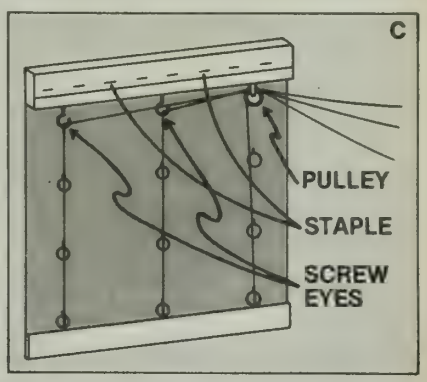
Sew the rings for the operating cord in place at the quilting line of the shade material, and install screw eyes in the mounting board *(illustration C)* in line with the rings. (A pulley replaces the screw eye at the end of the shade.) Staple the shade to the mounting board, and thread cords through the rings and screw eyes and over the pulley. Then attach the board to the window.

Buying Information, page 138

continued







"This outfit not only fits me... it fits my lifestyle."



"Koret designs clothes for the way I live. I always feel terrific wearing them—comfortable, relaxed and pretty. That's why they're my favorites."

Koret clothes become the favorites of so many women, because Koret designs clothes to bring out the best in every woman . . . whether she's a petite, misses or womens size.

KORET®

We don't just make clothes, we make favorites.™



© 1984 Koret of California, Inc., Dept. 770LB, 611 Mission Street, San Francisco, Calif. 94105





Photographs: Ozzie Sweet. Design: Stephanie Gibson

• Rigid Pop-In Panel •

This dual-purpose panel is as decorative as it is energy-efficient. On cold winter nights it prevents warm air from disappearing out your windows, and on sunny days the panel can be removed from the window and used as a wall hanging. The pop-in shutter is made from semirigid, foil-faced fiber glass board and is framed with the metal J-channel used for soffit and siding trim. In conjunction with a single layer of fixed glass, the panel has an R-value of about 4.

The panel fits inside your window frame, but because many windows aren't square, you'll have to take several measurements to ensure a perfect fit. Check the corners of the window with a T-square. Subtract ½-inch from all your measurements and cut a piece of fiber glass board to that size.

Place the metal channel against the side of the fiber glass panel, and mark the channel at the corner of the board. Use tin snips or a hacksaw and miter box to make a V-cut in the metal channel at your mark; bend the channel around the fiber glass board to form a mitered corner *(illustration A)*. Follow the same procedure for the other two sides, and cut miters where the other two corners meet.

For the vapor barrier, cut a sheet of polyethylene two to three inches larger all around than the fiber glass panel. Lay the polyethylene over the fiber glass side (not the foil side) of the panel, wrapping the sheet around the edges. Coax the fiber glass panel into the metal channel frame, securing the vapor barrier in place.

Use strips of duct tape cut to size to brace the mitered corners of the frame and to cover any sharp edges. Then wrap adhesive-backed weather stripping around the outside of the frame, placing it as close as possible to the edge that will be next to the glass.

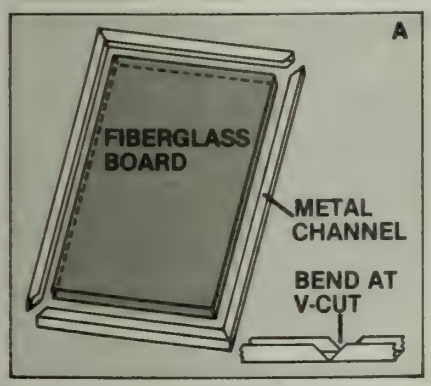
The last step is to cover the panel with decorative fabric. Ours is attached with Velcro strips so it can be removed for washing. First lay the shutter foil side up and place two-inch lengths of Velcro around the frame and at each corner *(illustration B)*. Cut the fabric to fit the panel, adding two to three inches for the overlap. Iron the fabric and place it on the polyethylene-covered side of the shutter. Lap the fabric over the fiber glass and temporarily secure it with pins. Pin matching pieces of Velcro tape to the fabric, and insert a pin in the fabric to mark each of the four corners of the shutter.

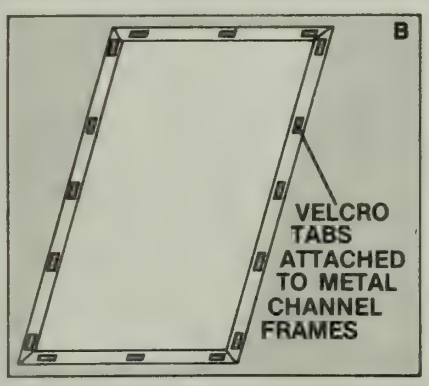
Leave the Velcro pieces pinned to the fabric while you sew the corners of the cover. With right sides together, fold each corner of the fabric diagonally so that the pin marking the panel corner is on the fold. Sew a one-inch seam perpendicular to the fold starting at the pin marker *(illustration C)*. This will give you a smoothly finished corner when the fabric is turned right side out and trimmed.

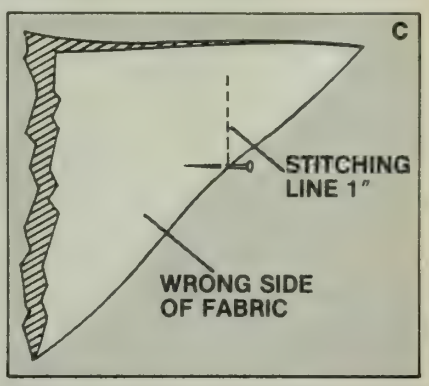
Hem the raw edges of the fabric and sew the Velcro strips in place on the wrong side of the material. Place the cover over the shutter, and secure the Velcro tabs. You might want to add a knob or handle to help you pull the shutter out of the window.

Buying information, page 138

continued







Foolproof Chinatown Taste. Karo Makes It Simple.



Confucius say, "You don't have to be Chinese to make authentic Chinese dishes."

All you need is KARO® Corn Syrup. Chances are you already have it in your kitchen cupboard.

KARO is foolproof because it's already in liquid form, so you don't get that granular taste. And KARO has a way of balancing flavors, so everything blends easily, tastes smooth and delicious.

So try the delicious recipes in this ad. They might change your fortune, cookie.

GINGER PLUM SPARERIBS

In saucepan stir together 1 jar (12 oz) damson plum preserves, 1 cup KARO Dark Corn Syrup, ½ cup soy sauce, ⅔ cup finely chopped green onion, 2 cloves garlic, minced, and 2 tsp ground ginger. Stirring constantly, bring to boil over medium heat and boil 5 min. Remove 1 cup; set aside. Place 4 lb spareribs, cut into individual 4" riblets, in shallow baking dish. Pour remaining KARO Corn Syrup mixture over ribs. Cover; marinate in refrigerator at least 4 hr. Place ribs on rack in broiler pan. Broil 6" from heat, turning and basting every 5 min with marinade, 35 to 40 min or until browned and crispy. Heat reserved 1 cup KARO Corn Syrup mixture and serve with ribs and cooked rice. Serves 4.



STIR-FRIED BROCCOLI AND CARROTS

In wok or large skillet heat 3 Tbsp corn oil over medium-high heat. Add 1 lb broccoli, cleaned, trimmed, cut in flowerets and stalks sliced; 2 medium carrots, cut in matchstick strips, and 2 small onions, cut in wedges. Stir fry 6 min or until vegetables are tender-crisp. Add 1 can (8 oz) water chestnuts, drained and sliced. In small bowl mix 2 Tbsp corn starch and ⅓ cup KARO Light Corn Syrup until smooth. Stir in 3 Tbsp cider vinegar, 2 Tbsp soy sauce and ½ tsp ground ginger. Add to wok. Stirring constantly, bring to boil over medium heat and boil 1 min. Sprinkle with ⅓ cup unsalted cashew nuts. Serves 4.

Karo. It could be what's missing in your cooking.

© 1982 Best Foods, CPC International Inc



Photograph: William N. Hopkins

You can fit these shutters into any room or decorating scheme by simply covering them with a complementary fabric.

For this young lady's bedroom, we covered the shutters with a printed sheet that matches the comforter on the bed.

• Fabric-Faced Shutters •

You can build your shutters to open at the center as shown here, or fold to the side like a bifold door. The shutter kit is available in a number of sizes. Order the one that comes closest to matching the inside measurements of your windows and cut it down to size. When properly installed over one layer of fixed glazing, the shutters have an R-factor of about 5.

The kit contains four foil-faced panels and eight 1x2 pieces of wood which form the framework for the shutters. Since the shutters fit inside the window frame from jamb to jamb, you'll have to measure your windows carefully and make adjustments if the windows aren't perfectly square. Cut all the panels (two front panels and two back panels) to size, deducting ¼ inch from both the length and width measurements for the two back panels.

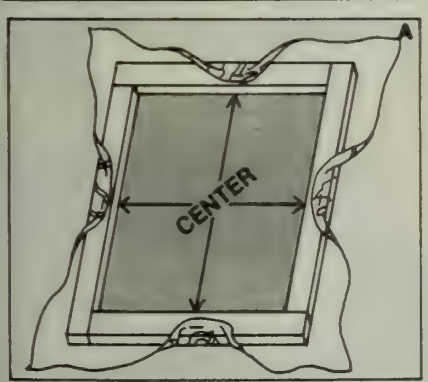
Make the frame for the shutters from the 1x2s included in the kit. Butt-joint the corners of the frame, stapling and gluing the wood in place. The outside edge of the frame should be the same size as the front panel (which faces the room). Run a bead of glue along the wood frame. Place the panel, white side up, on the frame, making sure the panel is flush all around. Staple it in place for extra rigidity. Then wrap adhesive-backed weather stripping around the outside of the frame, placing the weather stripping as close as possible to the edge of the frame next to the glass.

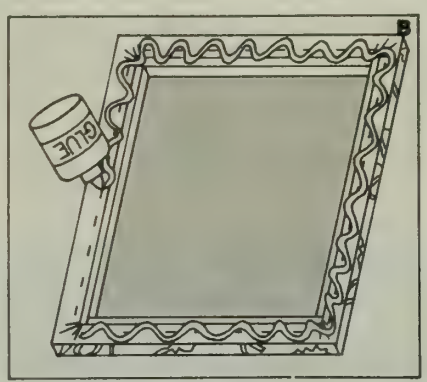
Cut two pieces of fabric to cover the shutters, adding four inches to both the length and width measurements so you can wrap the fabric onto the back panels. Iron the material and stretch it over each panel, stapling the center of the top edge first *(illustration A)*. Staple the center point of the rest of the sides, and then finish stapling all around. At the corners, fold the edges of the fabric neatly to the back of the panel or finish with hospital corners.

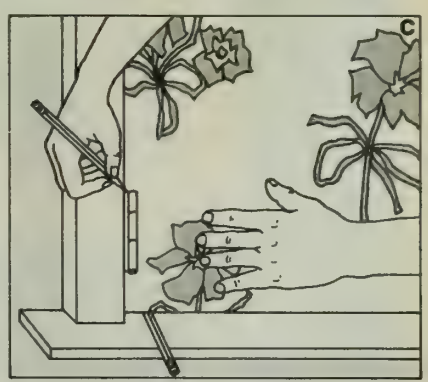
Now glue the back panels to the frames, covering the staples and the raw edges of the fabric *(illustration B)*. Make sure the panel is evenly placed around the edges; then nail it securely, using the white nails included in the kit.

Place the shutters in the window frame, and measure and mark locations for the hinges on the window casing *(illustration C)*. Attach hinges to the shutter and window frame. (You'll also need to hinge the two shutter panels together if you're making bifold shutters.) Add knobs about midway between the top and bottom of the panels. If you like, you can finish the fabric covering with a water-repellent aerosol spray to minimize spotting and staining.

Buying information, page 138







★ ★

The Most Important New United States Stamp Issue In Years!

The Official Birds and Flowers of Our Fifty States



Covers shown smaller than actual size of 3⅜" x 7½".

The cachet of each Cover is an original painting by noted wildlife artist, Chuck Ripper.

Official First Day of Issue Postmark — applied by U.S. postal authorities.

Personalized — with your name and address (if desired).

U.S. Commemorative Stamp — depicting the official bird and flower of the state honored by the stamp.

Stamps and postmarks are for illustrative purposes; actual designs and issue date will be as officially set by the U.S. Postal Service.

FIRST DAY COVERS OF THIS LANDMARK STAMP ISSUE CAN BE RESERVED NOW

The U.S. Postal Service has conceived what promises to be the philatelic event of the decade: the unprecedented issue in 1982 of 50 new stamps depicting the official Bird and Flower of each of the 50 States that make up our proud Nation. This issue seems sure to be one of the most beautiful and important issues in U.S. postal history.

This is the *first time* that the beautiful, official Birds and Flowers of every one of the Fifty States will have appeared in a single U.S. postage stamp issue. It also marks only the second time in history that a single U.S. stamp issue has consisted of 50 different stamps (the first such issue was quickly snapped up by astute collectors). These two facts alone, without any consideration of the beauty of the stamps themselves, seem destined to make State Birds and Flowers one of the most highly-coveted U.S. stamp issues of all time.

First Day Covers of This Issue Can Be Reserved Now

In conjunction with this outstanding new issue, the Postal Commemorative Society has arranged to have a series of fifty beautiful, full-color Covers postmarked by U.S. postal authorities with the official one-day-only First Day of Issue postmark of each of these new State Birds and Flowers stamps. This postmark forever insures the limited-edition status of this remarkable State Birds and Flowers First Day Cover collection. The collection of beautiful First Day Covers for this important United States issue can be reserved now.

Fifty Works of Art by One of America's Foremost Wildlife Artists

Each of the fifty First Day Covers in this collection features a privately-commissioned original work of art depicting the State's official Bird and Flower. These are faithfully portrayed in full color by Chuck Ripper, one of America's foremost wildlife artists.

The precise strokes of his brush depict the rich, red plumage of Ohio's Cardinal set against its Red Carnation...New York's regal Eastern Bluebird accented against its royal Rose...every nuance of color, shading and detail, captured by this superb artist.



Each subscriber will receive a handsome album to display the entire collection.



Each and every state bird and flower seems alive ... authentic to the minutest detail ... the plumage, the beak, the tail of each bird ... the graceful green leaves and delicate blossoms of each flower...a breath-taking pageant of Nature's own masterpieces.

An impressive museum-quality portfolio of the finest American wildlife art, the State Birds and Flowers First Day Covers are truly a collection to be enjoyed now and passed on to future generations in your family.

Convenient Acquisition Plan

The Birds and Flowers of Our Fifty States First Day Covers — available at a price of just $2.50 per Cover (plus 25¢ shipping and handling) — will be sent to subscribers at the convenient rate of seven monthly shipments of six Covers each (plus an eighth and final shipment of eight Covers). Shipments will begin 8-12 weeks after the First Day of Issue of the new stamps.

You can reserve *The Official Birds and Flowers of Our Fifty States First Day Cover Collection* by simply completing and mailing the attached Subscription Reservation.

Prompt Action Recommended

This edition will be forever limited by the number of complete sets of Covers officially postmarked with the one-day-only First Day of Issue postmark of the new State Birds and Flowers stamps.

Naturally, such First Day Covers are available only in strictly limited quantities. If you want to obtain a set at original issue price for your own family, you must act *now*. To avoid disappointment, *return your reservation today!*

Subscription Reservation 057

The Official Birds and Flowers of Our Fifty States First Day Cover Collection

Postal Commemorative Society
47 Richards Avenue
Norwalk, Conn. 06857

Please return by
April 30, 1982

Please reserve _____ collection(s) of the Birds and Flowers of Our Fifty States First Day Covers, which will be sent to me at the rate of six Covers per month (with my eighth shipment to contain eight Covers) beginning 8 to 12 weeks after the official First Day of Issue of the new U.S. State Birds and Flowers stamps.

I understand that the price of each Cover is just $2.50 (plus 25¢ shipping and handling) and that a deluxe collector's album will be sent to me at no additional charge.

I need send no money now. Bill me prior to my first month's shipment. I understand this subscription may be canceled by either party at any time.

I prefer to have my Covers (check one) ☐ Unaddressed, or ☐ Personalized as shown below*

Mr., Mrs., Miss _____

Address _____

City _____ State _____ Zip _____

☐ As a convenience, I prefer to have each month's shipment charged, at the time of shipment, to my: ☐ MasterCard ☐ VISA

_____
Credit Card No. Expiration Date

Signature _____

*Your Covers will be personalized and sent to the address shown unless you provide other information.

Announcing an all-new *limited edition* in fine Gorham China...

NORMAN ROCKWELL SATURDAY EVENING POST CLASSICS

Advance Subscription Deadline: April 30, 1982.



Batter-Up

©1982 SEP

Plates shown smaller than actual size of 8½" in diameter.

Here are 12 great Rockwell works never before available on collector plates.

For over 60 years, Norman Rockwell painted his finest work for The Saturday Evening Post. The characters he created touch us with their triumphs, tenderness, dreams, and desires.

Now, twelve of Norman Rockwell's greatest Saturday Evening Post classics are authorized to appear for the first time on collector plates. These paintings are part of our American heritage, and now you can make them part of your home.

Fine Gorham China trimmed with precious 22kt gold.

Rockwell's art has never been so gloriously reproduced. The paintings have never been so vibrant, the background so brilliant and pure as on these twelve magnificent plates of fine Gorham China. The Gorham China Company has been creating family heirlooms since 1831.

Rockwell himself would have applauded the lavish attention to craftsmanship and detail. A wide range of ceramic colors will be laid down, one at a time, to capture all the contrasts, all the delicate shadings of color and texture.

The crowning touch will be a luxurious band of precious 22kt gold, individually applied to each plate. And gold will be applied to the reverse of each plate to display the hallmarks of Gorham, the Danbury Mint, and the Norman Rockwell signature.

A gallery of Rockwell treasures.

Of all the paintings Rockwell created, these twelve would surely rank among the best that could have been selected for this collection. In "Batter-Up," you'll get a kick out of gramps at the bat — and realize we're never too old to feel young at heart. In "Trick or Treat," you'll see why Halloween is as much of a lark for us as it is for the kids, since we are the ones who get to act scared.

A strictly limited edition.

This collection will be issued in a strictly limited edition, and the advance subscription deadline is April 30, 1982. A further offering will be made later this year, and the U.S. edition will be forever limited to the number of sets reserved by the final subscription deadline.

These twelve Norman Rockwell classics are authorized by The Saturday Evening Post to appear on collector plates for *the very first time.* But they are not sold individually, or in stores. They are available only directly from the Danbury Mint, by advance reservation.

Easy acquisition.

To reserve your collection, you need send no payment now. Simply complete the attached reservation application and return it as soon as possible. Your twelve plates will be shipped at the rate of one every two months, and you will be billed at convenient two-month intervals.

Guaranteed satisfaction.

In the unlikely event you receive a plate that you are not completely satisfied with, you may return it upon receipt for a replacement or refund. And you may discontinue your subscription at any time.

By subscribing to this collection, you will own twelve Norman Rockwell classics reproduced in the most magnificent manner possible. Do reserve your collection today!



Reservation Application Q18

NORMAN ROCKWELL
SATURDAY EVENING POST CLASSICS

The Danbury Mint
47 Richards Avenue
P.O. Box 5280
Norwalk, Conn. 06856

Guaranteed acceptance only if postmarked by April 30, 1982.

Please accept my reservation to the *Norman Rockwell Saturday Evening Post Classics*, an all-new limited edition in fine Gorham China featuring 12 great Rockwell works never before available on collector plates. The collection will be issued at the rate of one plate every two months at the cost of $28.50 per plate (plus $1.50 postage and handling).

I need send no money now. I will pay for each plate as billed at two-month intervals. Any plate I am not completely satisfied with may be returned upon receipt for replacement or refund, and this subscription agreement may be cancelled by either party at any time.

Name _____

Address _____

City, State, Zip _____

☐ Check here if you want each plate charged as it is shipped to your: ☐ MasterCard ☐ VISA

_____

Credit Card No. Expiration Date

Signature _____

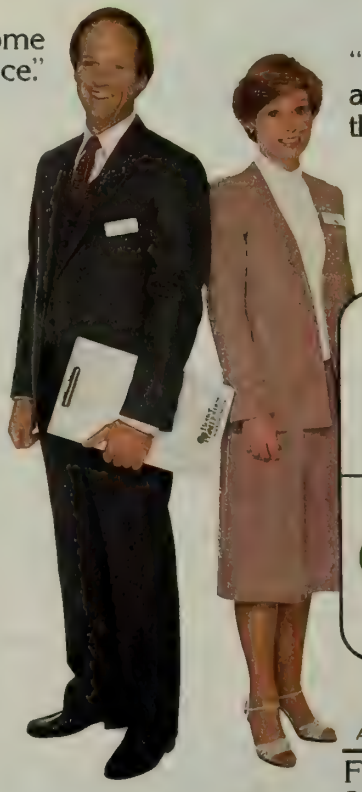
Allow 8 to 12 weeks after payment for initial shipment.



Saying goodbye may be the only hard part of this family's move to a new town.

"I sold their old home at the right price."

"I helped them buy a new home at terms they could afford."



If you're moving to a new town, the Better Homes and Gardens® Real Estate Service has member firms all across the country. Our personal attention combined with our computer relocation service can make your move easier.

Plus, our knowledge of current financing methods can make a big difference in selling your present home and buying a new home. We look at the entire picture...not just the price, but the tax advantages and appreciation potential. Then we'll help you find the right financing method.

So...start your next move by calling the firm that was selected by Better Homes and Gardens®, the Real Estate Service that grew out of one of America's most trusted publications.

The Real Estate Members of

Better Homes and Gardens®

An Association of independent Real Estate brokers

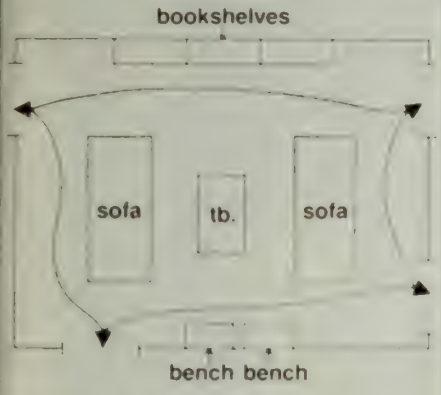
For your move across town or across the country, call: **1-800-247-5050.** In Iowa: **1-800-532-1430.**

EQUAL HOUSING OPPORTUNITY

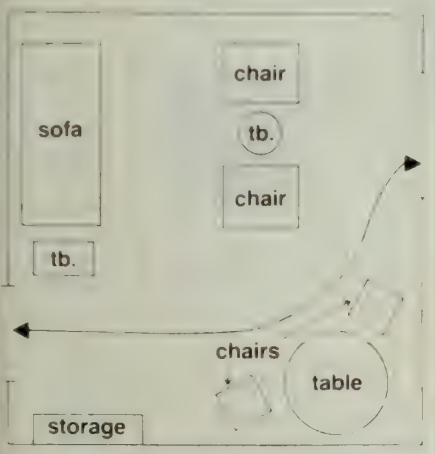
IT'S LIKE MOVING WITH SOMEONE YOU KNOW.

Problem-Solving Room Plans

Are you having trouble arranging furniture in a room that's cut up by doors? Here are three good solutions. All the plans offer lots of seating and allow both conversation and traffic to flow smoothly.



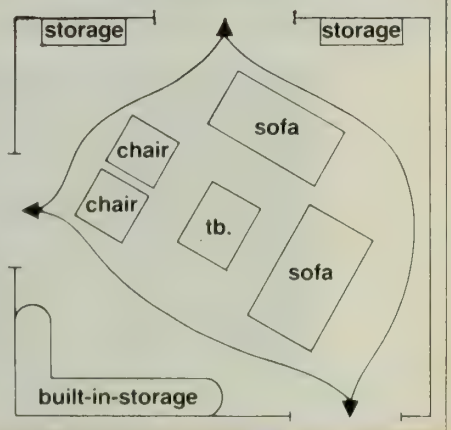
Instead of lining your furniture up against the walls, try a middle-of-the-room arrangement like this one, *above*. Placing two sofas "center stage" funnels traffic around the seating area. And positioning them face to face invites conversation. To capitalize on unbroken wall space, group bookshelves as shown here and use them to store accessories as well as books.



When a room is sliced almost in half by a pass-through traffic lane, think about creating two conversation areas like these, *above*. A sofa and two chairs form one grouping, while a game table and side chairs make good use of corner space. This plan allows traffic to flow through the room without crossing the conversation areas.

A "floating" diagonal arrangement, *right*, is another way to pull together a room broken up by doorways.

Two sofas and a pair of armless sectionals are placed in a U configuration to create passageways around the perimeter of the room. A large cocktail table in the middle of the grouping makes space-stealing end tables unnecessary. And built-ins provide storage in minimum floor space.



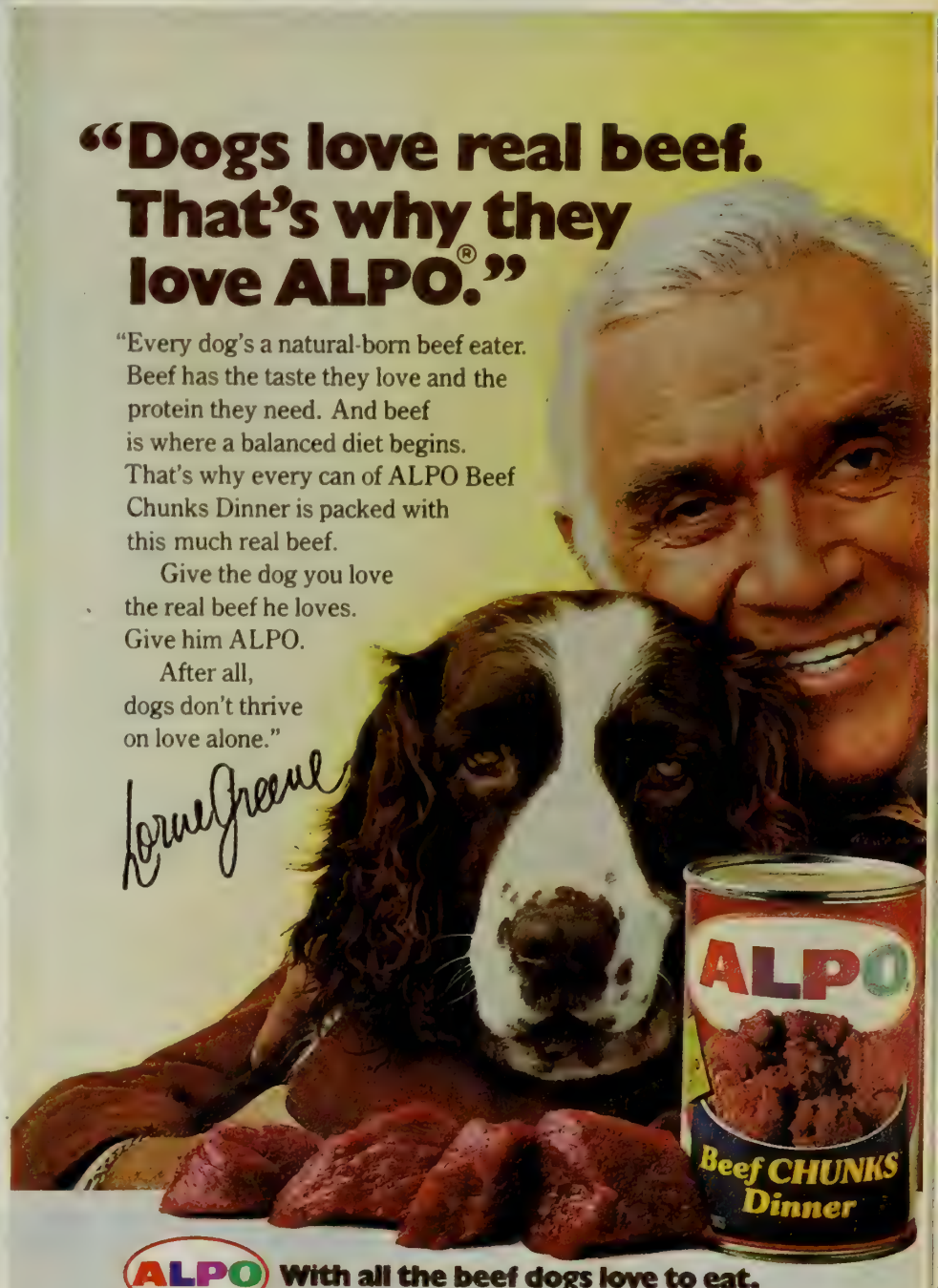
"Dogs love real beef. That's why they love ALPO®."

"Every dog's a natural-born beef eater. Beef has the taste they love and the protein they need. And beef is where a balanced diet begins. That's why every can of ALPO Beef Chunks Dinner is packed with this much real beef.

Give the dog you love the real beef he loves. Give him ALPO.

After all, dogs don't thrive on love alone."

Lorne Greene



ALPO® With all the beef dogs love to eat.

©1982 Allen Products Company, Inc.

IF YOUR HOMEOWNER'S INSURANCE PAYS FOR EVEN THE SLIGHTEST DAMAGE, YOU MAY HAVE THE WRONG COVERAGE.



Naturally, you value all your possessions. Some may even be irreplaceable. But if your present homeowner's insurance reimburses you for any loss, however inexpensive, it's probably costing you more than it's worth.

Many homeowners feel insurance should serve one purpose: to protect against unaffordable loss. That's why Metropolitan offers a deductible of 1% of your dwelling coverage that reduces basic costs 25% a year. In other words, by assuming responsibility for your minor losses, you could end up saving money.

We also offer replacement-cost coverage for your personal belongings that pays for replacement without depreciation. In addition, our new home-replacement option guarantees to rebuild your home even if it costs more than your policy amount.

Metropolitan homeowner's insurance is available in most states. For more information, just call your Metropolitan representative, a trained professional who will help you get the coverage you really need, at a price you can afford.

Metropolitan Insurance Companies

METROPOLITAN REALLY STANDS BY YOU.

Life/Health/Auto/Home/Retirement

©1982 Metropolitan Property and Liability Insurance Company, Warwick, R.I.





A GREAT 3-BEDROOM HOUSE

ONLY THE PRICE SAYS IT'S A MOBILE

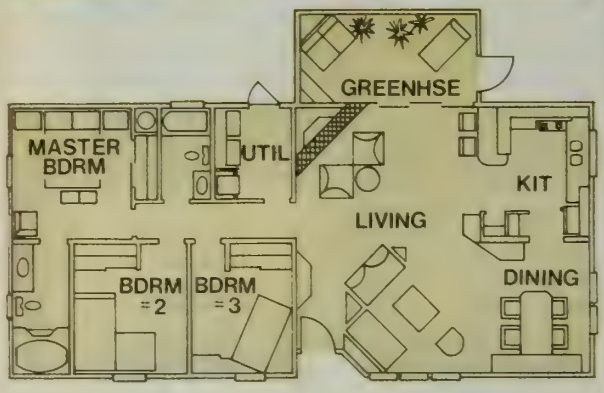
By CarolAnn Shindelar

Imagine that you're driving through the suburbs and come across this house. What's the first thing about it that catches your eye? Do you notice the warm homey look, the attractive landscaping, or the charming arbor integrating the house and garage? Chances are you'd never notice the most significant point—the fact that this house is a mobile home! That's right—this 1,152-square-foot home once had wheels that brought it to this lot in Syracuse, Indiana. Even more startling is the reasonable amount you'd pay to have a house just like it—less than $35,000 (which doesn't include the garage and arbor) in just about every part of the country.

Landscaping: Hulen Landscaping Inc.







▶ **A cozy chair grouping by the fireplace and a pair of love seats near the entry divide the living room into two separate areas. Subtle wheat wall treatments, cedar paneling, and complementary beige carpeting give the living space an open and airy feeling. All of the wall coverings, carpeting, and window blinds in the house are included in the cost of the home.**

◀ **The kitchen is open to the living area so the cook isn't isolated from everyone else. The appliances, cabinets, and breakfast island are standard features and are included in the price of the home.**

◀ **The 10x12-foot master bedroom has plenty of space for a queen-size bed and two storage units connected by a light bridge. Adjacent to the bedroom is the master bath; two other bedrooms and a family bath also are included in the house.**

◀ **This house measures 24x48 feet and has 1,152 square feet of living space. The home also is available in other sizes in various parts of the country.**

Photographs: Bob Harr, Hedrich-Blessing. Interior design: Linda Newman, ASID, Armstrong Interior Design Center



OPEN-PLAN LIVING SPACE

You'd be hard pressed in these money-short times to find a house for $35,000 that has more to offer than this one. So let's discard the outdated tinny image that the term "mobile home" conjures up, and take a fresh look at a housing system that's finally come of age.

Mobile homes are one of several types of manufactured homes built on factory assembly lines. All mobiles built since 1976 meet a stringent federal construction and safety code that is comparable to local building codes. Manufactured homes are generally less expensive than site-built homes because manufacturing conditions and labor costs are more easily controlled and materials are discounted on quantity orders. Some builder costs, such as land carrying charges, also are eliminated. Last year, 30 percent of all the new single-family dwellings sold in this country were mobiles; of the new homes sold under $40,000, fully 80 percent were mobiles.

Most mobile homes aren't mobile at all; the only trip they make is from the factory to a permanent site where they're anchored to a foundation just



like any other house. (You even can have a basement if you wish.) The home shown here has been smoothly integrated into the neighborhood with well-planned landscaping and a handsome deck of treated southern pine, stained to match the house.

The federal regulations specify the kinds of materials that must be used to build a mobile home, but many homes (like this one) exceed the minimums. The exterior walls of this house are constructed of wood 2x4s and are covered with sheathing and embossed hardwood siding. Although the code specifies the amount of insulation that must be put in the walls in each part of the country, you can usually order more if you wish. In the northern states you even can get this home with 2x6 exterior walls and have them filled with extra insulation.

Well-insulated walls are just one of the energy-efficient features of this house; a heat-circulating fireplace and insulated, double-glazed windows also are part of the package. Included, too, is a gas, oil, or electric furnace and optional central air conditioning.

continued



▶ Traffic flows easily from the living room to the dining area and kitchen because the rooms function as one open space.



◀ The living room is 24x14 feet in size, but it seems much larger because of the open-beamed cathedral ceiling and the extra light from the greenhouse. The prefab greenhouse must be ordered directly from the greenhouse manufacturer and assembled on the site.

◀ You can reap heating benefits from the greenhouse if it faces south. On cold winter days, the sliding glass doors can be opened to bring the warmth generated by the sun into the living room. Some of the heat also settles into the brick floor of the greenhouse and is released in the evening. When the stored heat is exhausted, the doors are closed and the blinds are lowered.



◀ Paving bricks over four inches of concrete in a bed of sand serve as a storage sink for some of the heat collected by the greenhouse during the day. In summer, operable windows at the base of the greenhouse and a ventilating fan help dispel unwanted warmth.

Greenhouse supplied by Four Seasons Solar Products Corp. Decking supplied by Universal Forest Products



ADD-ON SOLAR GREENHOUSE

For even more energy savings, you can attach a passive solar greenhouse to this mobile home and get some of the heat you need from the sun. The house is designed so that a solar greenhouse can be added at the sliding glass doors in the living room. If the back side of your house faces within 45 degrees of true south, your greenhouse will generate lots of free warmth in the winter. And it will provide extra living space year round.

If you'd like to have this home, you can order one now and have it delivered to your lot within six weeks. The



house also is available with different exterior and interior wall coverings in certain parts of the country. And you can get the house in smaller and larger sizes (from 924 to 1,440 square feet) in some areas, too. The exact price of the home will depend on the options you include in your order, the size of the house you want, and your proximity to a manufacturing facility.

This house was built by Commodore Home Systems, Inc., in collaboration with Armstrong World Industries and *Better Homes and Gardens.*

Buying information, page 138



Got a minute? Got a pan? Join Duncan Hines in Desserts with American Dash

One Pan!
One Mix!
No more than 3 things to add!
No more than 35 minutes of your time!*
Velvety and Vanil… was never so eas…

*Excludes baking and cooling ti…

Duncan Hines



Snow Tunnel Cake

1 Duncan Hines Deluxe Angel Food Cake Mix
1-12 oz. container frozen whipped topping
1½ cups milk
1-4½ oz. pkg. chocolate instant pudding mix

Bake cake as directed. Cool. Slice 1 inch layer off the top. Gently hollow out a trench in cake 1½ inches wide and 2 inches deep. Tear cake from trench into small pieces. Combine milk and pudding mix. Beat on low for 2 minutes. Fold cake pieces and 1¾ cups of topping into pudding. Fill trench with mixture. Replace top of cake. Spread remaining topping over sides and top. Chill until set.



Honey Almond Squares

1 Duncan Hines Deluxe White Cake Mix
1-8 oz. pkg. cream cheese (room temperature)
¼ cup honey
1-2¾ oz. pkg. sliced almonds.

Bake cake as directed on pkg. in a 13X9X2 inch pan. Cool. Cream the cheese and gradually add honey; beat until smooth. Spread cream cheese mixture on top. Sprinkle with almonds. Store in refrigerator



Peach Snowball

1 Duncan Hines Deluxe White Cake Mix
1½ qts. vanilla ice cream
1 can (21 ozs.) peach pie filling
3½ ozs. flaked coconut

Bake cake according to package directions in a 13X9X2 inch pan. Cool. Cut into 2½ inch squares and place in dessert dishes. Top with a scoop of ice cream, peach pie filling, and sprinkle with coconut. Serve at once.

Margaret Daly

Mobile Homes: The Financial Facts

The mobile home is no longer a second-class citizen. Today it offers first class quality, looks, and construction, yet costs less per square foot than the conventional site-built home. What's more, the financial community now tends to view the mobile home as real property, rather than a depreciating asset. That change in attitude can make a big difference in how the home is financed, taxed, and valued.

About the only thing "mobile" about a mobile home these days is that it's delivered to the site on wheels. Once situated, only 4 percent of mobile homes are ever moved again. In fact, they are a form of "manufactured" housing, because they are built in one or more sections in a factory, instead of stick by stick on a building site.

Architectural styles, floor plans, and interior decor of mobile manufactured homes vary widely, though any home built since June 15, 1976, must adhere to a national building code that sets strict construction and safety standards. Most of these homes come in widths of 12, 14, 24, and 28 feet wide and in lengths up to 80 feet. Units also can be joined together to provide more space. You can even have one custom made. In fact, it's often impossible to distinguish a mobile/manufactured home from a site-built dwelling (see the outstanding example on page 33).

In the past, all mobile homes were viewed by lenders and tax assessors as personal property—like cars, travel trailers, and other depreciating assets rather than as permanent homes. You could only buy one with a personal, or "chattel," loan the same way you might pay for a car or appliance. Under those circumstances, interest rates were higher than with conventional mortgage loans and had to be paid off in a shorter time.

The majority of mobile/manufactured homes are still viewed as personal property, largely because they are located in "parks" where the homeowners pay rent for use of the sites, or because local laws state the homes cannot be treated as real property. But times are changing. Not only have many manufacturers improved architectural design and details; more and more people are affixing their mobile/manufactured homes to permanent foundations on their own property. Major subdivisions and condominium communities also are being developed in California, Arizona, Texas, Florida, and Pennsylvania, where the homes are sold in conjunction with the land.

That new sense of permanence—a home on a permanent foundation on your own property—is prompting lenders, lawmakers, and tax assessors increasingly to view the mobile/manufactured home just as they would any traditional home (see below). Yet because of the way mobile homes are made, they can cost considerably less than comparable site-built dwellings.

What do they cost?

Mobile/manufactured homes are totally constructed in highly efficient manufacturing plants. As a result, their average construction cost is just $19 per square foot of living space, according to the Manufactured Housing Institute, an industry trade association. That's almost 50 percent less than the average construction cost, less land, of site-built houses today. Moreover, the mobile/manufactured home usually comes with built-in appliances, wall-to-wall carpeting, drapes, and some furnishings (built-in or freestanding) included in the sales price.

Unless you're going to put your home on rented land, you must figure in land and foundation costs in addition to the house. These can run anywhere from a relatively few thousand dollars to as much as $40,000, plus the house itself.

Tie-down costs for mobile/manufactured homes not fixed to permanent foundations can range from $300 or $400 for anchors and labor, up to $1,500 to $2,000 when skirting, steps, and other items are included. Sometimes these costs are included in the home price. If not, you'll pay for them yourself. In addition, monthly space rentals can range from under $100 up to $300;

continued



A new solution to an old problem!

Introducing Franklin's NEW Home, Shop & Craft Glue, the first no run, no drip, extra fast drying glue that performs equally as well for household repair, shop use or craft and hobby work. Eliminate the mess of ordinary glues, use Franklin's NEW Home, Shop & Craft Glue.

Extra thick formula resists running and dripping. It's up to 10 times thicker than regular white or wood glues, yet it spreads easily, dries fast and dries clear. And it's *strong*, too! Yet Home, Shop & Craft Glue is non-flammable and non-toxic (safe for children) with easy water clean-up.

For a new solution to tough household repair and delicate craft & hobby work, eliminate the mess of ordinary glues, use Franklin's Home, Shop & Craft Glue.

For a free booklet on additional uses write: Consumer Products Division, Franklin Chemical Industries, 2020 Bruck Street, Columbus, Ohio 43207.

Franklin
CHEMICAL INDUSTRIES



W.C. BRADLEY ENTERPRISES, INC., P.O. BOX 1240, COLUMBUS, GEORGIA 31993

continued

Mobile home financing

the higher the quality of the park and the more amenities, the higher the rent.

How do you pay for them?

State laws, federal regulations, and individual lenders' policies all affect the kind of loan you can get. Most lenders will want your home to conform to these federal guidelines in order to even consider mortgage financing:

- The house must be permanently fixed to the foundation on a real estate lot that you own, so that it qualifies as "real" property.
- If you are not putting the home on land you already own, the house and land must be sold as a package that can be financed by a mortgage and is covered by title insurance.
- The mortgage cannot include what people in the building industry call "soft" costs: the dealer's markup, fur-

continued



[illegible] in print.

NOW CLEAN, SOFTEN AND CONTROL STATIC!

Rainbow-fresh YES® detergent plus fabric softener does it all!

Now, save the cost of separate fabric softeners! Clean and soften with rainbow-fresh YES. Control static-cling, too!

YES is the most exciting laundry product in years! You'll love the rainbow-fresh scent, the deep-down clean . . . and the money you save on fabric softeners! Just 1/4 cup per wash is all YES takes

1/4 CUP



CLEANS



SOFTENS



CONTROLS STATIC



Texize, Greenville, South Carolina 29602
Division of MortonNorwich © 1981 MNP



continued

Mobile home financing

nishings that are not built in, and closing costs. (Appliances can be included.)

• The house must be comparable to site-built housing in the local market place. Local codes set those rules, such as minimum lot and house size. In the past, some communities have banned manufactured housing from locations outside mobile home parks. Recent court action in Michigan, and state laws in California and Indiana, have stated that those restrictions are illegal or arbitrary. Industry experts expect those cases to set precedents for other parts of the country.

When the home qualifies for a mortgage, actual loan terms depend upon the kinds of mortgages local lenders are offering. Down payments can be as low as 5 percent, and private mortgage insurance often is available.

When the home does not qualify for mortgage financing, a chattel loan applies. Interest rates on these usually run from 2 to 4 percent higher than the prevailing interest rates charged for conventional home mortgages. Repayment for chattel loans generally extends from ten to 15 years. Down payment requirements range from 5 to 25 percent. With government-insured FHA and VA mobile home loans, down payments are 5 to 10 percent and range from 15 to 25 years.

What about other costs?

When a mobile/manufactured home is financed with a mortgage, you must pay closing costs just as you would do with a site-built house. Those costs cover such things as title insurance, legal fees, and state and local home-purchase fees. For a mobile/manufactured home and lot in the $50,000 range, closing costs can run from a few hundred dollars up to about $600, depending upon where you live.

Unless the home is considered as "real property," there is generally a one-time sales tax charged in those areas that levy such taxes on personal property.

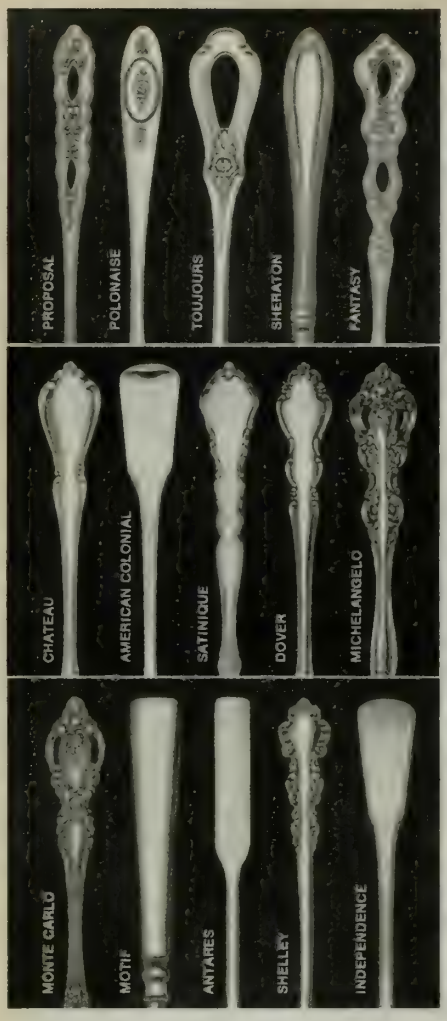
Do you pay annual taxes?

At last count, mobile/manufactured homes permanently fixed to a foundation could be considered "real" property in 44 states, unless precluded by local zoning laws. A home viewed as "real" property is subject to annual real estate taxes, which are deductible on your income tax return. In some states, such as California, annual property taxes are levied on all mobile/manufactured homes. In other areas, property taxes may or may not be levied.

When real estate taxes are not applied—in Florida, for example—you generally must pay a personal property tax similar to what you would pay for cars and other possessions. This can run from as little as $50 a year to considerably more, depending upon the state. The sum is tax-deductible.

If you rent space for your house in a home park, the landlord pays the real estate taxes for the whole park, and your share is included in your monthly rent—but you cannot deduct the amount on your income tax return.

—Art Watkins



Stainless sample$1.

Oneida Sample Center
P.O. Box 9777, New Brighton MN 55197

Great beginnings start with Oneida stainless. Please send me a sample stainless teaspoon in the pattern(s) I have checked. I am enclosing $1. for each spoon ordered. Complete services can be purchased at fine stores everywhere. Offer is limited to a choice of up to three spoons, one spoon per pattern.

- ☐ AMERICAN COLONIAL
- ☐ ANTARES
- ☐ CHATEAU
- ☐ DOVER
- ☐ FANTASY
- ☐ INDEPENDENCE
- ☐ MICHELANGELO
- ☐ MONTE CARLO
- ☐ MOTIF
- ☐ POLONAISE
- ☐ PROPOSAL
- ☐ SATINIQUE
- ☐ SHELLEY
- ☐ SHERATON
- ☐ TOUJOURS

Name _____
(Please Print)
Address _____
City _____
State _____ Zip _____

Add sales tax for N.Y. & Calif. Offer valid only in U.S.A. & P.R. Allow 4-6 weeks for shipment. Expires 12/31/82. BG032

ONEIDA
The silver cube. Our silversmiths' mark of excellence

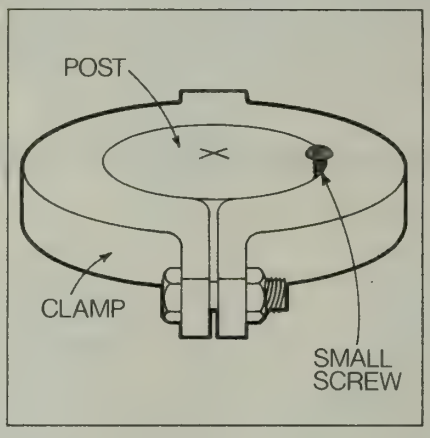
BUILDING Tips, Tools, and TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem-solver we publish. See the box below for submission details.

PROBLEM: Using a standard-size pen or pencil causes discomfort when you write for a long time or when your arthritis is acting up.

SOLUTION: Push the pointed end of your pen or pencil through the hole of an empty plastic thread spool until the end protrudes an inch or so. The spool will remain snugly in place and provide a comfortable grip.

R.V., Tuckerman, Ark.



PROBLEM: You're in a hurry, and the car won't start because the battery terminals are heavily corroded. The nuts and bolts holding the clamps won't loosen, either.

SOLUTION: Drive a small metal screw between the clamp and the post of each terminal until the screw provides contact for the battery cable. Now you should be able to start your car until you have a chance to make proper repairs.

R.W., Burnham, Ill.



PROBLEM: After you clean paintbrushes, they continue to drip. But if you prop them on end to dry before storing them, the bristles splay apart and warp.

SOLUTION: Cut one "shoulder" of a wire clothes hanger and form a hook on each side of the cut. String the lower hook through the holes in the brush handles. (Be sure the bottom hook is large enough to be threaded through your thickest brush handle.) Join the hooked ends and hang the brushes where they can drip-dry harmlessly.

B.R., Fredrick, Md.

PROBLEM: You need a quick, convenient way to clean up after getting paint, oil, or wood sap on your hands and arms.

SOLUTION: Moisten a small, thick towel (or shop rag) with turpentine and seal the towel in a quart jar. After each use, return the towel to the jar and reseal. Add turpentine occasionally.

L.J., Jamestown, N. Dak.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, and Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.

©1981 R J REYNOLDS TOBACCO CO

Which is the lowest 100's? (Hint: it's not Carlton.)

Now is the lowest tar 100s. But it's easy to see why some people think the right answer is Carlton. Carlton's been advertising itself as lowest for a very long time. And, in fact, at one time, it was.

But that time is long gone. Look at the chart on the right and see for yourself.

The truth is that today, Now 100s Soft Pack, at 2 mg, contains less than half the tar of Carlton 100s Soft Pack, at 5 mg. (Is any cigarette with 5 mg of tar even seriously competing for the title of "lowest?")

And Now 100s Box is by far and away lower in tar than any other 100s whatsoever.

Which is the lowest 100s? No need to guess—Now.



NUMBERS DON'T LIE. NOW 100s ARE LOWER THAN CARLTON 100s.

	100's soft pack regular	100's soft pack menthol	100's box
NOW	2mg	2mg	Less than 0.01mg
CARLTON	5mg	5mg	1mg

All tar numbers are av. per cigarette by FTC method

NOW The Lowest

The lowest in tar of all brands.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

BOX, BOX 100's: Less than 0.01 mg. "tar", 0.001 mg. nicotine, SOFT PACK 85's FILTER, MENTHOL: 1 mg. "tar", 0.1 mg. nicotine, SOFT PACK 100's FILTER, MENTHOL: 2 mg. "tar", 0.2 mg. nicotine, av. per cigarette by FTC method.

Don't get something less fitting for your legs. Get the one and only L'eggs*!





Why do I love L'eggs? Because L'eggs has perfect-fitting Memory Yarn,™ so it doesn't wrinkle or sag like some other brands. L'eggs stretches out and back to fit my legs, your legs, beautifully. In Regular, Control Top and Undie-L'eggs® styles.

Nothing beats a great pair of L'eggs.™

*L'EGGS is the registered trademark of L'eggs Products for pantyhose.

How to Finish Unfinished Furniture

Unfinished furniture not only offers you quality at a moderate price, but it also lets you choose your own custom finish. On pages 80-87, we show some of the many options: You can paint a piece one color or a combination of colors, stain it a wood tone or a brilliant hue, oil it to bring out the wood's natural beauty, or simply apply a protective coat of varnish or polyurethane. Here's a rundown on finishing basics, as well as the how-to for some of our special finishes.

Preparation

Although unfinished furniture is sanded at the factory, you'll need to resand the surface and edges with fine sandpaper for a silky, professional-looking finish. After sanding, remove all traces of dust with a tack rag.

If the piece has detachable metal, glass, or porcelain knobs or pulls, it's best to remove the hardware before finishing. This protects the hardware and prevents unsightly buildup of paint, varnish, or stain around it.

Paint

Basic technique: Before painting unfinished raw wood, apply a coat of primer and let it dry thoroughly. Then fill in nail holes and small cracks in the wood with spackling compound. (To prevent the spackling compound from bleeding through the paint, you'll need to reprime the spackled areas.) Lightly sand the entire piece and wipe it clean with a tack rag.

Then apply the paint with long, smooth brushstrokes. First brush with the grain, then across it. Next, go over the surface with the grain, using a nearly dry brush. This will eliminate any excess paint that might cause runs or thick, unsightly drips.

Special techniques: Stippling (child's wardrobe and cubes, page 84) produces a speckled two-tone finish that is easy to do.

First paint the entire piece one color (follow the basic directions outlined above). Then dip a small natural sponge or a piece of crinkled paper into a contrasting color of paint and "blot" the surface. Too much paint can ruin the effect, so dab the sponge or paper on a piece of cardboard first to remove excess paint.

For a *striped, two-tone paint finish* (Parsons tables, page 84), first paint the piece all one color following the basic steps. Then carefully measure and mark stripes on the piece with a soft pencil. Cover the areas that are to remain the base color with masking tape and apply the second paint color. Be sure to let the paint dry completely before removing the tape.

Wallpaper used with paint can create a one-of-a-kind finish (child's wardrobe and bookcase, page 84). First prime the entire piece, then paint the areas that won't be covered with paper. After the paint has dried, use regular wallpaper

paste to adhere cut-to-fit pieces of wall covering to the wood.

Stain

Basic technique: First sand the wood and wipe clean with a tack rag. Then test the stain on an inconspicuous part of the unfinished piece to make sure it gives the effect you want. Once you're satisfied with the color, apply the stain with a brush or rag. Work in a small area so you can wipe the stain off while it's still fairly wet. The longer you leave the stain on, the darker the color will be.

After the stain has dried, apply a wood sealer to the surface. This seals the wood's pores against dirt and grime and also locks in the stain color. The sealer will raise the grain a bit, so you'll need to lightly resand the piece with fine sandpaper.

Fill in nail holes and small cracks with wood putty that matches the finish. Then, to help protect the wood and finish, apply a topcoat of varnish or polyurethane.

Special techniques: A wide range of wood-tone stains is available in paint stores, and there's another option: you can create *custom-colored stains* by mixing universal tinting colors with neutral wood stain. (Both the tints and neutral wood stain can be purchased in paint stores.) We used blue (chair, page 82), green (étagère, page 87), and black (stereo stack, page 83), but almost any tinting color is available. Apply the stain as explained above, seal the wood, sand lightly, then finish the piece with a varnish or polyurethane topcoat.

An *antique-like finish* (chair, page 86) can be achieved by applying stain over paint. The technique is particularly well suited to pieces with intricate detailing. Although the process does take some time and hard work, the results are well worth it.

First paint the piece with oil-base enamel, using the basics we've outlined. After the paint has dried completely, brush on a liberal amount of stain. Let the stain dry until it's tacky, then rub the surface with a rag.

Since the wood is sealed with paint, the stain will remain on the surface. The longer and harder you rub, the more stain you'll remove and the more the painted undercoat will show through.

Once the stain is dry, finish the piece with a protective coat of varnish or polyurethane.

Oil

An oil finish (butcher block pieces, page 87) produces a beautiful, bare-wood look and is simple to apply. Pour the oil onto the wood surface, and spread it evenly with a brush. Let the oil soak in 20 to 30 minutes, then wipe off the excess. After the piece has dried overnight, fill the nail holes with wood putty that matches the finish. Buff the surface with fine steel wool. Repeat two to four times to build up a deep finish.

Varnish and polyurethane

Both varnish and polyurethane provide a smooth, highly durable finish and can be used alone or as a topcoat. Apply either product with a brush in the same way you would apply paint. For a smooth finish, lightly sand the surface between coats and wipe clean with a tack rag.

FLEISCHMANN'S HEALTH LESSON #3
LESS SALT AND CHOLESTEROL MAKE GOOD EATING SENSIBLE.





4596

STORE COUPON

SAVE 15¢
On Any One-Pound Package Of
Fleischmann's® Unsalted Margarine

15¢

TO RETAILER: Nabisco Brands, Inc. will pay the face value plus 7¢ for handling charges provided you and your customer have complied with the terms of this offer any other application constitutes fraud. Invoices showing your purchase of sufficient stock to cover all coupons redeemed must be shown upon request. Void if prohibited, taxed or restricted. Good only in U.S.A. and APO/FPO locations. Customer must pay any sales tax. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. Redeem only through our representatives or by mailing to Nabisco Brands, Inc., PO Box 1708, Elm City, North Carolina 27898.

TO HOMEMAKER: This coupon is good only on the product indicated. Any other use constitutes fraud. LIMIT—ONE COUPON PER PURCHASE. EXPIRATION DATE SEPTEMBER 30, 1982.

15¢

STORE COUPON

4596



Romantic Rose Crafts

CUSTOM DESIGNS FOR NEEDLEWORK TREASURES

By Nancy Lindemeyer, Deborah Dugan, and Ann Levine

Everyone responds to the beauty of roses, with their glorious colors and graceful shapes. Now you can capture some of that beauty by crafting these imaginative projects from our exclusive rose designs. They range from the refined classic elegance of Victorian motifs to the clean simplicity



of contemporary designs. All adapt beautifully to a variety of crafting techniques such as jiffy quickpoint and intricate petit point, appliqué and crochet, and even easy-paint stencils. Whatever your craft, you can create a whole bouquet of blooms to brighten your home all year round.

The first flower that a pioneer bride planted in her doorway, whether in the mountains of Kentucky, the plains of Kansas, or the forests of Colorado, was the queen of the prairie—the wild rose. We pay tribute to the wild rose with this crocheted afghan, *opposite,* worked in afghan stitch and then embroidered in colorful cross-stitches.

The plush rose basket pillow, *above,* is another way to add a garden touch to any room. The pillow is worked in satiny fabrics that are appliquéd in place. Because this design is so special, we also used it for a needlepoint piano-bench cushion (see page 51).

One elegant rose inspired this lovely fabric collage, *below,* which you can create without sewing a single stitch—it's all done with scissors and spray adhesive. Or, adapt this design to a favorite needlework technique.

How-to begins on page 118.
Buying information, page 138

To order patterns and kits, see page 153





AN ALBUM OF KEEPSAKE DESIGNS



For all its seeming fragility, the rose is remarkably enduring. From antiquity to the present, it has served as a symbol of love and romance.

Here we used the fabled rose to adorn a needlepoint picture frame, to embellish keepsake boxes, and to bedeck a trio of needlepoint pillows, *opposite*. (For another look at the patterning in these pillows, see the photograph *above*.) These designs are versatile, too; they can be adapted to many other stitchery techniques.

To salute the rose's role in music as the flower of love and sentiment, we chose a needlepoint rose basket bouquet for this piano-bench cushion, *right*. The design is worked in rich wool yarns on ten-count canvas. You'll see this design interpreted in an appliquéd pillow on page 49.

How-to begins on page 118.



Romantic Rose Crafts

A Roomful Of Garden-Fresh Designs

This bedroomful of delightfully fresh ideas, *right,* is worked from just four basic rose designs. By sizing the designs from large to small, you can create the entire array of projects—including quickpoint rug, appliquéd quilt, pillows, table skirt, and needlepoint mirror frame. To save time, you can quilt and appliqué on a sewing machine instead of by hand. The mirror frame is a snap. Just sprinkle a dozen rose designs on canvas and stitch them in place.

To take the chill out of bare floors and add charm to almost any room, paint a canvas floor cloth, *below.* Don't let the idea of brushes and paints scare you—simply use foolproof stencils. **How-to begins on page 118.**







Sears nationwide

February 28 - March 20





Save 10-50%* on a selection of Sears bedroom furniture

Don't miss the sensational values throughout Sears bed room furniture department. Save on a wide selection of nightstands, dressers, mirrors, headboards, mattresses— complete bedroom suites.

Choose country, contemporary or traditional styles. But make your selections now, while savings are great: 10 to 50 percent off!

Save $300* on 4-piece Open Hearth bedroom. Now $999.88. Shown at top left. Warm country-look suite crafted of pine and pine veneers. In light or dark finish. Full/queen headboard, triple dresser, hutch mirror and chest. Other pieces from the Open Hearth collection also sale priced.

Ginger jar lamp, reg. $59.99. Now $44.99. Ceramic marbleized lamp with brass-plated base and mush room pleated fabric on styrene shade.

bedroom sale



SAVE NOW



Sears Deluxe

Sears-O-Pedic® Supreme

Sears-O-Pedic® Imperial Elite

Save $200* on 4-piece Pure 'n Simple bedroom. Now $899.88. Shown at bottom left. One of Sears most popular contemporary bedroom suites. Smooth and sleek and simple.

Suite includes headboard, dresser, mirror and 5-drawer chest—of solid oak and oak veneers. Stackable pieces also sale priced.

Spice jar lamp, reg. $59.99. Now $44.99. Ceramic marbleized lamp with pleated vinyl shade.

Save 50%* on Sears Homestead canopy bed. Now $84.88 twin size. Early American styling—delicately finished in antique white. Also available in maple, pine or oak color. Canopy bed, frame and rails.

Single dresser, student desk, chest or hutch—your choice, now $149.88.

Accent lamp, reg. $19.99. Now $14.99. Painted glass lamp in a variety of bright colors. Comes with pleated vinyl shade and white painted metal base; 18 inches high.

Save 15% on Sears genuine brass headboards and footboards. Open Hearth headboard shown above center. Save $50.* Now $249.88, twin size. Other styles, all sizes on sale.

Save $30-$70* on these Sears quality mattresses

Save $70* on the famous Sears-O-Pedic® Imperial Elite, twin mattress or boxspring. Now $169.88. The finest mattress Sears sells. In innerspring or firm polymeric foam—featuring Sears exclusive mattress-within-a-mattress.

Save $40* on the Sears-O-Pedic® Supreme, twin mattress or boxspring. Now $129.88. Choose innerspring or Serofoam polyurethane. Both designed for firm, comfortable support.

Save on all sizes—Elite and Supreme mattresses—both treated with SCOTCHGARD® Brand Fabric Protector. Also save on Sears boxsprings with the exclusive Steel Backbone.™

Save $30* on Sears Deluxe, twin mattress or boxspring. Now $89.88. Innerspring or Serofoam polyurethane. All sizes on sale.

Save $10* on Sears Best Seromatic Imperial bedframe. Now $39.88 twin/full.

*Minimum savings nationally.
Prices and dates apply only to the continental United States.
Available in most Sears retail stores.

You can count on Sears

©Sears Roebuck and Co 1982



Mannington Never-wax floors.

Better than no-wax floors and they don't need vinyl dressings.

Don't be confused. Never-wax floors and no-wax floors are not alike.
Only Mannington Never-wax floors have the exclusive JT88® wear layer.
That means superior stain resistance and easy maintenance for you.
And only Mannington Never-wax floors don't need
those expensive new floor finishes to keep them beautiful.
Mannington. Ask for it by name. You'll love the Never-wax difference.

mannington

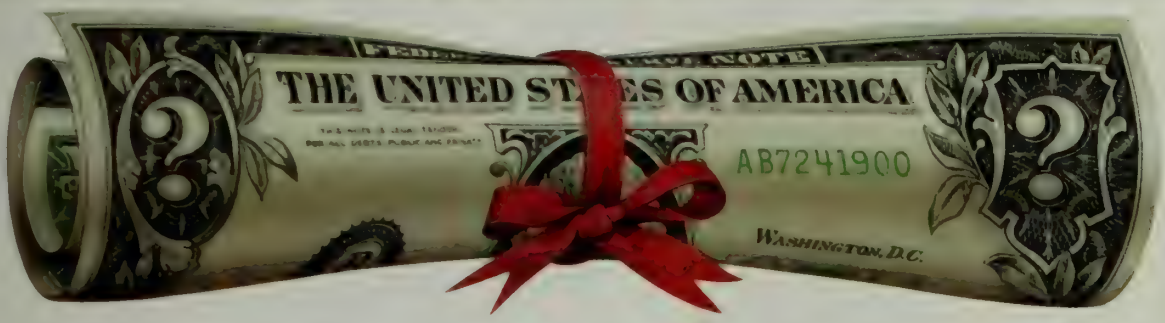
Mannington Mills, Inc. P.O. Box 30, Salem, NJ 08079

For more information or the name of your nearest dealer, please call toll-free 1-800-447-4700. In Illinois, call toll-free 1-800-322-4400.

Dan Kaercher

COLLEGE FINANCIAL AID

WHAT'S LEFT FOR MIDDLE-INCOME FAMILIES?



For parents worried about high college costs, the last year has been a discouraging one. Average annual costs shot up by 14 percent to nearly $7,000 at private colleges and almost $4,000 at public schools. At the same time, Congress slashed three billion dollars from federal assistance programs. Among the hardest hit were middle-income families, many of whom had become eligible for federal aid in just the past several years. However, despite the dire headlines, the news isn't all bad. For example, certain types of loans are more plentiful, although interest rates are higher, and repayment terms are more flexible. Here's a report.

The federal government provides two of every three dollars of financial aid available to American college students—a pool of over ten billion dollars in grants, loans, and other forms of assistance to millions of students and their parents.

That's why a shock wave reverberated across the nation's college campuses last August with the passage of the Omnibus Budget Reconciliation Bill. The new law halted—indeed, reversed—four years of expansion in federal aid to college students. Further changes in the federal aid programs are being considered by Congress even as we go to press.

In general, federal resources now are being directed to students who are thought to be the neediest, thus dealing out many families who had benefited from the Middle Income Student Assistance Act passed in 1978. Especially for these families, outright grants are fewer in number and smaller in dollar amounts. Low-interest (9 percent) loans are generally obtainable in most states.

What federal aid programs for middle-income families are affected?

- *Pell Grants* (formerly known as Basic Education Opportunity Grants and renamed in 1981 for Claiborne Pell, the Rhode Island senator who originated the BEOG concept). This is the largest federal student assistance program, awarding more than two billion dollars in grants of up to $1,750 each to about 2.6 million recipients last year. The program was expanded in 1978 to include middle-income families in the $15,000-to-$25,000 bracket. Now many of these families—who had been eligible for small grants of about $200—are ineligible.
- *Campus-based programs.* Supplemental Educational Opportunity grants, the College Work-Study Program, and National Direct Student Loans are federally funded and administered by colleges themselves (financial aid officers select recipients and determine the amount of awards). But funds from campus-based programs will pay for a dwindling portion of the college bill if costs continue to escalate as they are almost sure to do.
- *Guaranteed Student Loans.* Uncle Sam got the jitters when skyrocketing interest rates created a runaway demand for these bargain (9 percent) loans. To tighten the reins, Congress has introduced something called a "need test" for families with annual incomes of over $30,000. Further, a new 5-percent origination fee has been added to the cost of the loans, which are channeled through local banks, savings and loan associations, and credit unions.

Is there any good news for middle-income families?

Surprisingly, yes.

True, the government's new policies represent a shift away from grants and low-interest loans. But loans still are available and—even at higher interest rates—they still make good sense. Further, colleges themselves are targeting more resources to student aid (more about that later).

Here are some of the bright spots in the student aid scene for middle-income families:

- *Auxiliary Loans to Assist Students* (authorized in 1980 as Parent Loans to Undergraduate Students, or PLUS) now has a new name and an unfortunate new acronym: ALAS. The program has been broadened to benefit independent undergraduate students and graduate students in addition to parents.
- *Home equity* once was a liability for many middle-income loan seekers. Now Congress has directed that $25,000 in home equity be removed from the formula used to determine a family's contribution to college costs, thereby increasing many families' financial "need." (Need is a very important term in financial aid parlance. It's the difference between what it costs to attend a

Illustration: Chuck Boie, The Art Factory

continued on page 60



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kings, 2 mg. "tar", 0.3 mg. nicotine; 100's, 5 mg. "tar", 0.6 mg. nicotine av. per cigarette by FTC method

There's only one way to play it.

No other ultra brings you a sensation this refreshing. Even at 2 mg., Kool Ultra has taste that outplays them all.



NEW KOOL ULTRA

Kings 2 mg.
100's 5 mg.

©1981 B&W T Co.



continued from page 57

College financial aid

college and what a family is considered able to pay—based on income, assets, and the number of family members.) That $25,000 is a maximum, incidentally. If your equity in your home is below that amount, you can "shield" only the equity you've actually built up.

- *Convenient repayment options* have been developed to help students and parents shoulder the heavier burden of student loans. The new options include loan reconsolidation, extended repayment periods, and various repayment plans.

What can a family do?

Your challenge is twofold: to find the assistance programs that will help you and to find the terms that are the most favorable. Because federal aid dollars are not as plentiful or easy to obtain as they once were, it takes hard work to ferret out the right programs and to fill out the necessary forms properly.

Here are some tips for middle-income families who want to get their share of college aid from the principal federal programs and other sources.

Pell Grants and campus-based programs

The federal application form for programs in this category is called the Application for Student Aid (AFSA), and it's available from guidance counselors and college financial aid officers. The forms used by the American College Testing Program, the College Scholarship Service, and the states of California and Pennsylvania have the same core questions as the AFSA, so they also can be used to apply for aid from the federal programs.

You can submit the AFSA as soon as you know how much you earned in 1981. Apply as early as you can.

Do apply for aid from these sources even if you think you are not eligible. Being turned down is often a prerequisite for other assistance programs. Comply with all instructions when you fill out the form—one error could mean your form will be held up for corrections. By the time you resubmit, you could be placed at the tail end of the line for some programs.

Guaranteed Student Loans

For the purpose of distributing these 9-percent loans, Congress has divided the nation into two camps based on line 31 of the 1040 federal tax form—adjusted gross income:

- If the figure is $30,000 or less, your son or daughter automatically qualifies for a subsidized loan and can borrow, or continue to borrow, up to $2,500 per year during graduate studies—up to a combined total of $25,000.
- If your adjusted gross income is over $30,000, your family will have to pass a "remaining need" test in order to qualify for a loan.

To determine remaining need, start with the cost of attending the college of your choice, then subtract your family's expected contribution and any student aid you'll receive.

Let's say Jayne Jones plans to attend an $8,000 school.

continued

WIN $1000 A YEAR FOR LIFE IN CARVER TRIPP'S $75,000 HOME IMPROVEMENT SWEEPSTAKES

$1000 A YEAR FOR LIFE TOWARD HOME IMPROVEMENTS . . . GUARANTEED $50,000 MINIMUM . . . AND BEAUTIFUL MASTER-PIECES FURNITURE . . . OVER A THOUSAND PRIZES

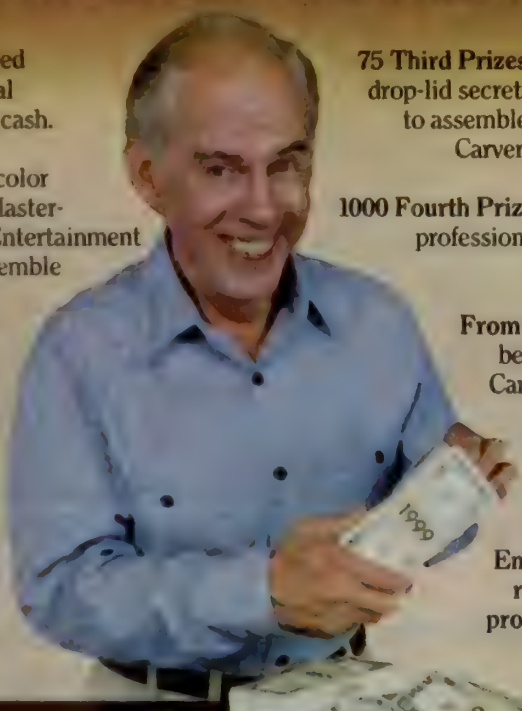
Grand Prize: $1000 a year for life (guaranteed $50,000 to you or your estate) for your annual home improvement expenses . . . or $10,000 cash.



5 First Prizes: 19" color television set and Master-Pieces Audio "L" Entertainment Center, ready to assemble and finish, plus a selection of Carver Tripp products.



25 Second Prizes: Master-Pieces double-pedestal roll-top desk, ready to assemble and finish, and a selection of Carver Tripp products.



Harry Morgan, television star and proud do-it-yourselfer.

75 Third Prizes: Master-Pieces drop-lid secretarial desk, ready to assemble and finish, plus Carver Tripp products.



1000 Fourth Prizes: Carver Tripp professional quality wood-finishing apron.

From Bare Wood to Rare Beauty: Even a raw beginner can achieve beautiful results with Carver Tripp wood stains and clear finishes. Quality products and helpful do-it-yourself information make it happen.

Enter now. It's as easy as getting beautiful results with Carver Tripp wood finishing products . . . and Master-Pieces Furniture.



ENTER NOW. $75,000 IN PRIZES.

Official Contest Rules

1. NO PURCHASE NECESSARY.
2. To enter, fill in the Official Entry Form, or on a 3" × 5" piece of paper, hand print or type your name, address and zip code. More entry blanks at your Carver Tripp dealer.
3. You may enter as often as you wish, but each entry must be mailed in a separate, hand-addressed or typed envelope to: **Carver Tripp "Home Improvement Sweepstakes," P.O. Box 1038, Dept. BH, Ridgely, MD 21660**
4. Entries must be received by May 1, 1982.
5. Winners will be selected in a random drawing on May 24, 1982, from all valid entries received, under the supervision of Marketing Corporation of America, whose decisions are final, and will be notified by mail. All prizes will be awarded. Grand Prize winner may elect to receive $10,000 cash in lieu of $1,000 a year for life. Prizes are non-transferable and no prize substitutions permitted. Only one prize per family. Mechanically reproduced entries are void. The odds of winning are determined by the number of entries received. Taxes, if any, are the sole responsibility of winners. Winners may be required to execute an affidavit of eligibility and release.
6. Sweepstakes open to U.S. residents of 18 years of age or older, except employees of Carver Tripp, its affiliates and subsidiaries, wholesalers and retailers, advertising and fulfillment agencies (and immediate families of any of the preceding). Void wherever prohibited, taxed or restricted by law. All federal, state and local laws and regulations apply.
7. For a list of major prize winners, send a separate, stamped, self-addressed envelope to Carver Tripp Winners, P.O. Box 1039, Ridgely, MD 21660.

Official Entry Form

Name _____

Address _____

City _____ State _____ Zip _____

$5000 Bonus: Correctly complete the phrase below with the words from a Carver Tripp display, and we'll give you an extra $5000 cash bonus if you're our Grand Prize winner.

To find the "phrase that pays," visit your local Carver Tripp dealer, or write to Carver Tripp, Dept. BH, P.O. Box 85063, San Diego, CA 92138.

"Carver Tripp's finest _____."

© CARVER TRIPP 1981

MOVING? U-HAUL

EVERYTHING FOR MOVING
Wherever you're going, whatever you're moving, U-HAUL has everything you need. Trucks, trailers, packing boxes, hand trucks, furniture pads, hitches, tow bars. Everything from self-storage rooms to packing and loading help.

TRIM LINE GAS SAVER FLEET
The rental fleet designed specifically for household moving. For the care and protection of your personal possessions. U-HAUL moves families, not freight.

SAVINGS IN MONEY, TIME AND WORRY U-HAUL will match any competitor's rate, discount or guarantee.* U-HAUL has more than 7,000 Moving Centers and Dealers ready support your move.

SAFETY AND SECURITY
Over 70 million family moves ha been made the do-it-yourself way wi U-HAUL. Your safety and security is o primary objective.

PLUS OUR WIN A MILLION SWEEPSTAKES Study this ad ar discover why millions of families save millions with



continued

College financial aid

The Jones family is expected to contribute $4,000 to college costs. Jayne receives a $1,000 track scholarship. The family's remaining need is $8,000 minus $4,000 minus $1,000—a remaining need of $3,000.

How does remaining need affect the size of the loan? If remaining need is $499 or less, the loan can cover the full amount of the need (however, practically speaking, it's unlikely that any banker will make a loan this small). For $500-$999 in remaining need, the loan amount is $1,000; and for $1,000 or more in remaining need, the loan covers the full amount up to a maximum of $2,500. In the case of the Jones family mentioned above, the $3,000 remaining need entitles Jayne to a loan for the maximum amount—$2,500.

Under the new formula, the students who are most likely to lose Guaranteed Student Loans are those who attend lower cost schools, such as state universities. Students who attend private colleges or who have a brother or sister in college at the same time probably will not be excluded from the program—unless they have very high family incomes. (Your family income would have to be over $60,000 to be excluded from the loan program at a $10,000 college.)

A suggestion: If your adjusted gross income is in the low 30s, consider taking advantage of the 1981 tax law that permits you to set aside up to $2,000 in an IRA or Keogh plan, reducing your adjusted gross income in the process.

Repayment of a Guaranteed Student Loan starts six months after the student graduates or leaves college.

Auxiliary Loans to Assist Students

This program, which is administered by individual states, permits parents to borrow $3,000 per year at 14 percent interest for each undergraduate student up to a total of $15,000 per student. Need is not a factor in qualifying for an ALAS loan. (The steep interest rate prompted a Massachusetts aid administrator to title the program ALPS—for Auxiliary Loans for Parents and Students.)

Repayment of these loans begins within 60 days of the date the loan is issued, but borrowers have from five to ten years to repay. Graduate and independent students can borrow on the same terms as parents; independent undergraduate students get slightly less. The government defines an independent student as one who, in the preceding calendar year, did not live with his or her parents for more than six weeks or receive more than $750 in support from them, and was not claimed as an exemption on their tax return.

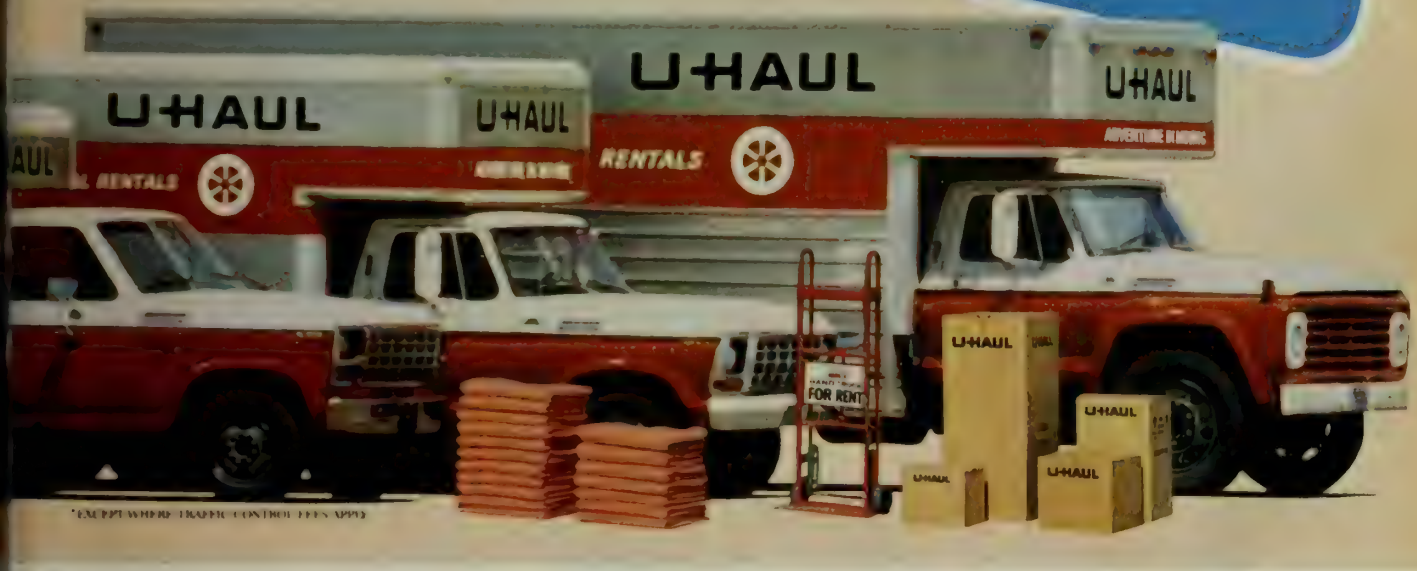
The ALAS program should be available in most states by this fall. However, if your state hasn't adopted the program by then, contact United Student Aid Funds, a nonprofit student loan guaranteeing agency. Call 800-227-3037 in western and mountain states; 800-382-4506 in Indiana; 800-429-9350 in Alaska and Hawaii; and 800-429-9250 elsewhere.

HAS IT ALL!SM

-HAUL products and services. And ou could win $50,000 a year for 20 ears in the U-HAUL "Win A Million" weepstakes. Official Entry Forms, ules and full details are available only t U-HAUL Moving Centers and partici- ating Dealers. See the Yellow Pages or your nearest U-HAUL location.

No purchase or rental required. Sweepstakes open to licensed drivers 18 years and over residing in the 48 conterminous United States. Limit one Entry Form per family per visit per week. Void wherever prohibited by law. Sweepstakes ends April 30, 1982. The odds of winning will depend upon the number of entries received. Only residents of Ohio and Wisconsin may receive an Entry Form and details by submitting a separate self-addressed stamped envelope to: U-HAUL Ohio-Wisconsin Entry Forms, P.O. Box 21503, Phoenix, Arizona 85036. Requests must be received by March 31, 1982. Limit one request per envelope.

WIN A MILLION DOLLARS!



Loan consolidation

To make repayment easier for borrowers with either high student loan indebtedness or multiple loan repayments, the Student Loan Marketing Association (known as Sallie Mae) has instituted a loan consolidation program called "OPTIONS."

Through this program, borrowers can reduce total monthly payments for eligible loans insured under several different federally sponsored programs by obtaining a single new guaranteed loan from Sallie Mae. Three different payment options, including a graduated repayment plan, are offered. Repayment periods of up to 20 years are available, based upon the amount to be consolidated.

Consolidation loans currently are available at 7-percent interest. In order to qualify, borrowers must owe at least $5,000 on eligible loans and must not be delinquent on any payments. For a copy of the free OPTIONS brochure, write the Student Loan Consolidation Center, Loan Consolidation Program, Suite 1812, 1050 Thomas Jefferson Street, NW., Washington, DC 20007.

What about scholarships?

College-sponsored scholarships are proliferating these days. The options include academic, athletic, and talent scholarships; matching scholarships (the college matches another scholarship dollar for dollar); sibling scholarships (usually in the form of hefty tuition rebates when two students from one family attend the same college); middle-income assistance grants; and reduced tuition for students who make the dean's list.

Do remember that almost all scholarships, once they are reported to the college, become part of the financial aid package that the college developed for you. If your family's expected contribution is $2,000, or whatever, you will still have to pay that amount. In other words, the scholarship will be applied to the college bill, but it will not reduce your out-of-pocket share of the bill.

In addition to providing scholarships, colleges are making it easier for students to pay their bills. More and more colleges are offering installment plans with very small or no carrying charges. Other colleges are opting for guaranteed cost plans: You pay four years in advance, but at the tuition rate prevailing in the first year. Still other schools are offering low-interest loans from their own funds.

What else can middle-income families do?

After you have explored the federal programs, it's time to turn to other sources. Here are some suggestions:

- *Shop the colleges.* Besides checking a college's academic program, ask about incentive scholarships and innovative payment plans.
- *Bargain with colleges.* Carefully review any financial aid package that is presented to you. If it is heavy on loans but light on grants—and you are reasonably sure that the college wants your youngster—try to bargain about the contents of the package. Your objective: to increase grants and reduce loans.

continued on page 67



. . . WITH NEW KIRSCH VERTICALS.
Knitted fabric with the soft-spun look and feel of macrame.
Hang nicely and a breeze to clean.

You'll love to do windows...



. . . WITH NEW KIRSCH CUSTOM SHADES.
Decorating magic in a variety of colors and designs.
Choice of trims, pulls.



DU PONT TEFLON

. . . WITH VEROSOL® BY KIRSCH.
These pleated fabric shades insulate like a 5" brick wall . . . but let you see the view.

*TEFLON Reg. T.M. DuPont Co.
*VEROSOL Reg. T.M. Verosol B.V.





. . . WITH KIRSCH MINI-BLINDS.
Provide sun and light control. Available in over 80 colors. Custom cut for a perfect fit.

. . . WITH KIRSCH WOVEN WOODS.
Warmth and color in a wide variety of patterns. With standard valance or slim Romanette™ shown.



. . . WITH NEW KIRSCH SUMMIT™ TRAVERSE RODS.
Combine with Kirsch mini-blinds for a fashionable, energy saving layered look.

Yes, you'll love to do windows now . . .
with Kirsch, the complete window treatment people.
Kirsch has hundreds of exciting ways to
make windows come alive. Including new, energy efficient
ideas that are as beautiful as they are effective.
Experience the joy of window decorating with Kirsch,
the people who've been making windows beautiful since 1907.
For the Kirsch dealer nearest you, write:

COOPER INDUSTRIES

KIRSCH COMPANY
Dept. B-382,
Sturgis, MI 49091.

WE DO WINDOWS.

Kirsch



. . . WITH KIRSCH CONTINENTAL® RODS.
Versatile 4½" width for a shirred-valance look.
So charming. So easy for do-it-yourselfers.

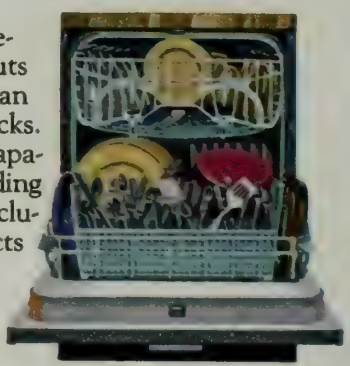
FIND ANOTHER DISHWASHER WITH ALL THESE DISHSCRUBBING AND LONG LASTING FEATURES, AND KITCHENAID WILL BUY IT FOR YOU.

Extra-Clean Dishscrubbing Features.



☐ **High Pressure Multi-Level Wash System.**
KitchenAid dishscrubbing power is greater than all major dishwasher brands because our wash system delivers more water under greater pressure.

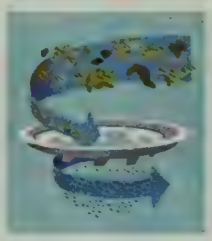
☐ **100% Usable Large Capacity Racks with ChinaGuard.**
No lost loading space because there are no cutouts in the lower rack. You can put deep pots in both racks. Design provides more capacity for truly random loading of dishes and glasses. Exclusive ChinaGuard protects dishes against chipping.





☐ **Sure-Temp Water Heating.**
Insures sanitized cleaning every time. Automatically heats water to approximately 150°F in every complete cycle.

☐ **Built-In Soft Food Disposer.**
Assures sparkling clean dishes without pre-rinsing. Grinds soft foods during drain. Filtration and waste removal system has a self-cleaning filter that's easily removable without service.





☐ **Gentle Forced Air Drying.**
It's safe. With no hot spots on dishes, pots or pans. Unlike other dishwashers, there's no exposed heating element in the dishwasher with the KitchenAid Flo-Thru Drying System.

Long-Life Durability Features.



☐ **Porcelain and Steel Construction.**
To protect from scratches, stains, and odors, KitchenAid uses a full steel wash tank with two coats of tough, chip-resistant TriDura® porcelain plus an overglaze. Some dishwashers have a tank or inner door made of plastic.

☐ **Heavy Duty ½ Horsepower Motor.**
Most others use a ⅓ horsepower or less. Since a stronger motor strains less, it's a lot less likely to wear out.





☐ **Overflow Protection Twin Fill Valve.**
You don't have to worry about overflowing water. If one valve fails, the other continues to operate and normal dishwasher operation is maintained.

☐ **Reversible Front Panels.**
KitchenAid matches your decor. You can change panels with the stainless steel trim kit with four decorator colors provided plus choose from six optional solid and edged colors for unmatched flexibility.





☐ **Triple Protection Warranty.**
A 1-Year parts and labor Full Warranty on the complete dishwasher. A 5-Year Limited Warranty on the motor. And a 10-Year Limited Warranty on the porcelain tank and inner door.

It's no gimmick. Check these features against any other dishwasher brand. If you find one with all of these dishscrubbing and long lasting features found in the KitchenAid KD-20 dishwashers, we'll buy it for you. Nothing truly compares to a KitchenAid. Offer expires December 31, 1982.

KitchenAid® Don't settle for less.

Hobart Corporation, Troy, Ohio 45374

KitchenAid and TriDura are registered trademarks of Hobart Corporation.

OVER 35,000 DENTISTS CHOOSE IT...

continued from page 63

College financial aid

• *Stay in your state.* States award almost one billion dollars in student aid each year. Almost 10 percent of the total goes to families who earn over $27,000. If your youngster leaves your state, you usually miss out on this money.

• *Try for an academic scholarship.* More than 800 colleges offer academic scholarships to students with SATs of 1,000 or higher and grades of B average or better, and who stand in the upper 25 percent of their class. At this point, you can't do much about grade averages and class standing. But if SAT scores keep the student from qualifying, consider a SAT preparation course to bring scores up.

• *Look into cooperative education.* Approximately 1,100 colleges have programs that allow students to alternate formal studies with work experience. Students earn an average of $5,000 annually during the work phase (that's the equivalent of a GSL and an Auxiliary Loan). See "Why Co-Op College Makes Sense," *Better Homes & Gardens,* April, 1981.

• *Utilize employer-paid tuition.* Companies both large and small annually commit five billion dollars to employee tuition assistance plans, yet most of the money goes unused. The strategy could be to sign on with one of these companies and work on the degree in evening and weekend classes.

• *Mix it up.* Take the freshman and sophomore years at a nearby community college, then transfer to a four-year school for the junior and senior years. The degree will have the prestige associated with the four-year schools, but it will have been earned at a bargain price.

• *Try acceleration.* Pick up college credits through Advanced Placement, Proficiency Examination, or CLEP programs. Credit hours can cost $200 or more each, so "testing out" can mean substantial savings. Another way to accelerate: Take four years of studies in three. You'll save on the lower summer tuitions and avoid the four-year inflationary cost increase. Or "stop out" and alternate a year of studies with a year of work (preferably related to your major).

• *Check out the military.* The National Guard offers the best benefits in exchange for a relatively short period of active duty. You can pick up varying state benefits in addition to $1,000 per year from the federal government. Further, outstanding student loans can be repaid at an annual rate of only $500 per year or 15 percent of what you owe (whichever is greater).

• *Apply early and be accurate.* This advice can't be repeated too often. Be at the head of the line, and have all your papers in good order.

For more information

The reference materials below will give you even more ideas and save you some legwork:

• *Applying for Financial Aid,* an explanation of the family's expected contribution. Free from the American College Testing Program, P.O. Box 168, Iowa City, IA 52243.

• *The Student Guides,* a description of federal programs. Consumer Information Center, Dept. SG, Pueblo, CO 81009.

• *The As & Bs of Academic Scholarships,* a description of academic awards at 800 colleges, $2.50. Octameron Associates, P.O. Box 3437, Alexandria, VA 22302.

• *Don't Miss Out,* a comprehensive overview of financial aid, $2.50. Octameron Associates, P.O. Box 3437, Alexandria, VA 22302.

• *Need a Lift?* a summary of aid programs that includes those sponsored by military associations for service members, veterans, and their dependents, $1. American Legion, P.O. Box 1055, Indianapolis, IN 46206.

• Your library should have copies of these references: *College Handbook,* 19th edition; *College Planning/Search Book,* 1981/82 edition; *Peterson's Guide to Undergraduate Study,* 1981/82 edition; *Your Own Financial Aid Factory,* 1981 edition.

—Written with Robert Leider



SO SHOULD YOU.

Because even the leading mouthwash can't clean your breath better than Lavoris. Maybe that's why dentists have preferred it for 75 years.

Only one ultra ligh
gives you the Meri



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

© Philip Morris Inc. 1982

Reg: 4 mg "tar," 0.4 mg nicotine—100's: 5 mg "tar," 0.5 mg nicotine av. per cigarette by FTC method

cigarette
taste idea.



MERIT
Ultra Lights
Kings & 100's

With FLAIR SQUARES® decorating is as easy as...



1. Dip.

With FLAIR SQUARES prepasted wallcovering, just dip each 12" square into water. No special tools necessary. No special skills involved.



2. Slip.

Slip each square into place and sponge smooth. Even difficult areas are easy to handle. FLAIR SQUARES are washable and extra tough, so they won't tear or lose shape.



3. Decorate.

FLAIR SQUARES come in a variety of attractive patterns, designed to beautify any room in your home. And they're easy to strip off if you ever decide to change patterns.



New decorator patterns now available.

FLAIR SQUARES are made of Du Pont TYVEK® spunbonded polyolefin.

SPOT LANDSCAPING WITH *Flowering Shrubs*

BY DOUGLAS A. JIMERSON



Now's the time to turn a humdrum landscape into a showplace of color with flowering shrubs. These hardy, low-maintenance bloomers are available in myriad shapes, sizes, and flower colors so you can find a shrub variety to suit almost any landscape situation. Use deciduous flowering shrubs as a colorful and less demanding alternative to annual and perennial flowers, or try shrubs along a lot line, in a foundation planting, or as an economical privacy screen. Many shrubs even produce bright red or yellow berries in the fall that will add a welcome spot of color to the bleak winter landscape.

In just a few years, flowering shrubs like the Pocahontas lilac, *above,* can transform all your bare, unsightly, or hard-to-landscape garden spots into pockets of brilliance; only dense shade prevents these sturdy plants from blooming. Once planted, most flowering shrubs will last a lifetime. The examples on these pages will show you some of the wonders you can work simply by using flowering shrubs.

Photograph: William Hopkins Associates

DRESS UP A LAWN OR ENTRY

Set some flowering shrubs brighten your lawn or front garden. For entryways, where space is frequently at a premium, choose upright, compact varieties that provide large and colorful flowers. Rhododendrons, azaleas, and hibiscus are all good choices for dooryard plantings. *Euonymus alata compacta* or dwarf burning bush is another good choice.

If you want to add a handsome spot of color to the center of your lawn, use less compact species with long, graceful branches. Some of the best shrubs for large lawns are: weigela, pussy willow, spirea, and kolkwitzia. For smaller lawns use hydrangea or spirea.





Photographs: William Hopkins Associates

Spring is never far behind when the pussy willow, *Salix ambigua, right,* produces its fuzzy silver-pink catkins. Although this hardy shrub prefers a sunny location with slightly moist soil, it will thrive in a wide range of garden situations. Pussy willow is a vigorous, quick-growing plant that will form a thick privacy screen in only one or two seasons. Because of its large size and showy springtime display, pussy willow also makes an excellent specimen shrub for large lawns.





During May and June, the long, graceful branches of the weigela, *Weigela florida, top,* are laden with red, pink, or white trumpet-shaped flowers. When mature, weigela



is four to six feet tall and makes an eye-catching and unusual specimen plant for large lawns. For best growth, plant weigela in a sunny location and mulch to keep the plant's roots slightly moist. Weigela is not hardy in the far North and requires regular pruning to remove dead branches. Variety Variegata produces green and yellow leaves. A dwarf variety, Variegata Nana, grows to about three feet tall and produces green leaves with pale yellow margins. In the spring, this low-growing weigela produces rose-purple flowers.





Korean rhododendron, *Rhododendron mucronulatum, above,* is one of the few rhododendrons that bloom reliably in northern parts of the country. Its large, showy rose-purple flowers appear in early spring; recently a pink-flowering variety has been developed. Korean rhododendron grows best in a partially shady location with slightly acid soil. A mature specimen may grow to five feet tall. The leaves of Korean rhododendron turn golden yellow in the fall.



Double flowering almond, *Prunus triloba,* produces masses of bright pink ruffled flowers in early May; the plants are extra showy because the flowers bloom before the leaves appear. Also known as rose tree of China, double flowering almond eventually grows to a height of about eight feet and is hardy in all but the coldest climates. At the edge of the front patio, *above,* a young specimen blooms compatibly with a low juniper hedge. Double flowering almond does not produce fruit.

continued

CAMOUFLAGE AN EYESORE

To keep air conditioners, pool equipment, and trash cans out of sight, call on decorative shrubs like snowball, dogwood, hydrangea, euonymus, or lilac. All of these shrubs grow quickly and make excellent privacy screens.



In this small sideyard, *right, Viburnum carlesi,* or fragrant snowball, helps soften the lines of a board fence that was built to conceal trash cans. *V. carlesi* grows to nine feet tall and produces four- to five-inch heads of white, scented, ball-shaped flowers in early May. Little pruning is required to keep this shrub looking good. *V. carlesi* is not hardy in the far North.

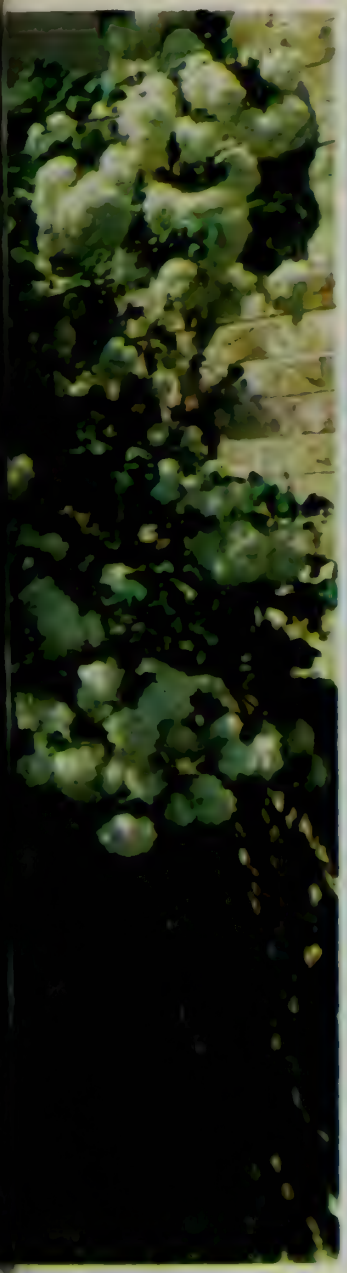


Photographs: William Hopkins Associates

The stocky, low-growing *Viburnum plicatum mariesi, right,* is a good choice if you want to disguise air conditioning units or pool equipment. The plant has large, showy, maple-like leaves and produces crown-like heads of small white flowers in early May; each flower head is about six inches in diameter. In the fall, the leaves of *V. plicatum* turn scarlet, and red berries hang from the plant's branches even after the leaves have fallen off. For best growth, plant *V. plicatum* in full sun and well-drained soil. *V. plicatum* is relatively insect-resistant. A pink-flowering variety is also available.







BEAUTIFY A ROCK GARDEN

Traditionally, rock gardens include low-growing alpine plants, succulents, and perennials. But many of the low-growing shrubs also can make exciting and beautiful additions to a rock garden setting. Use just one of these pint-sized bloomers as an accent plant in the center of the garden, or combine two or three plants of the same species for a colorful backdrop.



Photographs: above, George de Gennaro; below, Maris/Semel



Masses of brilliant sweet-pea-like flowers smother every inch of the broom, *Cytisus, above,* during the month of May. These low-growing, densely branching shrubs may grow to five feet tall, but you can keep them shorter by pruning them in the early spring. Broom grows best in a sunny location with dry, slightly acid soil. The showy branches retain their bright green color throughout the winter. One variety, *Cytisus scoparius Hollandia,* produces reddish pink flowers.

HOW TO PLANT A SHRUB

If you order from a mail-order nursery, chances are your shrub will come to you bare root. As soon as it arrives, unpack it and let the roots soak in a pail of water. Be sure to keep the shrub in a cool, dark location. Bare-root shrubs often can be kept several days in this manner.

To plant the shrub, dig a hole that will accommodate all of the shrub's roots. Never crowd the roots or jam them into the bottom of a hole that's too small.

After digging the hole, mold a loose cone of soil in the bottom. Set the shrub on top of the cone of soil, spreading the roots out over it.

Holding the shrub in an upright position, gradually fill the planting hole about two-thirds full. Gently tamp down the soil around the roots by hand or by stepping on the soil lightly. Fill the hole with water and allow it to drain. Then, fill with soil.

To help the shrub adjust to the shock of transplanting,



remove almost one-third of the branches. Start by removing all broken branches and any young shoots sprouting low on the plant. Then, cut away the weaker branch of any V-shaped crotch.

If your shrub comes to you balled and burlapped, *top,* dig a hole larger than the root ball. Set the shrub into the hole at the same level it



grew before. Loosen and roll back the burlap and fill in with soil. Because balled and burlapped shrubs are already growing in their root balls, transplant shock is minimal and no pruning is required.

Many shrubs are sold during the growing season in metal or heavy plastic containers, *above.* Slit the containers just before you are ready to plant and gently remove the shrub, soil and all. Then plant the shrub as you would a balled and burlapped variety.

continued

EDGE A DRIVEWAY

Why not replace that narrow strip of lawn along your drive or sidewalk with a band of flowering shrubs? They don't require as much maintenance as a lawn, and they are almost as colorful as a bed of annual and perennial flowers. For best results, choose species that don't produce long, arching branches that may interfere with pedestrian traffic. Good choices for narrow street-side plantings are: euonymus, flowering quince, or mock orange.

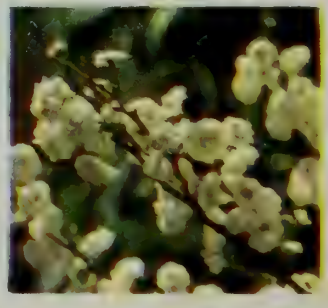
In Southern gardens, few shrubs can compare with the bold and beautiful hibiscus. Growing to a height of 15 feet, this compact, hardy shrub is ideal at an entryway, as a specimen plant, or mixed with lower growing flowers. In the narrow bed, *right,* Agnes Galt hibiscus blooms with red- and pink-flowering snapdragons, petunias, and geraniums. Hibiscus grows best in a sunny location and is available in both red- and white-flowering varieties. Some hibicus are hardy in Northern states.

In early May, red-flowering quince, *Chaenomeles speciosa,* and *Spiraea prunifolia plena* turn a blah driveway into an extravaganza of color, *right.* Both species grow to about six feet tall, and they remain relatively compact with a minimum of pruning. They prefer a sunny location and are hardy in all but the coldest climates. The foliage of *S. prunifolia plena* turns yellow and gold in the fall.

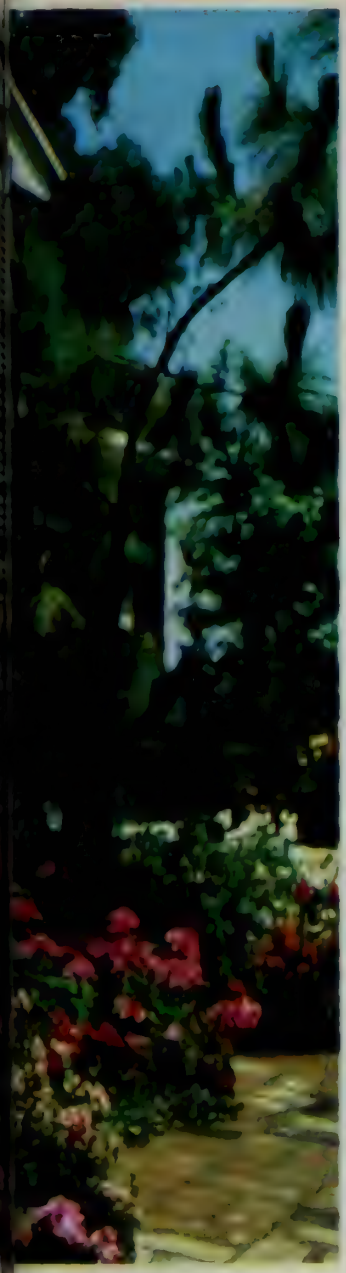
Other flowering quince varieties produce white, pink, and salmon blooms. All varieties of flowering quince produce large, green fruits that resemble small apples. As the fruits mature they turn bright yellow and can be used to make jams and jellies. Flowering quince has thorny branches.



Photographs: William Hopkins Associates; above, George de Gennaro

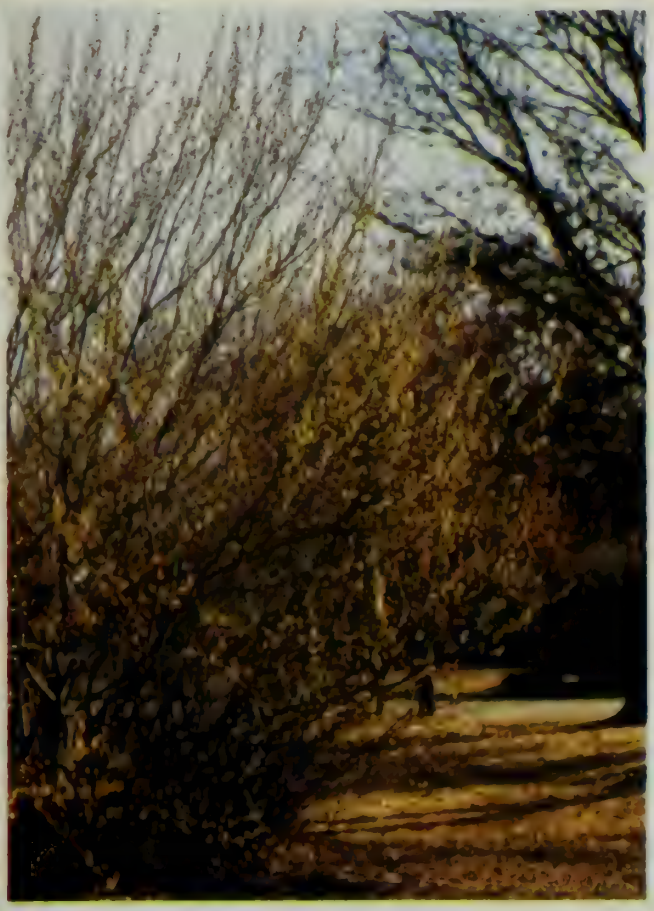






PLANT A SHRUB BORDER

If you don't have time to pamper a full-fledged flower garden, create a colorful border with a mixed bag of flowering shrubs. Except for an occasional pruning, a shrub border is virtually care-free. Interplant low-growing shrubs like hydrangea, broom, cotoneaster, euonymus, daphne, deutzia, flowering quince, potentilla, and spirea along the side of a garage, or in front of a low picket fence. For a large backyard try taller shrubs like pussy willow, lilac, or witch hazel.





The unique yellow and red flowers of the witch hazel, hamamelis, *above,* may be small, but when they appear in mid-February they are a welcome sight and wonderfully fragrant too. Witch hazel is a large shrub that looks best planted in a shrub border or naturalized in a wooded setting; unpruned witch hazel may grow to 12 feet tall. The shrub thrives in a sunny or partially sunny location with slightly moist sandy soil. In the fall, witch hazel foliage turns bright yellow. Witch hazel is not hardy in the far North. One variety *Hamamelis vernalis* grows to six feet tall.



TEAM SHRUBS AND FLOWERS

When you plant your flower garden, don't overlook the flowering shrubs. Use tall-growing varieties behind your annual and perennial flower border to add color and to protect the flowers from high winds. Or, plant just one or two shrubs to mark each end of a garden bed.

Few flowering shrubs are as popular as the lilac. Its large, fragrant heads of single or double flowers make it a garden treasure during the months of May and June. The lilac grows to about 12 feet tall and is available in shades of purple, blue, white, and pink. A sunny location with a slightly alkaline soil is best for lilac. It is easily pruned to any height and makes a knockout specimen plant or hedge. In the garden, *above,* one lavender- and one white-flowering variety mark the beginning of a border filled with hostas and coralbells.

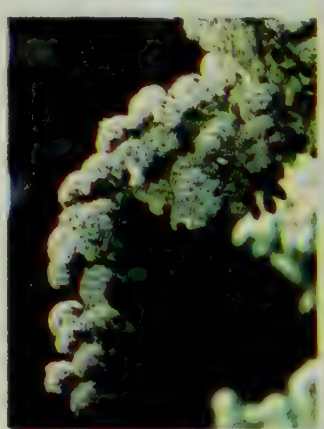
continued

PLANT A HEDGE

Use hedges to define a lot line, screen an unsightly view, beautify a foundation, or add privacy. Hedges are commonly divided into two types: formal and informal. An informal hedge is most often used as a screen or in a naturalized setting and requires little or no pruning. A formal hedge requires periodic pruning and usually serves as a property divider or border.

Good shrub species to use in an informal hedge include: spirea, lilac, forsythia, dogwood, honeysuckle, hydrangea, and ninebark. Japanese barberry is also a good choice because it is attractive in every season and has thorny twigs to discourage pets from trespassing.

If you prefer a formal hedge, plant privet, box, barberry, or Tallhedge. All of these plants are easily pruned to any height or shape. Formal hedges, which take up much less space than informal hedges, are especially useful for small lots.



Bridal wreath spirea, *Spiraea vanhouttei, above,* has been a popular flowering shrub since the turn of the century. It's an extra-hardy species that will last for years and grow to seven feet tall if left unpruned; it is easily trimmed to any height. In May, bridal wreath's long, graceful branches produce thousands of fragrant small white flowers, and in the fall, the foliage turns bright orange. Bridal wreath prefers a sunny location and will grow in even the coldest climates. Two other spireas to use in an informal hedge include *S. prunifolia plena* and *S. japonica.* The latter has red flowers and grows only three feet high. Use bridal wreath along a lot line or against an unsightly foundation. *Spirea prunifolia plena* is also occasionally called bridal wreath.



Photographs: Peter Krunhardt; below, Dr. Larry Grove





Buttercup yellow flowers grace the branches of the forsythia, *left,* in the early spring. Often used as a specimen plant, forsythia also looks smashing grown as an informal hedge. Forsythia grows well in full sun or partial shade and is tolerant to a wide range of soil types. In the far North, forsythia does not bloom reliably. Some of the most popular forsythia varieties include Lynwood Gold, Beatrix Farrand, and Spring Glory. Prune forsythia after the plants bloom.





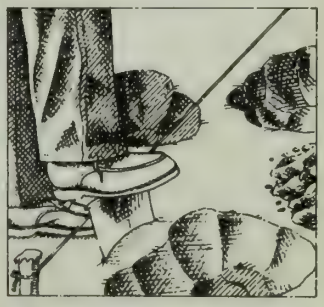
Photographs: William Hopkins Associates

Few fences are as colorful as a honeysuckle hedge, *Lonicera tatarica, above,* planted along a lot line. Honeysuckle is a quick-growing, low-maintenance shrub that blooms profusely in May. Small red berries appear on the plant later in the season and last through the early winter. Honeysuckle grows to eight feet tall if left unpruned and prefers a sunny location. These hardy shrubs aren't particular about soil type, and they have few insect or disease problems. Honeysuckle also is a good addition to the shrub border, but an individual plant isn't showy enough to make an eye-catching lawn specimen. Both pink- and red-flowering varieties are available.

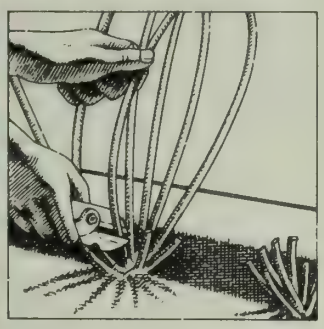
HOW TO PLANT A HEDGE

For an informal hedge, plant your shrubs in two staggered rows. This will produce good privacy screening. For a formal hedge, dig a wide, straight trench so the shrubs can be planted single file.

Space hedging shrubs about 12 inches apart if the hedge is to be kept trimmed to two feet tall; space them 18 inches apart for a four-foot-tall hedge; four feet apart for a six- to eight-foot hedge. To get your new hedge off to a good start, prune back all new plants at planting time. Prune off three-fourths of the top foliage if the hedge is to be formal; one-half if it's to be informal. Pruning encourages base branching.







THE UNFIN

WHAT'S NEW IN FINISH-IT-YOURSELF FURNITURE

By Shirley Van Zante, Denise L. Caringer, and Robert E. Dittmar



SHED STORY



If you still think "unfinished furniture" means stapled-together construction and so-so styling, we've got some surprises for you. The make-do quality and ho-hum looks of the past have been replaced by fine workmanship, handsome woods, and beautiful designs—from traditional to contemporary.

Unconvinced? Take a look at the unfinished pieces here. Our small sampling includes a wide range of styles and types of pieces and a mix of woods—all with good looks in common.

And the beauty of these pieces is more than skin-deep. In ready-to-finish furniture, what you see *is* what you get, because there's nothing to hide either the construction or the wood.

Another plus is savings. Although prices aren't in the bargain-basement range, good unfinished wood pieces usually cost less than similar factory-finished items.

And maintenance and repair can be easier, too. Mars or nicks usually can be fixed by simply sanding, filling if necessary, and refinishing according to your own process. But the best thing about unfinished furniture is flexibility. You can select any wood tone, color, even amount of gloss, you like. That makes it easy to match existing pieces or to create something different from the usual furniture-store fare. And, if you like a matched set, you can budget by buying pieces over a period of time, and then finish each item to match as you go.

Finally, there's the simple pleasure of finishing a special piece that may well become a family heirloom.

On these pages, we'll give you an idea of what's available. And we'll show you a variety of pretty finishes, from natural and color-tinted stains to mellow oils and slick lacquers.

Finishing tips, page 46
Buying information, page 138

THE UNFINISHED STORY



KEEP IT SIMPLE

Simple designs like this pine pencil-post bed and mission-style rocking chair call for simple finishes. We used a one-step maple-tone stain and sealer on the bed to enhance its mellow old-time look, then added a coat of flat polyurethane for even more protection of the porous wood.

Shiny white enamel on the chair is not only good-looking, but also practical, making the chair equally at home on the porch or in the parlor.

Rocker about $120, by *Georgia Chair Co.* Bed about $440, canopy about $175, by *Old Timey Furniture Co.*



GET A BUILT-IN LOOK

A corner cabinet like this has a built-in, custom look at a do-it-yourself price. We let the natural, knotty look of the pine come through by simply applying a coat of protective paste wax.

To liven things up, we painted the interior a pretty pumpkin color.

The tavern chair, a classic design from the 1800s, sports an unexpectedly colorful finish, achieved with a neutral wood stain that's tinted with blue colorant. The blue stain was simply brushed on, then wiped off while it was still fairly wet. A glossy coat of polyurethane finished the job.

Corner cabinet about $230, by ***Mastercraft/Bailey & Sons.*** Chair about $155, by ***S. Bent & Bros., Inc.***



USE NEW STORAGE UNITS

Here are two more examples of unfinished furniture designs that answer today's needs. The compact oak stereo "stack" with smoked-glass doors can hold all your electronic gear in a sliver of vertical space. Here, we've finished the piece with stain and polyurethane. Nearby is a modular pine storage system that you put together yourself. The system includes optional doors, shelves, and drawers. The units lend themselves to a variety of finishes, like this colorful, kid-pleasing combo of yellow, orange, and black paint.

Shelving unit about $225, by *Lundia, Myers Industries Inc.* Stereo stack about $195, by *Oak Concepts.*



ADD DOWN-HOME CHARM

You don't have to go to a country auction to find pieces that suggest the hominess of yesterday's farm kitchen. These new unfinished pieces will set the mood. The oak hutch has the look of an old-fashioned "pie safe," thanks to the decorative perforated copper inserts in the doors. Finished in a walnut stain, the piece blends nicely with the antique walnut-stained round oak table and the red-painted pressed-back chairs. Both stained pieces were protected with polyurethane.

Hutch about $1,130, by *Ferguson's Country Store.* Chairs about $110, by *Sears.* Table about $185, by *Tennessee Hardwood.*

Finishing tips, page 46
Buying information, page 138

THE UNFINISHED STORY



COMBINE BEAUTY AND FUNCTION

Furniture pieces with their roots in the past can make both practical and beautiful additions to today's homes.

This delicate Queen Anne cherry wood "lady's desk" takes up little space yet can store stationery and bill-paying supplies. We've complemented the wood with a one-step cherry stain and sealer, topped with protective—and elegant—mirrorlike polyurethane.

The nest of three go-anywhere tables is finished with a rich mahogany stain and high-gloss varnish.

Desk about $400, by *Ellsworth of Willoughby, Ohio.* Nesting tables about $130, by *Taylor Products.*



CUT COSTS WITH PARTICLEBOARD

Here's a smart way to use budget-priced particleboard pieces. The mini-wardrobe has child-height hanging space on one side and drawers on the other. The wardrobe was painted white, then stippled with black paint except for the drawers; they were painted red, then covered with pieces of wallpaper border. A similar treatment was used for the bookcase. And, a Parsons-style end table becomes a child-size worktable protected with shiny red paint. The cubes make durable stools with storage inside.

Wardrobe about $90, bookcase about $30, small cubes about $8 each, by *Perdue Inc.* Parsons table about $70, by *Williams Bros. Furniture.*



INVEST IN TIMELESS PIECES

You can get a lifetime of service from beautifully crafted pieces like the ones in this graceful Queen Anne dining set. And they'll have extra meaning because you finished them yourself.

Because we didn't want to cover up the intricate herringbone design of the oak parquet tabletop, we simply rubbed on three coats of rich Danish oil to heighten the grain. The chairs were finished to match.

An oil finish like this is not only handsome, but it's also easy to maintain. If mars occur, just lightly sand and re-oil them.

Dining table about $725, side chair about $195, by *Wambold Marker.*



MAXIMIZE A KIDS' ROOM

Up-to-the-minute designs like these can solve the space-squeeze problem in a kids' room. This sturdy pine system includes the beds and desk shown here, and a chair and shelf unit (not shown). To provide the pieces with an extra-durable finish that won't show wear easily, we applied two coats of flat varnish.

All the pieces can be separated, arranged, and rearranged as needs change. And because of their simplicity of design, the pieces can adapt to many rooms and grow up with the children.

Loft bed about $370, desk about $120, by *Sonoma Lifestyle Furniture.*

Finishing tips, page 46
Buying information, page 138

THE UNFINISHED STORY



CREATE A HIGH-STYLE LOOK

Sometimes it's easier to find just what you're looking for in unfinished furniture than in prefinished pieces. These timeless Parsons tables and French Régence chair are two examples.

Here, the Parsons tables go high-style with a black and white paint job. The armchair was first painted white with oil-base enamel. After drying, it was liberally brushed with an oak stain. Before the stain dried, it was rubbed off, producing a soft milky yellow glaze. Extra-hard rubbing followed to expose more white paint, thus playing up the elegant hand-carved detailing. Then came a coat of polyurethane.

Large table about $110, small table about $55, by *Williams Bros.* Chair about $180, by *Door Store.*



GO CONTEMPORARY

You'll never run out of ways to finish and use these tough particleboard cubes. You can paint them, as we did, or cover them with wallpaper or fabric. And they can store lots of gear, whether they're grouped as a coffee table or room divider, or stacked along a wall. Here, we've used them with an oak platform bed that has been given a coat of neutral wood stain for a light, almost bleached look. Not only is the bed good-looking, but it also boasts storage drawers in its base. The cantilevered design of the built-in nightstands is a plus, too, because it frees up floor space. Platform bed about $350, headboard about $160, by *Baker Road.* Large cubes about $12 each, medium cubes about $10 each, by *Perdue Inc.*



RELY ON DURABLE BUTCHER BLOCK

Whether you prefer Italian *cucina* or *haute cuisine,* you'll find these attractive butcher block pieces useful for dining room and kitchen, as well as family room. They can stand up to hard daily use, too. The maple worktable even has a matching rack that holds hanging pots, pans, and kitchen tools.

Teamed with them is an oak paddle-splat, bow-back side chair. An occasional application of oil will keep all these pieces beautiful for years. Simply spread the oil on evenly, let it soak in, then wipe off any excess.

Worktable about $160, pot rack about $110, by *John Boos & Co.* Table about $240, by *Wood Edge Co.* Chair about $90, by *Richardson Brothers Co.*



MIX STYLES AND COLORS

Different styles and colors can work together handsomely, as this oak-and-glass *étagère* and old-fashioned rolltop desk demonstrate. And, you'll get years of service from these pieces, because they move easily from room to room.

We added green colorant to neutral wood stain to give the *étagère* a tint without hiding the grain. The pine desk, which comes in a box for quick assembly, glows with a maple stain-sealer topped with satin varnish. And the chair was simply painted flat black.

Desk about $180, by *American Forest Products, Co.* Étagère about $265, by *Indiana Wood Specialty, Inc.* Chair, about $30, by *Sears.*

Finishing tips, page 46
Buying information, page 138

Treasured Family Recipes For Spring Celebrations

By Nancy Byal

Never let it be said that great holiday feasting comes but once a year! Look around and you'll discover family celebrations cropping up right along with the first blossoms of spring. For openers, meet the Richmans, the Havens, and the Ferraras, who uniquely preserve the heritage of Passover, Easter, and St. Joseph's Day respectively by cooking up delicious and festive foods. Now let's visit these families. You're sure to find ideas to enrich your own celebrations (and enliven everyday meals, too).

Passover
A Dinner of Reaffirmation

Like many Jewish parents, Sheila and Hal Richman look forward to Passover as a time to share Jewish history and food customs with their children. "Passover is our most important holiday," says Sheila. "It commemorates the liberation of the children of Israel from slavery in Egypt some 3,000 years ago. Hal and I believe that the home is the most important place to express the Jewish heritage. So we've made it our responsibility to pass on the traditions to our children, just as my husband's parents and mine passed them on to us," explains Sheila.

The first and most elaborate dinner of the Richmans' week-long celebration is the Seder (meaning "order of service"). This is a family meal interwoven with solemn religious ceremony and playful customs that appeal to and inspire the children. "An elegant table setting, the children's happy voices, the family's singing, and the reading of the Haggadah (the story of Passover) all enrich the occasion," Sheila says.

One intriguing aspect of Passover food is that no leavened bread or regular flours of any kind are used throughout the week's celebration. Instead, the unleavened bread, matzo, is used to symbolize the unleavened bread the children of Israel ate during their Exodus—unleavened because there wasn't time to wait for the bread to rise before the Exodus.

Through the years, resourceful Jewish cooks have devised infinite ways to use whole matzo crackers as well as coarsely ground matzo known as farfel and finely ground matzo called cake meal. "Matzo products are available all year long," explains Sheila, "so you needn't limit their use to the Passover season." The crunchy texture and mild flavor of matzo enhance a variety of foods, from entrées to desserts. Here are some of the Richmans' favorites:





Top: The Seder dinner ceremony is centered around the Seder plate. Each food on the plate is symbolic of the Exodus: *(clockwise from top left)* a roasted egg, a roasted lamb shank, salt water, **Haroseth** (a blend of apples, nuts, and wine), sweet herbs, and bitter herbs. **Bottom:** Sheila, Hal, and their children, Ann and Adam, enjoy the dinner with Sheila's and Hal's parents. **Right:** Dishes enjoyed during Passover are: *(clockwise from front)* **Chicken Soup With Matzo Balls, Farfel Pudding, Spinach Matzo Pie, Orange-Glazed Chicken With Matzo-Nut Stuffing, Passover Carrot-Nut Cake, Fruit Tzimmes.**

Orange-Glazed Chicken With Matzo-Nut Stuffing—Farfel is combined with vegetables and nuts in the citrus-flavored stuffing.

Chicken Soup With Matzo Balls—Sheila, like her mother before her, sets great store on homemade chicken soup. This elegant version is a clear broth dotted with sliced carrots, parsnips, celery, and parsley. Sheila says that the matzo balls have a light and delicate texture because carbonated water is mixed with the matzo meal.

Spinach Matzo Pie—This spinach and egg side dish is capped with whole matzo crackers. An egg "wash" gives the crackers their shiny, golden appearance.

Farfel Pudding—Sheila's version of this bread-pudding-like dessert is lavished with sour cream, cottage cheese, raisins, and nuts. According to Jewish dietary restrictions, meat and dairy products cannot be eaten at the same meal, so this dessert would be served in a fish or meatless menu.

Passover Carrot-Nut Cake—The light, fine texture of this moist cake comes from well-beaten egg yolks, beaten egg whites, and the flourlike matzo called cake meal.

Fruit Tzimmes—"Although the word *tzimmes* means fuss or excitement, making tzimmes is actually easy," says Sheila. "My mother's recipe features mixed dried fruits, but you can use almost any combination of meat, vegetables, or fruits in tzimmes. Usually the dish is served in place of a vegetable side dish."

Recipes begin on page 94.
Buying information, page 138

Photographs: Bradley Olman; Mike Dieter



Easter
An Ecumenical Brunch





Top: The association of eggs with Easter stems from pre-Christian times when eggs symbolized the seeds of creation and renewal. These **Leaf Eggs** are made with natural ingredients according to an old Swiss dyeing technique.

Bottom: The Havens and guests toast the holiday with **Easter Punch,** a mixture of champagne, orange juice, and rose water.

Right: To simplify serving, the brunch foods are displayed buffet style: *(clockwise from front left)* **Strawberry Bavarian Dressing, Fromajadas, Aebleskivers, Kulich,** and **Ham and Asparagus Bundles.**

Photographs: Brian Leatart

For the past several years Sharon and Clayton Haven have enlarged their annual Easter breakfast from a small family affair to a celebration brunch for the neighborhood. According to Sharon, "It was important that our children, Matt and Amy, understand and appreciate Easter as something more than the arrival of the Easter bunny. Since we have no relatives living nearby, we've decided to share traditions with our immediate neighbors." Because their neighboring families represent many different backgrounds, the Havens put together an ecumenical sampling of traditional Easter foods.

Sharon and Clayton believe it's important to convey to their children the significance of different recipes and serving traditions. Consequently, the brunch menu changes slightly from year to year as Sharon discovers foods that are new to her family. "We are not purists about the dishes that we serve," Sharon says. "Some of the dishes are no longer strictly associated with Easter. They've become so popular over the centuries that they're served at other times of the year, too. And we may include a dish that isn't really an Easter food but that *might* be served at Easter, or a food that's a family Easter tradition among the people we know."

While they are preparing the foods, the Havens like to explain to Matt and Amy the religious or cultural background of each recipe. Here are some of the delicious foods and interesting facts:

Aebleskivers—Sharon says, "My family always had these Danish doughnuts on Easter morning served with homemade preserves and Danish sausages, but we also ate them on other occasions throughout the year. I make the Aebleskivers in a special pan that my grandmother brought from Denmark." For our version, you can opt to use a skillet or griddle.

Strawberry Bavarian Dressing—Sharon has turned the popular German Easter dessert, Bavarian Cream, into a salad dressing that's centered on a platter with an assortment of fresh fruits and greens. "Flavor the dressing with fresh strawberries for a springlike taste," she suggests.

Ham and Asparagus Bundles—These open-faced sandwiches served with Hollandaise-based sauce are favorite Easter recipes that Sharon obtained from some Dutch friends. Two traditional Easter foods—eggs and ham—are featured in this brunch entrée.

Kulich—This festive fruit bread is part of the elaborate Russian Orthodox Easter feast that breaks the Lenten fast. Sharon also displays intricately decorated Ukrainian eggs called *pysanki* to announce the arrival of Easter. Since these hollow eggs are time-consuming to decorate, the Havens make just one or two each year to add to their collection of Easter decorations.

Fromajadas—Cheese-filled pastries, scored with signs of the cross, are part of some Easter-caroling processions in Spain. Carolers go from house to house singing a hymn of praise and receive these savory tarts from the appreciative homeowners. As a result, the hymn itself has taken on the name "Fromajadas" or "Cheesecake Song."

Greek Eggs—The Haven table always includes these hard-cooked eggs colored with a special red dye to symbolize Christ's blood. According to Greek tradition, the eggs are cracked against each other as one family member says "Christ is risen," and the other replies, "Truly, He is risen."

Recipes begin on page 97.
Buying information, page 138



St. Joseph's Day

A Feast of Thanks

Joe Ferrara and his sisters, Mary Puccio and Vicky Strano, have an incredible recipe for a spring celebration held every March 19: Recruit a dozen close relatives and friends, cook up tablefuls of food (using some 60 pounds of pasta, 25 gallons of tomato sauce, 100 pounds of ricotta cheese, and 100 pounds of flour!), and invite 500 to 1,000 guests for a St. Joseph's Day Feast. "Ask most Americans what this day represents," says Mary, "and they won't know what you're talking about. This is an old Sicilian holiday that our relatives always celebrated."

Although other ethnic cultures observe St. Joseph's Day, the Sicilian version is the most elaborate. Joe explains the holiday: "Throughout the Catholic Church, St. Joseph has always been regarded as the family protector. Several centuries ago, a severe famine in Sicily caused considerable suffering and starvation. The peasant farmers turned in prayer to St. Joseph for help. The famine soon ended, and in gratitude, the farmers honored St. Joseph by filling an altar with their most prized possession—food." St. Joseph's altars have evolved into immense family open houses, intended as thanks for special prayers that have been answered. The guests include family and friends as well as anyone in need.

Because of the time and work involved in putting on a St. Joseph's Day Feast, the Ferrara event is one of the few that's still family-organized. When asked what prompts them to keep the tradition going, Joe answered without hesitation, "We do it because it brings back memories of our childhood. But more important, it takes people—young and old—out of their own four walls to give thanks together."





Top: Besides the large loaves of **St. Joseph's Bread** that are served, a small piece or loaf of bread is given to each guest along with a lucky fava bean.

Bottom: Children are an important part of this celebration. It's customary to have three children, blessed by the priest, represent the Holy Family at a special dining table.

Right: Here's a tasting of Feast Day foods: *(clockwise from front)* **Pasta con Sarde, Fried Cod With Tomato-Olive Sauce, Sesame Cookies, Fig-Filled Cookies, Pignolatti, Cannoli, Sfinghi,** and **Stuffed Artichokes.**

In keeping with tradition, there is always a great quantity of food, and the dishes are meatless because the celebration falls during Lent. At least one month in advance, Joe recruits his "crew" to cook and freeze the foods. He suggests serving one or two Feast Day foods for a Sunday or special-occasion dinner.

St. Joseph's Bread—"The most essential food is this crusty Italian yeast bread," Joe says. The bread is often made in different sizes and shapes, including the braid shown, wreaths, crosses, and staffs.

Pasta con Sarde—This tomato-based dish is another St. Joseph's Day classic. The slightly sweet flavor of fennel predominates in the sauce.

Fried Cod With Tomato-Olive Sauce—"I serve this as a first course on St. Joseph's Day, and as a dinner entrée on other occasions," Joe says.

Stuffed Artichokes—For this popular appetizer, each artichoke leaf is seasoned with bread crumbs, Parmesan cheese, basil, and wine.

Cannoli—Pastry cylinders house a rich ricotta-chocolate filling. Joe says cannoli are popular at Christmas, too.

Sfinghi—Ricotta cheese is the basis for these light yet moist fritters.

Fig-Filled Cookies—Every one of these pastrylike cookies contains an extraordinary dried fruit and nut filling.

Sesame Cookies—Grains, nuts, and seeds are popular St. Joseph's Day ingredients, in keeping with the holiday's rural origin. These rich butter cookies, for example, are lavished with sesame seed.

Pignolatti—This mound resembling a pinecone cluster is made up of many fried pastry pieces, all of them glazed with honey brittle.

Recipes begin on page 104.

Photographs: Hedrich-Blessing



Treasured Family Recipes

For Spring Celebrations

Passover

HAROSETH
(huh-ROHS-uhth)
Haroseth means "sweet like freedom." It symbolizes the building mortar used by Jewish slaves—
2 tart unpeeled apples, finely chopped
½ cup ground walnuts
3 tablespoons Passover wine
3 tablespoons honey
¼ teaspoon ground cinnamon
Combine all ingredients; let stand 1 hour. Makes 2 cups.

CHICKEN SOUP WITH MATZO BALLS
For a main dish soup, remove the meat from the bones, cube the meat, and return it to the broth with the vegetables—
1 4- to 5-pound stewing chicken
2½ quarts water
2 onions, cut up
1 leek, sliced
3 stalks celery, sliced
1 tablespoon salt
¼ teaspoon pepper
2 carrots, sliced
2 parsnips, sliced
4 or 5 parsley sprigs
4 fresh dill heads or ¼ teaspoon dried dillweed (optional)
1 recipe Matzo Balls (see below)
Place chicken in 8- to 10-quart Dutch oven, Add water, onions, leek, celery, salt, and pepper. Bring to boiling. Reduce heat; simmer, covered, 1½ hours or till chicken is almost tender. Add carrots and parsnips; simmer, covered, 30 minutes more or till chicken and vegetables are tender. Remove chicken; refrigerate meat for another use. Lift vegetables from broth with slotted spoon. Strain broth. Return vegetables to broth. Add parsley and dill, if desired. Heat through. Serve in bowls with Matzo Balls. Makes 15 servings.

MATZO BALLS
These light-textured dumplings are delicious served alone, too—
1 cup matzo meal
1 teaspoon salt
Dash pepper
4 slightly beaten eggs
¼ cup chicken fat
¼ cup carbonated water
In mixing bowl combine matzo meal, salt, and pepper. Beat in eggs and chicken fat till well blended. Stir in carbonated water. Cover and chill at least 2 hours. With wet hands, shape dough into 1-inch balls. Carefully drop dough into gently boiling salted water. Cover; simmer 30 minutes or till matzo balls test done (they should be light and cooked all the way through). *Do not uncover pot until end of cooking.* Remove carefully with slotted spoon. Serve in hot Chicken Soup. Makes about 30 balls.

FARFEL PUDDING
This apricot- and raisin-flavored dessert is good served warm or cold—
3 eggs
¼ cup sugar
2 cups farfel or 4 matzo crackers, coarsely crushed
2 cups cream-style cottage cheese
1 cup dairy sour cream
⅓ cup margarine, melted
½ cup raisins
½ cup apricot preserves
• • •
½ cup finely chopped walnuts
2 tablespoons sugar
1 teaspoon ground cinnamon
In mixing bowl beat eggs till light; gradually beat in ¼ cup sugar till fluffy. Soak farfel in cold water; squeeze out excess water. Add farfel, cottage cheese, sour cream, margarine, raisins, and preserves to egg mixture; blend well. Turn into a 12x7½x2-inch baking dish. Mix nuts, sugar, and cinnamon. Sprinkle atop farfel mixture. Bake in 350° oven for 40 to 45 minutes. Serve warm or cool. Makes 10 to 12 servings.

SPINACH MATZO PIE
The spinach and egg portion can easily be halved; use the same size baking dish but bake for 40 minutes—
6 10-ounce packages frozen chopped spinach
1 medium onion, chopped
½ cup margarine
2 teaspoons salt
2 teaspoons sugar
2 teaspoons ground nutmeg
1 teaspoon pepper
12 eggs
2 matzo crackers
2 eggs
In large saucepan cook spinach *without water,* covered, over medium-low heat for 30 to 35 minutes or till thawed. Drain spinach, pressing out excess liquid. Return spinach to saucepan. Stir in onion, margarine, and seasonings. Cook 4 to 5 minutes more or till onion is tender. Remove from heat; cool slightly. Turn into large mixer bowl. Beat the 12 eggs, one at a time, into spinach mixture with electric mixer. Turn into 12x7½x2-inch baking dish. Beat the remaining 2 eggs. Dip whole matzo crackers, one at a time, in the beaten egg. Overlap matzos in center of spinach mixture. Bake in a 350° oven for 50 minutes or till filling is set. Serves 15.

ORANGE-GLAZED CHICKEN WITH MATZO-NUT STUFFING
Use either a roasting chicken or a capon for this festive entrée—
⅓ cup finely chopped onion
⅓ cup finely chopped celery
⅓ cup chopped almonds
⅓ cup chicken fat
5 matzo crackers, coarsely crushed or 2½ cups farfel
1 10¾-ounce can condensed chicken broth
continued



YOU ALWAYS HAD A GOOD FEELING ABOUT SOUP. AFTER YOU READ THIS YOU'LL KNOW WHY.

Soup makes you feel good in so many ways. It's the wholesome food that satisfies your appetite and your spirit.

You know that when you've got to go somewhere on a cold windy night, a bowl of steamy Clam Chowder can stoke you up for the trip, and insulate you inside till you get there.

Or, when the midday sun is sweltering you, a bowl of refreshing, chilled Consommé (maybe with a salad and iced tea) tastes great and keeps you going through the day.

But did you know nutritionists are now finding out that nutrition-wise, soup is super. Three different sources support the goodness of soup.

Using data from one of the largest studies ever made on nutrition (conducted by Government health agencies), experts from leading universities identified differences in people's diets.* **It was found that soup can be a significant part of a balanced and healthful diet.**

And when compared to other foods in a Nutrient Density Rating System** used by nutritionists, many of the most popular soups come through with flying nutrients. **In fact, some soups have more nutrients per calorie than other good foods you think are very nutritious.** For instance, calorie for calorie, Campbell's Chicken Noodle Soup has more protein and thiamin than peanut butter, or rye bread.

Campbell's

SOUP IS GOOD FOOD.

In another way of rating soup, based on U.S. Department of Agriculture data, one 10 ounce serving of Campbell's **Old Fashioned Vegetable Soup has more Vitamin A than 2 heads of lettuce, 12 ears of corn, or four tomatoes.**

And soup is not only good for your body. It's good for your soul. When you come home from a hard day all frazzled, a heart-warming cup of zesty Minestrone can really unwind you. Because what could be more soothing than soup?

And so digestible. If you've got a little empty spot late at night, a bowl of delicious Mushroom Soup will hit the spot perfectly and let you sleep like a log.

So you can see, there's a good reason for the good feeling you get with soup. One of the many reasons why Soup is Good Food.

*As published in The American Journal of Clinical Nutrition, April, 1981

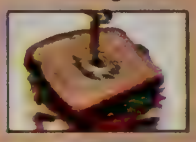
**Source: Hansen, R.G., Wyse, B.W., Sorenson, A.W., The Nutritional Quality Index of Foods, AVI Publishing Co., Inc., Westport, Conn. 1979

Note—Mean value sources for nutrient comparison: USDA Handbooks No. 8 and 456 and Campbell Soup Co.

How to box a lunch.



The Pak-N-Carry™ lunch box keeps lunch fresh in four sealed containers packed inside. Lets you prepare ahead, refrigerate overnight. Poppy or brown.



We lock in freshness.
Tupperware
A Division of Dart Industries Inc.

legs securely to tail). Twist the wing tips under back of capon or chicken. Place bird, breast up, on rack in shallow roasting pan. Combine the remaining orange peel, orange juice, honey, and 2 tablespoons chicken fat. Roast bird, uncovered, in a 375° oven for 2¼ to 2½ hours, basting with glaze the last ½ hour of roasting. Garnish with red grapes and parsley sprigs, if desired. Makes 8 servings.

PASSOVER CARROT-NUT CAKE

As with all sponge cakes, it's important to beat the eggs thoroughly as directed. Grind carrots and walnuts with the fine blade of a food grinder or use a food processor—

6 egg yolks
1 cup sugar
1 cup ground walnuts
1 cup ground carrots
1 teaspoon vanilla
¾ cup matzo cake meal
6 egg whites
Powdered sugar

In small mixer bowl beat egg yolks till light (about 5 minutes); gradually add 1 cup sugar, beating till thick and lemon-colored (about 5 minutes longer). Blend in walnuts, carrots, and vanilla; stir in matzo meal. Wash beaters thoroughly. In large mixer bowl beat egg whites to stiff peaks (tips stand straight). Fold some of the egg whites into matzo mixture to lighten; then fold matzo mixture into egg whites. Turn batter into *ungreased* 8- or 8½-inch springform pan. Bake in 350° oven for 40 to 50 minutes or till cake tests done.

continued

Recipes for spring celebrations

1 egg
1 tablespoon finely shredded orange peel
½ teaspoon salt
⅛ teaspoon pepper
1 5- to 6-pound capon *or* roasting chicken
1 teaspoon finely shredded orange peel
½ cup orange juice
2 tablespoons honey
2 tablespoons chicken fat (schmaltz), melted *or* vegetable oil
Red grapes (optional)
Parsley sprigs (optional)

Cook onion, celery, and almonds in the ⅓ cup chicken fat till vegetables are tender but not brown. Add coarsely crushed matzos or farfel; brown lightly. In a large bowl combine the chicken broth, egg, the 1 tablespoon peel, the salt, and pepper. Add matzo mixture and blend well. Let stand 15 minutes to absorb broth.

Rinse bird; pat dry with paper toweling. Spoon some of the stuffing loosely into neck cavity of bird; pull neck skin to back of bird and fasten securely with a small skewer. Lightly spoon remaining stuffing into body cavity. If opening has a band of skin across tail, tuck drumsticks under band (or tie

How to pack a punch.



Prepare, serve and store beverages in this one-gallon Tupperware Pitcher. Push-Button Seal adjusts for storing or pouring. Burnt orange or brown.



We lock in freshness.
Tupperware
A Division of Dart Industries Inc.

How to save a bunch.



Keep vegetables crisp in an Easy Crisp® container from Tupperware. Seals out drying air. Special grid stores vegetables above moisture. Come to a Tupperware Party soon for fresh ideas on storing and serving food.



We lock in freshness.

Tupperware®

A Division of Dart Industries Inc.

Easter

LEAF EGGS

Materials: 2 ounces yellow onion skins *or* carrot tops from 36 carrots *or* 20 ounces fresh parsley; vinegar; small flat leaves *or* flowers; clean nylon stocking; 1 to 2 dozen eggs; cooking oil.

Instructions:

1. Make onion, carrot top, or parsley dyes: In saucepan combine onion skins, carrot tops, or parsley sprigs with 2 quarts water. Boil gently, covered, 20 minutes for onion skins; 40 minutes for carrot tops or parsley. Strain, pressing skins or leaves to extract dye; discard skins or leaves. Add 1 tablespoon vinegar to dye solution.

2. Cut a 4-inch square of nylon stocking for each egg. Center one leaf or flower on the nylon. Place 1 egg over it. Gently but firmly wrap and stretch nylon around egg, making sure leaf stays flat. Tie tightly with string or twist tie.

3. Gently lower eggs, one at a time, in desired dye. Simmer gently, uncovered, 20 minutes.

4. For Onion-Dyed Eggs, lift eggs out with slotted spoon. Cover with cool water; let stand till cool. Remove nylon and leaf. Let eggs dry. Rub with a soft cloth dipped in oil.

5. For Carrot- or Parsley-Dyed Eggs, lift eggs out with slotted spoon. Let eggs stand in cold water till cool. Reserve dye solution. Return wrapped eggs to dye solution; refrigerate at least 4 hours. Unwrap, dry, and oil as above.

continued

Invert cake in pan on rack to cool completely. When cake is cool, remove it from pan. Sprinkle top with powdered sugar.

FRUIT TZIMMES

(TSIM-uhs)

This dish also makes a delicious dessert compote; make it ahead and chill till serving time—

2 11-ounce packages mixed dried fruits
2 cups water
½ cup dry white Passover wine
3 inches stick cinnamon

• • •

1 tablespoon orange peel cut in thin strips
1 cup orange juice
⅓ cup honey
¼ cup lemon juice
¼ teaspoon ground allspice
¼ teaspoon ground ginger
¼ teaspoon ground cinnamon

In 3-quart saucepan combine mixed dried fruits, water, wine, and stick cinnamon. Bring to boiling; reduce heat. Simmer, covered, 15 to 20 minutes or till fruit is tender. With slotted spoon transfer fruit to bowl. Discard cinnamon stick. Add orange peel to liquid in saucepan; simmer 2 to 3 minutes. Stir in orange juice, honey, lemon juice, allspice, ginger, and ground cinnamon. Return fruit to saucepan; heat to boiling. Remove from heat; cool to room temperature. Serve at room temperature or chilled. If desired, drain fruit before serving. Makes 10 servings.

How to become a gifted person.



Have your own Tupperware Party by April 10, and you could receive this special hostess gift—a Sunbeam 10½-inch Frypan with Sunbeam Sunron® nonstick interior and almond-colored exterior. Phone Tupperware—in the white pages—for details.

Tupperware®

A Division of Dart Industries Inc.

Chip Chip Hooray!

©General Mills, Inc. 1982

Betty Crocker



Introducing SuperMoist® Chocolate Chip Cake Mix and Creamy Deluxe® Chocolate Chip Frosting.

You and Betty Crocker® can Bake Someone Happy

continued

Recipes for spring celebrations

EASTER PUNCH

Rose water is available at drugstores and pharmacies. It adds a springtime fragrance and flavor to this easy punch—

1 12-ounce can frozen orange juice concentrate, thawed
4½ cups water
2 750-milliliter bottles champagne, chilled
3 to 4 teaspoons rose water
Ice

Combine orange juice concentrate and water; pour into punch bowl. Slowly pour champagne down side of bowl; add rose water. Stir gently with an up-and-down motion. Add ice. Makes about 12 cups.

STRAWBERRY BAVARIAN DRESSING

A blender or food processor gives this dressing a light, fluffy texture—

1½ cups fresh or frozen unsweetened strawberries
¼ cup cream sherry
• • •
1 teaspoon unflavored gelatin
3 tablespoons sugar
1 egg
1 teaspoon vanilla
½ cup whipping cream
Fresh fruit, such as orange wedges, fresh strawberries, apple wedges, and pear wedges

Thaw strawberries, if frozen. Crush *½ cup* of the berries. In small saucepan soften gelatin in crushed berries and sherry. Cook and stir over low heat till gelatin is dissolved. Cool slightly. Place gelatin mixture in blender container or food processor bowl; cover and blend on high speed for 30 to 45 seconds. Add sugar, egg, and vanilla; cover and blend 5 seconds. Add remaining berries; blend 5 seconds more. With blender or food processor running, add whipping cream; continue blending 20 to 30 seconds more. Chill several hours or overnight. Serve with fresh fruit. Makes about 2 cups.

FROMAJADAS

(frow-mah-HAH-daes)

Cinnamon and nutmeg are the surprise seasonings—

2 slightly beaten eggs
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
⅛ teaspoon ground red pepper
1½ cups grated sharp cheddar cheese (6 ounces)
Pastry for 2-crust 9-inch pie

In mixing bowl blend together eggs, cinnamon, nutmeg, and red pepper; stir in cheddar cheese. Divide pastry dough in half. On floured surface roll half the dough to ⅛-inch thickness. Cut into seven 4-inch circles. For each pastry round, cut a small cross pattern on one half of round. Spoon about 1 tablespoon filling on uncut half of round. Fold slashed half of dough over filling. Moisten edges with water

continued

The Sunsweet® Self-Improvement Plan.



The Sunsweet Self-Improvement Plan includes exercise and a healthy, well-balanced diet. And that includes Sunsweet Prune Juice, with no preservatives or added sugar. Sunsweet is 100% pure natural fruit juice, with lots of iron, potassium and vitamin B_2. And best of all, it tastes good. So drink a toast to yourself. With Sunsweet.

SUNSWEET.

To your health.™

CREATE A SENSATION
with California Avocados and Bac*Os

Simple green salads are okay. In their own simple way. But when you add the cool, delicious-ness of golden-green California Avocado slices and the crunchy, bacony flavor of Bac*Os, you've got a salad that's nothing short of sensational. Only takes a moment more. Do it. You'll be a star.

Sensational Salad

6 Tbsp. vegetable oil
2 Tbsp. vinegar or lemon juice
¼ tsp. each—salt, pepper, dry mustard
1 clove garlic (crushed)
6 cups mixed greens torn (your choice of any combination of the following—romaine, iceberg lettuce, escarole, spinach, endive, leaf lettuce)
2 California Avocados, pitted, peeled, sliced
½ cup Bac*Os® imitation bacon

Measure vegetable oil, vinegar, salt, pepper, mustard and garlic into covered jar. Shake well. Refrigerate until chilled. Shake well before using. Toss dressing with greens, avocados and Bac*Os in large salad bowl just before serving.
Makes 4 servings.



© 1981 California Avocado Commissi
® Bac*Os is a registered trademark of General Mills, Inc. imitation bac



continued

Recipes for spring celebrations

and press together gently to seal.

Repeat with remaining dough and filling. Place pastries on an ungreased baking sheet. Bake in a 350° oven for about 25 minutes or till pastries are golden brown (filling will puff through the cross). Cool pastries slightly; serve warm. Makes 14 pastries.

AEBLESKIVERS
(EH-BLEH-SKEE-vors)
Aebleskiver pans are available at Scandinavian import stores and some gourmet cookware stores—

2 cups all-purpose flour
1 teaspoon baking soda
½ teaspoon baking powder
½ teaspoon salt
• • •
2 well-beaten egg yolks
1½ cups buttermilk
2 tablespoons butter *or* margarine, melted
2 egg whites
Cooking oil
Powdered sugar
Assorted jams and jellies

In medium mixing bowl stir together flour, soda, baking powder, and salt. In another mixing bowl beat egg yolks well with rotary beater; blend in buttermilk and butter or margarine. Add to flour mixture, beating till smooth. Wash beaters thoroughly. Beat egg whites to stiff peaks (tips stand straight); fold into batter.

To cook: Heat aebleskiver pan over medium-low heat; oil each cup lightly. Spoon about 2 tablespoons batter into each cup. Cook till bubbles form and edges appear dry, about 3 minutes. Gently turn with 2 wooden picks. Cook till second side is golden brown, about 2 minutes. Remove from pans; keep warm. Repeat with remaining batter. Dust with powdered sugar. Serve warm with assorted jams and jellies. Makes about 30.

Note: Batter may also be cooked on lightly greased griddle, using about 2 tablespoons batter per pancake. Cook about 3 minutes on first side, 2 minutes on second side.

KULICH
(koo-LEECH)
Kulich is usually baked so that it's tall and rounded at the top to represent the dome of a Russian church—

½ cup light raisins
2 tablespoons rum
¼ teaspoon ground saffron
1 package active dry yeast
¼ cup warm water (110° to 115°)
½ cup milk
⅓ cup butter *or* margarine
¼ cup sugar
½ teaspoon salt
• • •
3½ cups all-purpose flour
2 eggs
½ cup mixed candied fruits and peels
¼ cup chopped almonds
¼ teaspoon almond extract
1 beaten egg yolk
• • •
1 recipe Powdered Sugar Icing

continued

continued

Recipes for spring celebrations

Candied cherries (optional)

Combine raisins, rum, and saffron. Soften yeast in warm water. In saucepan combine milk, butter or margarine, sugar, and salt. Heat and stir till warm (115° to 120°) or till butter almost melts. Combine milk mixture and *2 cups* of the flour; beat well. Add yeast and eggs; beat well. Stir in raisin mixture, candied fruits and peels, almonds, extract, and enough remaining flour to make a soft dough. Knead on floured surface 8 to 10 minutes. Shape in ball. Place in greased bowl; turn once to grease surface. Cover; let rise till double (about 1½ hours). Punch down; turn onto floured surface. Divide in half (or thirds). Cover; let rest 10 minutes.

Grease bottom and sides of two 29-ounce cans (or three 16-ounce cans); place upright on baking sheet. Shape dough into balls; place one ball of dough in each can. Cover; let rise 45 minutes. Brush dough with beaten egg yolk. Bake in 350° oven about 40 minutes for small cans or about 50 minutes for large cans. Remove from cans; cool. Drizzle with Powdered Sugar Icing. Garnish top of each loaf with a candied cherry, if desired.

To make Powdered Sugar Icing: Mix 1 cup sifted *powdered sugar*, ¼ teaspoon *vanilla*, and enough *milk* (about 1½ tablespoons) to make the mixture spreadable.



HAM AND VEGETABLE BUNDLES

These bundles can be served buffet style; keep the sauce warm over a pan of hot water—

2 pounds fresh asparagus spears
16 slices boiled ham
8 hard-cooked eggs, sliced
8 English muffins, halved and toasted *or* Dutch rusks

• • •

1 recipe Maltaise Sauce
Fresh watercress

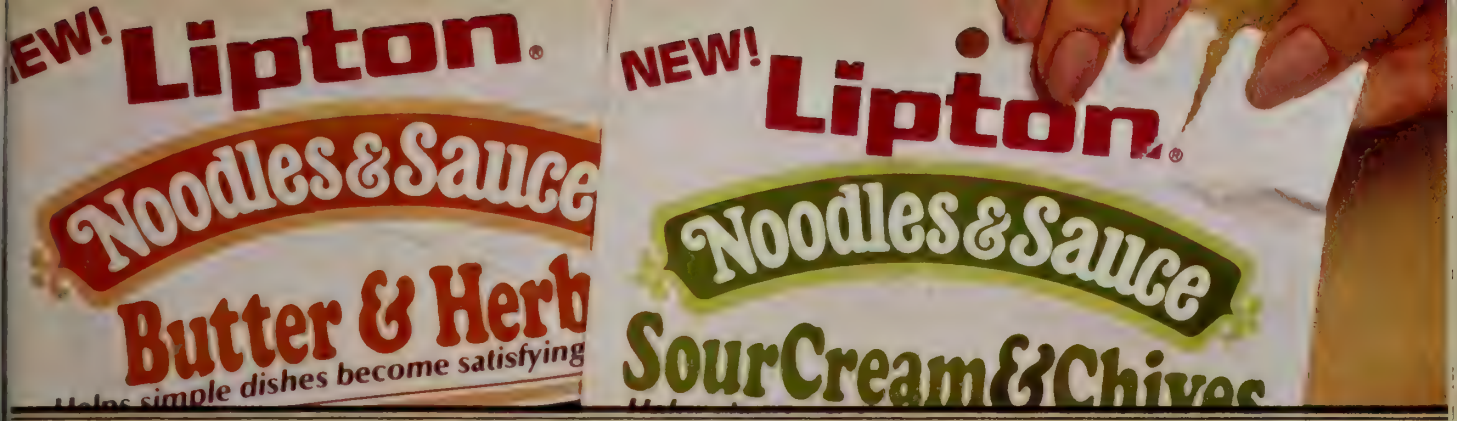
Clean and trim asparagus. In large skillet cook asparagus, covered, in a small amount of boiling salted water about 10 minutes or till just tender. Drain and cool. Roll a few asparagus spears in each ham slice. Place one roll and a few hard-cooked egg slices atop each muffin half or rusk.

Prepare the Maltaise Sauce; keep warm as directed. Pass sauce to spoon over each serving. Garnish individual plates with fresh watercress. Makes 16 servings.

To prepare Maltaise Sauce: Place 6 *egg yolks* in blender container or food processor bowl. Cover and blend about 5 seconds or till mixed. In saucepan heat 1 cup *butter* or *margarine*, 1 teaspoon finely shredded *orange peel*, ¼ cup *orange juice*, 1 tablespoon *lemon juice*, and ⅛ teaspoon *ground red pepper* till butter is melted and *almost* boiling. With lid ajar and blender or food processor running at high speed, slowly pour in butter mixture. Blend about 30 seconds or till thick and fluffy. Serve at once. Keep warm over *hot*, not boiling, water.

Or, cover and refrigerate. To reheat, place sauce in saucepan over very low heat. Cook and stir till warm. If mix-

continued



TEAR INTO THE CREAMY NEW FLAVORS OF LIPTON® NOODLES & SAUCE.



NEW BUTTER & HERB. DELICATELY ENHANCED WITH OREGANO, BASIL AND OTHER HERBS AND SPICES.

NEW SOUR CREAM & CHIVES. MADE WITH REAL SOUR CREAM, AND A TANGY TOUCH OF CHIVES AND SEASONINGS.

Introducing two new mouthwatering flavors of Lipton Noodles & Sauce. New Butter & Herb. And new Sour Cream & Chives. Both are carefully blended with real golden egg noodles for a taste that makes even simple meals sensational.

So now Lipton Noodles & Sauce gives you six delicious varieties to choose from. New Butter & Herb. New Sour Cream & Chives. Plus your four favorite side dish flavors. Chicken. Butter. Cheese. And Beef.

And all take just seven minutes and one pot to prepare.

LIPTON NOODLES & SAUCE HELPS MAKE HOT & SATISFYING MEALS.

12¢ **12¢ OFF new Butter & Herb or Sour Cream & Chives, or any Lipton® Noodles & Sauce Product.** 12¢

OFFER LIMITED TO ONE COUPON PER PURCHASE
EXPIRATION DATE: March 31, 1983

TO RETAILER: **THOMAS J. LIPTON, INC.** will redeem this coupon at face value plus 7¢ for handling if conditions of offer have been complied with by you and your customer. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown upon request. Coupon may not be assigned or transferred. Customer must pay any sales tax. Cash value—1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. Void where reproduced, prohibited, taxed or restricted. Good only in U.S.A., its territories and Puerto Rico. For redemption of properly received and handled coupons, mail to: **Thomas J. Lipton, Inc.** P.O. Box R-7000, El Paso, Texas 79975.

Good only upon presentation to retailer on purchase of product described. Any other use constitutes fraud.



STORE COUPON NP-70

STORE COUPON NP-70

12¢ 12¢

continued

Recipes for spring celebrations

ture seems thick, stir in a little *water* (1 to 2 tablespoons). Makes 2 cups sauce.

St. Joseph's Day

ST. JOSEPH'S BREAD

To braid the dough, begin in the middle of the ropes and work toward the ends. Braid loosely to allow the dough to expand—

1½ cups warm water (110° to 115°)
2 packages active dry yeast
2 tablespoons shortening
1 tablespoon sugar
1 tablespoon olive *or* cooking oil
2 teaspoons salt
4 to 4½ cups all-purpose flour
1 beaten egg
¼ cup sesame seed

In small bowl combine the warm water, the yeast, shortening, sugar, oil, and salt. Let stand 5 minutes. Place *2½ cups* of the flour in large mixer bowl; add liquid mixture. Beat on low speed of electric mixer or stir by hand till all ingredients are thoroughly blended. Stir in as much of the remaining flour as you can mix in with a spoon. Turn out onto lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape into a ball. Place in lightly greased bowl; turn once to grease surface. Cover; let rise in warm place till double (45 to 60 minutes). Punch down; divide dough into six equal pieces. Cover; let rest 10 minutes. Roll each piece into a 12-inch-long rope. Using three ropes for each loaf, braid and secure ends. Place on greased baking sheets. Cover; let rise till nearly double (30 to 45 minutes). Brush sides and top of loaves with beaten egg. Sprinkle with sesame seed. Bake in 400° oven 25 minutes or till bread tests done and is golden brown. Remove bread from baking sheet; cool on wire rack. Makes 2 braids.



Brand new Potato 'n Sesame Snack Thins! A light, crisp cracker that bursts with real potato flavor. And an extra touch of sesame gives this snack a taste worth celebrating.



PASTA CON SARDE

Condimento per pasta con sarde (a canned fennel- and sardine-based condiment) is available at Italian grocery stores—

4 medium onions, chopped (2 cups)
¼ cup olive *or* cooking oil
1 29-ounce can tomato puree
1 tomato can (29 ounces) water
2 tablespoons sugar

• • •

1 15-ounce can (2 cups) condimento per pasta con sarde*
¼ cup pine nuts
2 cups dry bread crumbs
2 tablespoons olive *or* cooking oil
Several dashes pepper
Hot cooked spaghetti

In large, heavy saucepan or Dutch oven cook onion in the ¼ cup hot oil till tender but not brown. Add tomato puree, water, and sugar. Simmer, uncovered, 10 to 15 minutes. Break up fish in condimento per pasta con sarde; add condimento to tomato mixture in pan along with pine nuts. Simmer, uncovered, 2 hours, stirring frequently. Stir every 5 to 10 minutes the last 30 minutes to prevent sticking. In heavy skillet toast bread crumbs with the 2 tablespoons oil and the pepper. Serve sauce over hot spaghetti; sprinkle with bread crumbs. Makes 10 to 12 side-dish servings.

**If you cannot locate canned condimento per pasta con sarde, you can make a substitute as follows:* In large saucepan cook 4 cups coarsely shredded *romaine* (1 medium head), covered, in ½ cup *water* for 5 minutes or till limp. Puree one 3¾-ounce can *undrained sardines.* Add sardine puree, one 3¾-ounce can whole *undrained sardines,* ¼ cup *raisins,* 1 tablespoon *lemon juice,* 1 tablespoon dried *fennel seed,* crushed, 1 tablespoon *pine nuts,* 1 teaspoon *salt,* and ¼ teaspoon *pepper* to the romaine. Bring to boiling; reduce heat. Cover and simmer 5 minutes. Uncover and simmer 5 minutes longer or till mixture is of thick-puree consistency. Makes 2 cups.

FRIED COD WITH TOMATO-OLIVE SAUCE

No one will believe this dish starts with salt cod; the fish loses its salty taste during the soaking period—

2 pounds salt cod



DESERVES ANOTHER.

What's better than one great tasting snack cracker? Two mixed together. The rich taste of Potato 'n Sesame Snack Thins blends sensationally with the wholesome flavor of Wheat Thins.



©NABISCO BRANDS, INC. 1982

1 medium onion, chopped (½ cup)
1 tablespoon snipped parsley
½ lemon, sliced
2 eggs
¼ cup water
⅓ cup all-purpose flour
2 teaspoons olive *or* cooking oil

• • •

Cooking oil for deep-fat frying
1 recipe Tomato-Olive Sauce (see recipe below)
Basil *or* parsley sprig (optional)

Soak cod in enough cold water to cover for 24 to 48 hours, changing water several times. Drain well. Skin and bone cod; cut into 2- to 3-inch squares. Place cod in large saucepan and cover with water (about 6 cups). Add onion, parsley, and lemon slices. Bring to boiling; cover and boil 1 minute. Remove from heat. Let stand, covered, for 15 minutes. Drain cod; pat dry with paper toweling. In mixing bowl beat eggs and the ¼ cup water with rotary beater; beat in flour till smooth. Stir in olive oil. Let batter stand 30 minutes.

In a deep saucepan or deep-fat fryer heat cooking oil to 375°. Dip cod squares, one at a time, in batter. Fry a few squares at a time in hot oil for 1 to 2 minutes or till golden, turning once. Remove from fat with a slotted spoon; drain on paper toweling.

Keep cooked cod warm in oven while frying remaining pieces. Place cod in shallow serving dish. Spoon Tomato-Olive Sauce atop. Garnish with a fresh basil or parsley sprig, if desired. Makes 8 to 10 servings.

TOMATO-OLIVE SAUCE

If you can't find Greek olives, you can substitute the more familiar ripe olives—

1 medium onion, chopped (½ cup)
2 tablespoons olive *or* cooking oil
1 14-ounce can peeled Italian-style tomatoes, cut up
1 cup dry white wine

• • •

½ cup pitted green olives, sliced
¼ cup pitted black Greek olives, sliced
1 tablespoon snipped parsley
4 teaspoons capers
Dash garlic powder

In 2-quart saucepan cook onion in

continued



HERE'S ONE GREAT OFFER TO PROVE IT!

$1.00 REFUND

WHEN YOU BUY NEW POTATO 'N SESAME SNACK THINS AND TWO DIFFERENT NABISCO SNACK CRACKERS

We'll send you a check for $1.00—Just mail this form and the purchase confirmation seals from Potato 'n Sesame Snack Thins and any two different NABISCO SNACK CRACKERS checked below, to: **POTATO 'N SESAME REFUND, P.O. BOX NB 544, El Paso, Texas 79977.**

☐ Chicken in a Biskit™
☐ Country Crackers
☐ Swiss Cheese
☐ Sociables
☐ Triscuit
☐ Wheat Thins
☐ Bacon Thins
☐ Better Cheddars™
☐ Sesame Wheats
☐ Vegetable Thins

Please send my $1.00 check to:

Name _____

Address _____

City _____ State _____ Zip _____

Offer good only in USA. This certificate must accompany your request and may not be reproduced. Limit one offer per household group or organization. Offer void where taxed, restricted or prohibited by law. **OFFER EXPIRES MAY 31, 1982.**

continued

Recipes for spring celebrations

hot oil till tender but not brown. Add *undrained* tomatoes and wine. Bring to boiling. Reduce heat and simmer, uncovered, 20 minutes or till sauce is reduced to about 2 cups. Stir in the remaining ingredients; simmer, uncovered, 10 minutes more. Makes 2⅔ cups sauce.

SESAME COOKIES

The sesame seed adds a special nutty flavor—

½ cup butter
½ cup margarine
¾ cup sugar
3 egg yolks
½ teaspoon vanilla

• • •

2½ cups all-purpose flour
1 teaspoon baking powder
3 egg whites
¾ cup sesame seed

In mixer bowl beat butter, margarine, and sugar on medium speed of electric mixer till fluffy. Blend in egg yolks and vanilla; beat well. Thoroughly stir together the flour and baking powder. Gradually add to creamed mixture; beat till well blended. With fork beat egg whites slightly. Pinch off a piece of dough the size of a walnut; shape in a ball. Dip in beaten egg whites; roll in sesame seed. Repeat with remaining dough, egg whites, and sesame seed. Place on greased cookie sheet. Bake in 375° oven for 12 to 15 minutes. Cool on wire rack. Makes about 42.

FIG-FILLED COOKIES

These tender and delicious cookies can be shaped two ways—

6 ounces dried figs (about 1 cup)
4 ounces pitted dates (about ⅔ cup)
4 ounces raisins (about ¾ cup)
2 tablespoons candied citron
4 ounces almonds, chopped and toasted (about 1 cup)
¼ cup orange marmalade
¼ cup pineapple preserves
¼ cup orange liqueur
½ teaspoon ground cinnamon
¼ teaspoon ground cloves

• • •

2½ cups all-purpose flour
⅓ cup sugar
1¼ teaspoons baking powder
⅛ teaspoon salt
½ cup lard *or* shortening
1 tablespoon butter *or* margarine
2 eggs
2 tablespoons milk
½ teaspoon vanilla
1 recipe Lemon Glaze
Candied citron (optional)

Steam figs over boiling water 2 to 3 minutes to soften. Grind through food chopper along with dates, raisins, and 2 tablespoons citron. Blend in almonds, marmalade, preserves, liqueur, cinnamon, and cloves.

In large mixing bowl thoroughly stir together flour, sugar, baking powder, and salt. Cut in lard and butter or margarine till mixture resembles fine crumbs. Combine eggs, milk, and vanilla; add to flour mixture till well blended. Divide dough in half. On lightly floured surface roll each half to a 12x8-inch rectangle. Proceed using either method 1 or 2.

Method 1: Cut each rectangle into four 12x2-inch strips. Spread about ⅓ cup fig mixture lengthwise down half of each strip. Fold dough over; seal edges. Cut diagonally into 2x1-inch diamonds. Place on lightly greased cookie sheet. Repeat with remaining strips of dough and filling. Bake in 350° oven for 15 to 18 minutes. Remove to wire rack to cool.

Method 2: Place one of the 12x8-inch sheets on a lightly greased baking sheet. Spread with the fig filling. Top with the second pastry sheet. Score top in 2x1-inch diamonds. Bake in 350° oven for 15 to 18 minutes. Remove to wire rack to cool. When cool cut into diamonds.

Glaze cookies with *Lemon Glaze:* Blend 4 cups sifted *powdered sugar,* 1 teaspoon *vanilla,* ½ teaspoon *lemon extract,* and enough *milk* (¼ to ⅓ cup) to give the mixture a glaze consistency. Garnish diamonds with additional citron, if desired. Makes 4 dozen cookies.

PIGNOLATTI

(peen-yo-LAHT-TEE)

You also can shape these candy-coated pastries into small cones for individual servings—

2 cups all-purpose flour
¼ teaspoon salt
3 eggs
½ teaspoon vanilla
Cooking oil for deep-fat frying

• • •

1 cup sugar
½ cup honey
2 tablespoons butter *or* margarine
Multicolored decorative candies

In a large bowl combine flour and salt. Make a well in center. Combine eggs and vanilla; add to flour mixture. Mix well to make a stiff dough. On lightly floured surface knead dough 10 to 12 times. Roll dough to a 12x7-inch rectangle, ¼ inch thick. With pastry wheel or knife cut dough into ¼-inch-wide strips. Cut strips into ½-inch-long pieces. Heat oil in deep saucepan or deep-fat fryer to 365°. Drop as many pieces of dough as will float, uncrowded, in one layer in the hot oil. Fry dough for 2 to 3 minutes or till lightly browned, turning once. Drain on paper toweling.

Repeat with remaining dough. In small saucepan with buttered sides combine the sugar and honey. Cook and stir over medium-low heat till sugar is dissolved and mixture boils. Cook, stirring occasionally, to 270°, about 3 minutes. Remove from heat. Stir in butter or margarine. Pour over deep-fried pastries in large bowl. Stir constantly to coat well. With buttered hands form the honey-coated pieces into a cone-shaped mound on serving platter. Sprinkle with decorative candies. Let cool to harden. To serve, break off individual pieces. Makes 10 to 12 servings.

CANNOLI

The cannoli tubes used for shaping and frying the pastries are metal cylinders about 4 inches long and 1 inch in diameter; they're sold at Italian import shops and some gourmet cookware shops—

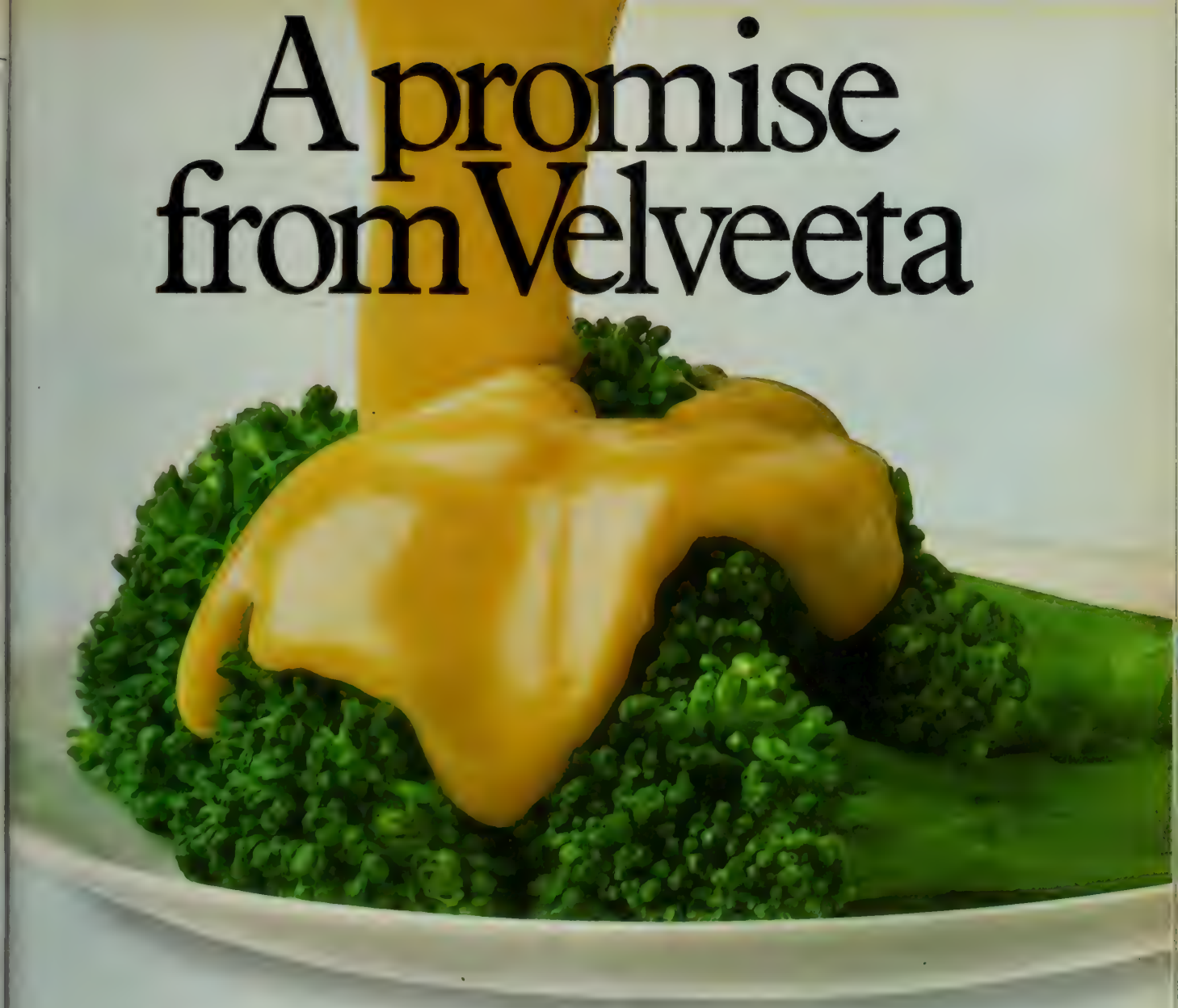
2¼ cups all-purpose flour
¼ cup granulated sugar
½ teaspoon ground cinnamon
¼ teaspoon ground cloves
⅓ cup shortening
2 well-beaten eggs
⅓ cup dry white wine
Cooking oil for deep-fat frying

• • •

2 pounds ricotta cheese, well drained

continued

A promise from Velveeta



Smooth, perfect melting every time.

Velveeta process cheese spread is made to melt quickly, evenly, consistently, with no lumps or fuss. It melts beautifully into a smooth, creamy cheesy sauce like this. Velveeta process cheese spread promises perfect melting box after box. We say it right on every package: Satisfaction Guaranteed.

CHEESY ONION SAUCE

½ lb. VELVEETA Pasteurized Process Cheese Spread, cubed
¼ cup milk
½ teaspoon onion powder

Heat process cheese spread and milk over low heat; stir until sauce is smooth. Add onion powder; mix well. 1 cup

Variations: Cheesy Garlic Sauce: Substitute ¼ teaspoon garlic powder for onion powder.

Cheesy Lemon Sauce: Substitute 1 teaspoon lemon juice and ¼ teaspoon lemon rind for onion powder.



That's a promise from Kraft.

KRAFT © 1982 Kraft, Inc.



The Creamy Crunchy Combo

Every bite's a delight when Cheez Whiz and Durkee Real French Fried Onions get togeth

cheese spread

With these two, you can really cook up some excitement. Cheez Whiz cheese spre made with a blend of natural cheeses, is deliciously creamy. And Durkee/O&C Real French Fried Onions add a crispy golden crunch. So stir them into a frittata. Fantastic! Or do something nice for chicken and rice. Every bite's a delight when it's creamy and crunchy.



Creamy Crunchy Ham 'n Onion Frittata

2 tablespoons margarine
5 eggs, slightly beaten
¼ cup milk
1 8-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread
1 cup chopped cooked potatoes
1 cup chopped ham
1 2.8-oz. can DURKEE French Fried Onions

Melt margarine in 10-inch ovenproof skillet or omelet pan over low heat. Gradually add eggs and milk to process cheese spread; mix well. Stir in potatoes, ham and half of onions; pour into skillet. Bake at 350°, 20 minutes. Top with remaining onions; continue baking 5 minutes or until onions are lightly browned.

6 to 8 servings

Creamy Crunchy Chicken 'n Rice Bake

1 8-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread
1⅓ cups hot cooked rice
2 cups chopped cooked chicken
1 10-oz. pkg. frozen peas, cooked, drained
1 2.8-oz. can DURKEE French Fried Onions

Combine process cheese spread and rice; mix well. Add chicken, peas and half of onions; mix lightly. Pour into 1½-quart casserol Bake at 350°, 15 minutes. Top with remaining onions; continue baking 5 minutes or until onions are lightly browned.

4 to 6 servings

KRAFT

DURKEE FAMOUS FOODS
SCM CORPORATION
WESTLAKE, OH 44145, U.S.A.

© 1982 Kraft, Inc.

continued

Recipes for spring celebrations

1½ cups sifted powdered sugar
1 teaspoon vanilla
3 drops oil of cinnamon (optional)
½ cup German sweet cooking chocolate, coarsely chopped
¼ cup chopped candied citron

• • •

Pistachio nuts (optional)
Powdered sugar (optional)

In mixing bowl stir together flour, granulated sugar, cinnamon, and cloves. Cut in shortening till mixture resembles small peas. Combine eggs and wine; add to flour mixture. Stir till dough forms a ball. On a lightly floured surface knead dough 10 to 12 strokes. Divide dough in fourths. Roll each fourth to slightly less than ⅛-inch thickness. Using a knife and a paper pattern, cut dough into ovals 5 inches long and 4 inches wide. *Do not reroll trimmings.* Beginning with long side, roll dough loosely onto cannoli tubes. Moisten overlapping dough with water; press gently to seal. Fry, a few at a time, in deep hot oil (375°) for 1 to 1½ minutes. Drain on paper toweling. When cones are cool enough to handle, remove them from tubes and cool. Cool tubes before reusing.

For filling: Beat cheese with electric mixer till fluffy. Add powdered sugar, vanilla, and oil of cinnamon; beat about 3 minutes. Blend in chocolate and citron; mix well. Cover; chill. Up to 1 hour before serving, fill cones, using a pastry tube to force cheese mixture into cones. If desired, garnish with pistachio nuts; sift powdered sugar atop. Makes 24 cannoli.

SFINGHI

(SFIN-gee)

To reheat, place the cold Sfinghi in a baking pan, cover with foil, and heat in a 350° oven for 10 minutes. If desired, sprinkle with additional powdered sugar—

2 eggs
¼ cup granulated sugar
½ cup ricotta cheese (4 ounces)
1½ cups all-purpose flour
2 teaspoons baking powder
¼ teaspoon ground cinnamon
⅛ teaspoon salt
½ cup milk

• • •

Cooking oil for deep-fat frying
Powdered sugar

In mixer bowl beat eggs and sugar with electric mixer till light. Add ricotta cheese; beat well. Thoroughly stir together flour, baking powder, cinnamon, and salt. Add flour to egg mixture alternately with milk; blend well.

Drop dough by tablespoonfuls into deep hot oil (375°); fry 2 to 3 minutes or till golden brown, turning once. Drain well on paper toweling. Sift powdered sugar over. Serve warm. Makes 30.

STUFFED ARTICHOKES

Make fine, dry French bread crumbs by oven-toasting French bread slices in a 300° oven till crisp and dry. Crush with a rolling pin. Or, place toasted slices in blender container or food processor bowl; cover and process till finely crushed—

4 artichokes
Lemon juice

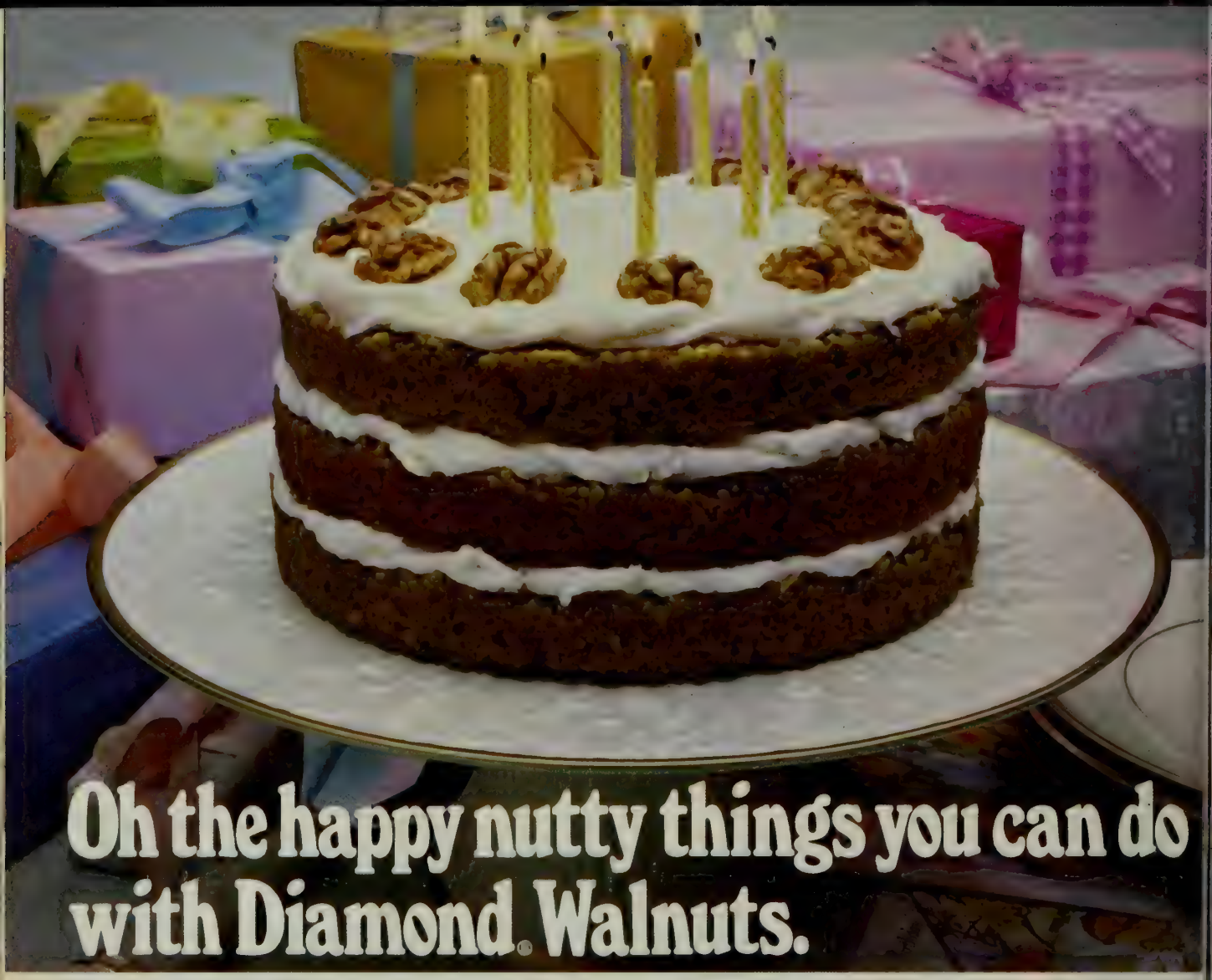
• • •

1¼ cups fine dry French bread crumbs (5 slices bread)
1 small clove garlic, minced
¼ cup snipped parsley
¼ cup grated Parmesan cheese
¼ teaspoon dried basil, crushed
⅛ teaspoon crushed dried red pepper
2 tablespoons olive *or* cooking oil
2 tablespoons dry white wine

Wash, trim stems, and remove loose outer leaves from artichokes. Cut off 1 inch from tops; snip off sharp leaf tips with kitchen shears. Brush cut edges with lemon juice. Invert and drain well on paper toweling.

Combine the fine dry bread crumbs, minced garlic, snipped parsley, Parmesan cheese, dried basil, and pepper; stir in oil and wine. Starting from bottom and working up, put a small amount of crumb mixture on each leaf of artichokes. Steam over boiling water 25 to 30 minutes or till a leaf pulls out easily. Makes 4 servings.





Oh the happy nutty things you can do with Diamond® Walnuts.

Here's a sweet way to say Happy Birthday.

Walnut Carrot Cake

1½ cups Diamond Walnuts
3 cups sifted all-purpose flour
3 tsp. baking powder
1 tsp. salt
2 cups brown sugar, packed
4 large eggs
1 cup oil
1½ tsp. cinnamon
1 tsp. nutmeg
¼ tsp. cloves
3 Tbsp. milk
3 cups grated carrots

Chop ½ cup walnuts fine. Grease 3 (9-in.) layer cake pans well. Sprinkle each with about 2½ Tbsp. walnuts to coat. Chop remaining walnuts a little more coarsely; set aside. Resift flour with baking powder and salt. Combine sugar, eggs, oil and spices. Beat at high speed until light and well mixed. Add half of flour mixture; stir until well blended. Add milk, then remaining flour. Stir in carrots and chopped walnuts. Divide batter evenly in pans. Bake at 350 F. 25 min. until cakes test done. Let stand in pans on wire racks 10 min. Turn cakes out onto racks to cool. When cold, frost with a butter cream frosting. Decorate with walnut halves. Makes 1 large cake, 12 servings.

One coupon per purchase.

15¢



Oh the lovely nutty things you can do with 15¢ off any size can or bag of shelled Diamond Walnuts.

Mr. Grocer: This coupon is redeemable for 15¢ (plus 7¢ handling) when mailed to Diamond Walnuts, P.O. Box 1404, Clinton, IA 52734, provided it has been used for a purchase in accordance with this offer. Any other use constitutes fraud, invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown upon request. Void if use is prohibited, taxed or otherwise restricted by law. Cash value 1/20¢. This offer expires September 30, 1982. DIAMOND WALNUT GROWERS, INC.

70450 103745

15¢



File under Meat

Photographs: Bill Hopkins

Stir-Fried Meat Dishes

Stir-Fried Gazpacho Salad

Spicy seasoning turns this Oriental-style main dish into a winning entrée—

- **1 pound beef round steak**
- **2 tablespoons cooking oil**
- **1 clove garlic, minced**
- **8 ounces fresh mushrooms, sliced (3 cups)**
- **1 small cucumber, seeded and coarsely chopped**
- **1 medium green pepper, cut into strips**
- **1 medium onion, sliced and separated into rings**
- **1 teaspoon Italian seasoning**
- **1 teaspoon seasoned salt**
- **⅛ teaspoon ground red pepper**
- **1 large tomato, cut into wedges**
- **8 ounces fresh spinach leaves (6 cups)**

Partially freeze beef; slice thinly across the grain into bite-size strips. In wok or large skillet cook ***half*** the beef in hot oil till browned on all sides. Remove from pan; keep warm. Repeat with remaining beef and the garlic; remove from pan. Add mushrooms, cucumber, green pepper, onion, Italian seasoning, seasoned salt, and red pepper to wok. Stir-fry 3 minutes or till vegetables are crisp-tender. Add meat and tomato to wok or skillet; cook 1 to 2 minutes or till heated through. Remove meat-vegetable mixture to serving bowl; keep warm. Add spinach leaves to wok; cover and cook for 1 minute or till slightly wilted. To serve, arrange wilted spinach leaves on four plates; spoon meat-vegetable mixture atop. Serves 4.

Trish Kondziela, Buffalo, N.Y.



File under Desserts

Buying information, page 138

Yogurt Desserts

Poor Boy's Strawberry Shortcake

This top-notch dessert is an easy version of the springtime favorite—

- **½ cup shortening**
- **3 cups packaged buttermilk pancake mix**
- **1 beaten egg**
- **2 8-ounce cartons strawberry yogurt**
- **⅓ cup packed brown sugar**
- **⅓ cup milk**
- **1 4-ounce container frozen whipped dessert topping, thawed**

Grease and lightly flour two 8x1½-inch round baking pans; set aside. In large mixing bowl cut shortening into pancake mix till mixture resembles coarse crumbs. Combine egg, ***one*** carton of yogurt, brown sugar, and milk. Add to dry ingredients, stirring till moistened. Turn mixture into prepared pans. Bake in a 375° oven about 25 minutes or till done. Cool 10 minutes on wire racks. Remove from pans; cool thoroughly on wire racks. For topping, fold the remaining carton of yogurt into the dessert topping till smooth. To assemble, spoon *half* of the topping over one shortcake layer; place second cake layer atop. Spread remaining strawberry mixture over top. Makes 8 to 10 servings.

Mrs. Julius A. Bugnitz, Florissant, Mo.



PRIZE TESTED RECIPES®
ADD TO YOUR COOK BOOK

Order your 480-page loose-leaf cook book. Contains 1,200 tested recipes. Room to add extra pages like this one. At booksellers or mail $15.95 + $1.45 postage to Better Homes and Gardens, Dept. 22A, P.O. Box 374, Des Moines, IA 50336.



Yogurt Rhubarb Cake

For topping: In small bowl combine 2 tablespoons melted ***butter*** or ***margarine,*** ½ cup packed ***brown sugar,*** ½ cup chopped ***pecans,*** ¼ cup ***all-purpose flour,*** and 1 teaspoon ***ground cinnamon.*** Set aside.

For cake: In medium mixing bowl stir together 1 cup ***whole wheat flour,*** 1 cup ***all-purpose flour,*** 1½ teaspoons ***baking powder,*** 1 teaspoon ***ground cinnamon,*** ½ teaspoon ***baking soda,*** and ½ teaspoon ***salt.*** Set aside. Combine one 8-ounce carton ***cherry-vanilla yogurt*** and 3 tablespoons ***milk.*** In large mixer bowl beat together 1 cup packed ***brown sugar*** and ½ cup ***butter.*** Add 2 ***eggs*** and 1 teaspoon ***vanilla;*** beat till fluffy. To the egg mixture alternately add the whole wheat flour mixture and the yogurt mixture, beating till well blended. Fold in 2½ cups chopped ***fresh*** or ***frozen rhubarb,*** thawed. Pour batter into greased and floured 13x9x2-inch baking pan. Sprinkle topping over batter. Bake in a 350° oven for 45 to 50 minutes or till done. Serve warm or cool.

Mrs. A. J. Ponzi, Denver, Colo.



Honey-Yogurt Fruit Cups

Stir the sauce constantly over medium-low heat to avoid overcooking—

¾ teaspoon cornstarch
⅛ teaspoon salt
3 tablespoons honey
4 teaspoons lemon juice
1 slightly beaten egg yolk
1 8-ounce carton plain yogurt
½ cup whipping cream
4 cups mixed fresh *or* frozen fruit, thawed (choose from blueberries, peaches, bananas, strawberries, and pineapple)
1 cup granola

In small saucepan combine the cornstarch and salt. Blend in honey and lemon juice. Cook and stir till thickened and bubbly; cook and stir 2 minutes more. Gradually stir about ***half*** of the hot mixture into the beaten yolk. Return egg mixture to saucepan; cook 2 minutes more. Remove from heat. Stir in yogurt. Cool completely. Beat whipping cream to soft peaks. Fold into yogurt mixture. Chill. In eight dessert dishes layer the fruit, yogurt mixture, and granola. Makes 8 servings.

Karen Thauer, Kentwood, Mich.



Steak-Vegetable Pockets

¾ pound beef top round steak
1½ cups thinly sliced broccoli
1 small carrot, thinly sliced
1 small onion, sliced
½ of a green pepper, cut into strips
3 tablespoons cooking oil
8 pea pods, halved crosswise
6 fresh mushrooms, sliced
1 small tomato, chopped
3 tablespoons soy sauce
1½ teaspoons cornstarch
4 pita bread rounds, halved
½ cup shredded cheddar cheese

Slice beef thinly across the grain into bite-size strips. In wok stir-fry broccoli, carrot, onion, and green pepper in ***1 tablespoon*** hot oil 7 minutes. Add pea pods, mushrooms, and tomato; stir-fry 2 minutes. Remove vegetables. Stir-fry beef in remaining oil for 3 minutes. Combine ¼ cup ***cold water*** and soy sauce; blend in cornstarch. Add to wok. Cook and stir till bubbly. Return vegetables to wok; heat through. Spoon mixture into pita bread; top with cheese. Serves 4.

Mrs. Leslie Matthews, Barrington, N.H.



Pork in Orange Sauce

1 tablespoon finely shredded orange peel
½ cup orange juice
2 tablespoons soy sauce
2 teaspoons cornstarch
1 teaspoon sugar
⅛ teaspoon ground ginger
2 large carrots, thinly sliced
2 stalks celery, chopped (1 cup)
2 tablespoons cooking oil
1 pound lean boneless pork, cut into ½-inch cubes
¼ cup cashews
Hot cooked rice

Combine orange peel, orange juice, soy sauce, cornstarch, sugar, and ginger; set aside. In wok or large skillet stir-fry carrots and celery in hot oil about 4 minutes or till crisp-tender. Remove from wok and set aside. Stir-fry pork 4 to 5 minutes or till browned. (Add more oil, if necessary.) Add orange juice mixture and cashews. Cook and stir till thickened and bubbly. Return vegetables to wok. Cover and heat through 1 minute. Serve over rice. Makes 4 to 6 servings.

Elaine Kyriss, Billings, Mont.

And you thought Bisquick® only made pancakes.



Impossible Tuna Pie

- 1 can (6½ ounces) tuna, drained
- 1 cup shredded process sharp American cheese
- 1 package (3 ounces) cream cheese, cut up
- ¼ cup sliced green onions
- 1 jar (2 ounces) chopped pimiento, drained, if desired
- 2 cups milk
- 1 cup Bisquick® baking mix
- 4 eggs
- ¾ teaspoon salt
- Dash of nutmeg

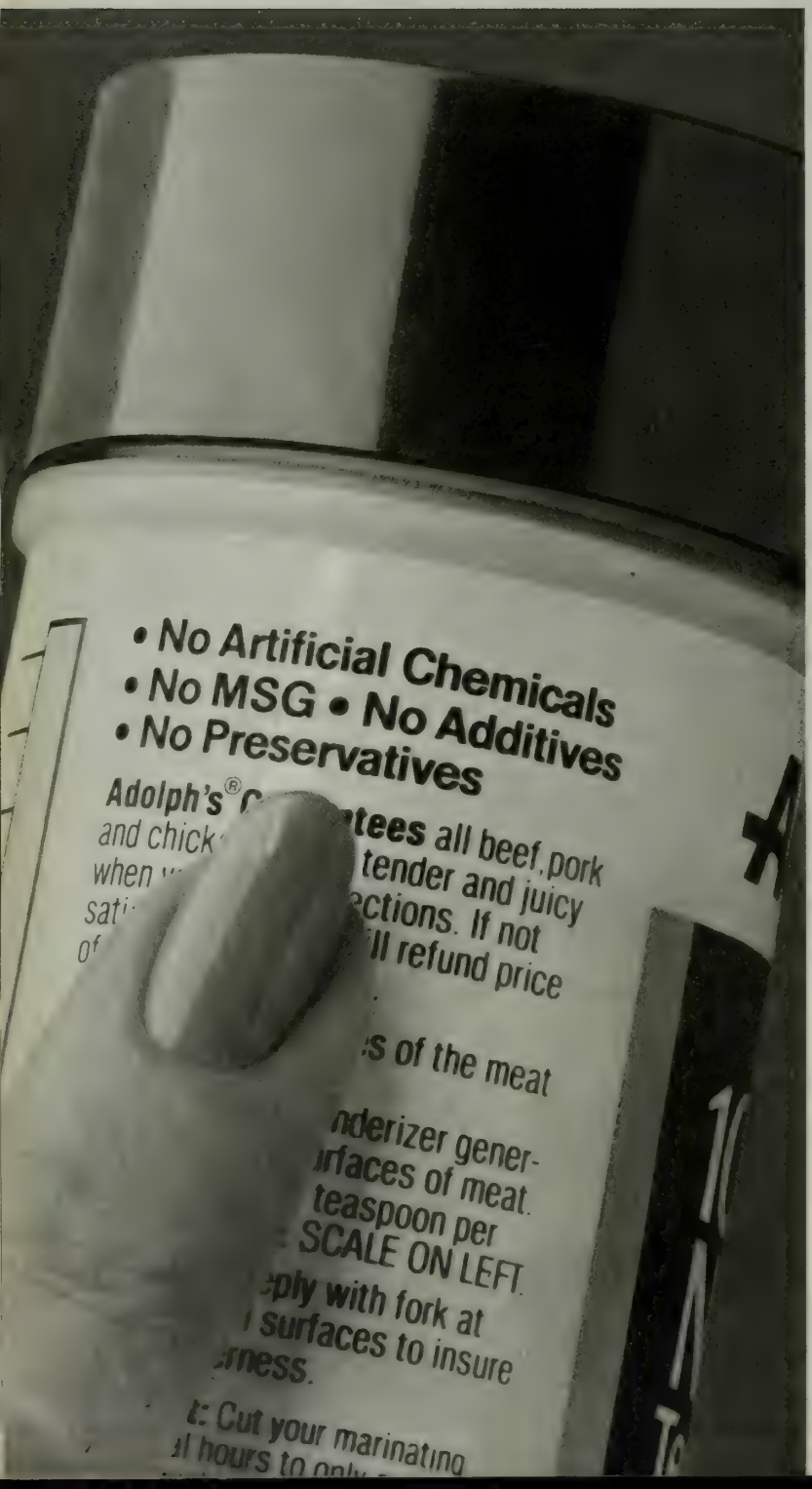
Heat oven to 400°. Grease pie plate, 10x1½ inches. Mix tuna, cheeses, onions and pimiento in plate. Beat remaining ingredients 15 seconds in blender on high or 1 minute with hand beater. Pour into plate. Bake until knife inserted between center and edge comes out clean, 35 to 40 minutes. Cool 5 minutes. Serve with sliced tomatoes. 6 to 8 servings.

Impossible Seafood Pie: Substitute 1 package (6 ounces) frozen crabmeat or shrimp, thawed and drained, for the tuna.

High Altitude: Bake 45 to 50 minutes.

® Reg. T.M. of General Mills, Inc.
© General Mills, Inc. 1981

It's here! 100% Natural Meat Tenderizer. No ifs, ands or additives.



Adolph's® 100% Natural Meat Tenderizer is exactly that; 100% natural. It doesn't contain additives, preservatives, MSG, or artificial chemicals. It just gives you tender juicy meat. Naturally.

The natural way to get tender meat and poultry.

Adolph's has discovered that in every papaya melon there's a natural ingredient called papain that helps make meat more tender as it cooks. We've used that papain to give you an all natural tenderizer.

How tenderizer saves you money.

By using tenderizer you can buy less expensive cuts of beef like bottom round and chuck steak. Because when you sprinkle Adolph's 100% Natural Tenderizer on them they cook up as tender and juicy as the more expensive cuts. And remember that Adolph's works just as well on chicken or pork as it does on beef.

Adolph's guarantees.

We guarantee that our 100% Natural Meat Tenderizer will give you a more tender, juicy piece of beef, pork and chicken, or your money back. That's right. If you and your family don't agree that meat cooked with Adolph's is more tender and juicy than meat cooked without it, we'll refund every penny.

Free hotline. Free offer.

If you have any questions at all about Adolph's 100% Natural Meat Tenderizer, or would like some helpful tips on its use, just give us a call, toll-free, at 1-800-243-5804.* We'll be happy to answer your questions, and send you a free sample. That's how sure we are that once you use Adolph's you'll agree it's the totally natural thing to do.



*In Connecticut call 1-800-852-8558.

WIN MONEY FOR YOUR

RECIPES

Winter Squash Recipes
Microwave Meat Entrées

Have you invented an unusual squash side dish? Do you prepare a tasty meat dish in your microwave oven? Send us your recipes—you could win. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next October. Winners receive a Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Winter Squash Recipes

Your one-of-a-kind vegetable recipe could feature acorn, banana, butternut, turban, Hubbard, or buttercup squash. **Tips: layered acorn squash bake, citrus squash souffle, creamy butternut soup.**

Microwave Meat Entrées

You can enter any original meat dish (beef, pork, lamb, sausage, or variety meat) that's designed for the microwave oven. **Hints: bulgur meatball stew, cheese-bratwurst casserole, pork broccoli dinner.**

THIS MONTH'S WINNERS

(See recipes on pages 111 and 112)

Cooks-of-the-Month

Mrs. Julius A. Bugnitz, Florissant, Mo.
Trish Kondziela, Buffalo, N.Y.

Runners-up

Elaine Kyriss, Billings, Mont.
Mrs. Leslie Matthews, Barrington, N.H.
Mrs. A. J. Ponzi, Denver, Colo.
Karen Thauer, Kentwood, Mich.

Honor Roll

Taffy Cannon, Venice, Calif.
Vera De Marco, Upper Marlboro, Md.
Anne Dobrinen, Fresno, Calif.
Laura Getschmann, Bremerton, Wash.
Vivian Haney, Jenison, Mich.
Deanna S. Kwan, Odenton, Md.
Lillian Nowak, Dearborn, Mich.
Elizabeth A. Phelps, Warwick, R.I.
Lee Robison, New Albany, Ind.
Ivy Tuttle, Kent, Wash.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "October Winter Squash Recipes" or "October Microwave Meat Entrees."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, March 31. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8203 Food Department, Better Homes and Gardens, Des Moines, IA 50336.**

Made with butter or Blue Bonnet?
Even chefs can't tell the difference.





3830

STORE COUPON

SAVE 10¢
ON SOFT BLUE BONNET® MARGARINE
or any other One Pound Package

10¢

To Retailer: Nabisco Brands, Inc. will pay the face value plus 7¢ for handling provided you and your customer have complied with the terms of this offer, any other application constitutes fraud. Invoices showing your purchase of sufficient stock to cover all coupons redeemed must be shown upon request. Void if prohibited, taxed or restricted. Good only in U.S.A. and APO-FPO locations. Customer must pay any sales tax. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. Redeem only through our representatives or by mailing to Nabisco Brands, Inc., P.O. Box 1708, Elm City, North Carolina 27898.

To the Customer: This coupon is good only on the product indicated. Any other use constitutes fraud. LIMIT - ONE COUPON PER PURCHASE. EXPIRATION DATE SEPTEMBER 30, 1982.

10¢

STORE COUPON

3830

© 1982, Nabisco Brands, Inc.

By Margaret McMahon and Stacey Smith

Picture-Perfect Table Settings

You can make art "come to life" on your dining table with this simple trick of the eye. Hang a handsome still life on the wall as a backdrop, then create a centerpiece that reflects the print. Add complementary tableware, and—*voilà*—you have a picture-perfect table setting.

This art-inspired breakfast table, *below,* draws its charm from two flower-filled vases. A patterned cloth and pastel tableware complement the delicate hues of the flowers and add to the romantic appeal of the table setting. Napkins complete the picture.

Below: Dinnerware "Blue Flower Curved"—Royal Copenhagen. Flatware "Cambridge"—Manhattan Ad Hoc. Glassware "Opera"—Villeroy & Boch.

Buying information, page 138



A good-enough-to-eat still life is faithfully reflected in this simple centerpiece of fresh flowers and fruit, *left.* In keeping with the traditional print, the table setting is formal, with crisp white cloth and napkins, classic flatware, and floral china.

Left: Dinnerware "Chamberlain"—Royal Worcester. Glassware "Tramore"—Waterford. Silver plate flatware "Royal Grandeur"—Oneida.

Photographs: Harry Hartman



Kings Men. & 100s: 8 mg. "tar," 0.7 mg. nicotine;
Kings Reg.: 8 mg. "tar," 0.8 mg. nicotine av. per cigarette, FTC Report May '81.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Golden DE Lights™



Full. Rich. Delightful. Taste the pleasure.

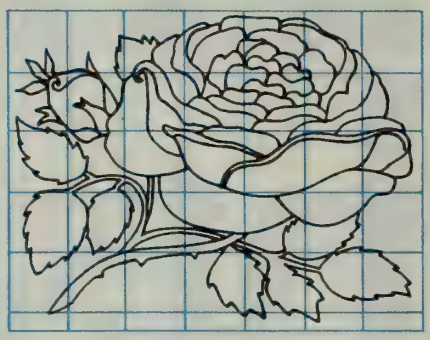
Kings and 100s. Regular and Menthol.

© Lorillard, U.S.A., 1981

begins on page 48

Rose crafts

Fabric rose collage, page 49
(Finished size is 15x20 in.)
Materials: Pieces of satin and other lustrous, lightweight fabrics in shades of pink, red, and green (refer to the photograph on page 49 for colors); dark red satiny fabric for background; adhesive spray; sheets of plain white notebook paper; sharp scissors; 15x20-in. piece of cardboard; clear-drying glue.



1 square = 2 inches

Instructions:
1. Enlarge pattern, *above.*
2. Wrap cardboard with background fabric and glue fabric in place. Let dry.
3. Apply spray adhesive to pieces of satin and secure the fabric pieces to sheets of plain paper. (The paper lining helps prevent fraying.)
4. Cut out pattern pieces and glue them in place on the background fabric, overlapping the petals from back to front. Use the pattern for placement and the photograph on page 49 for colors. Work from background to foreground.

Embellish some of the shapes with pieces of lace, if desired.

5. Let the collage dry thoroughly and frame and hang as desired.

Rose basket pillow, page 49
Materials: ½ yd. dark blue velour fabric; ⅛ yd. *each* of 3 shades of pink crepeback satin; pieces of lavender and light blue polyester lining fabric; pieces of velour fabric in 2 shades of green; 1 yd. *each* of gold and rust 1-in.-wide satin ribbon; lavender, blue, green, and gold embroidery floss; glazed quilt batting; polyester fiberfill; iron-on interfacing; white tailor's pencil; tracing paper.
Instructions:
1. Enlarge pattern on *page 119* onto tracing paper and cut around outside edges.
2. Cut blue velour fabric in half widthwise (for front and back of pillow) and lay the tracing paper pattern on the front of one piece. Pin the pattern in place and trace around the outside edges with a white tailor's pencil. Remove pattern.
3. Cut pieces of ribbon for basket slightly longer than shown on pattern. Weave pieces to make basket design and stitch them in place to front of pillow, turning ends under. Before stitching the ribbon along the bottom edge of the basket, insert a piece of batting to give the base of the basket dimension.
4. Cut separate pattern pieces from tracing paper for each flower part and leaf, including overlapped areas of each piece. (Do not include seam allowances at this point.) Trace around pattern pieces onto appropriate fabrics. Iron interfacing to the back of each piece of sheer fabric and machine-stitch around the outlines. Cut out each piece ¼ in. beyond stitching line.
5. Place large tracing paper pattern on top of pillow front and insert individual fabric shapes between pattern and blue velour fabric. Work from the outside edges to the center of the pillow, pinning the fabric pieces in place and turning raw edges under along

Inflammation: a major cause of arthritis pain.

Inflammation can be a real problem. It causes stiffness in joints and can be a primary source of arthritis pain.

To relieve that inflammation and its pain, take Bayer® Aspirin. Because Bayer contains the anti-inflammatory pain reliever doctors recommend most for arthritis pain.

In fact, nothing you can buy without a prescription gives you more relief than Bayer. Nothing.



And some pain relievers, like Tylenol, do nothing for inflammation.

Next time you select an arthritis pain reliever, make sure it not only works for hours on the minor pain, but also on the inflammation that can cause the pain. Bayer Aspirin works.

Read and follow label directions. If pain persists for more than 10 days, or redness is present, consult a physician immediately.

Nothing gives you more relief than Bayer. Nothing.



half diagonally, placing a small amount of stuffing inside. Fold top 2 corners down to meet bottom point and gather raw edges. Insert bud into top of sepal and stitch the 2 pieces together.

7. Tack lower 2 rosebuds in place on the pillow front. Embroider veins in leaves in stem stitch as shown on pattern. Embroider flowers as shown on pattern, working centers in gold French knots.

8. Machine-stitch around pillow top ¼ in. away from basic design. With right sides facing, stitch front and back pillow pieces together, using stitching line as a guide and leaving the bottom edge open. Trim seams and clip corners. Place batting on back of pillow (for a smooth finish) and whipstitch the batting to the seam allowance. Trim excess batting and turn pillow right side out. Tack top 2 rosebuds in place.

9. Stuff pillow to desired fullness and stitch the opening closed.

Rose afghan, page 48

(Finished size is 58x70 in., including border.)

Crocheting abbreviations

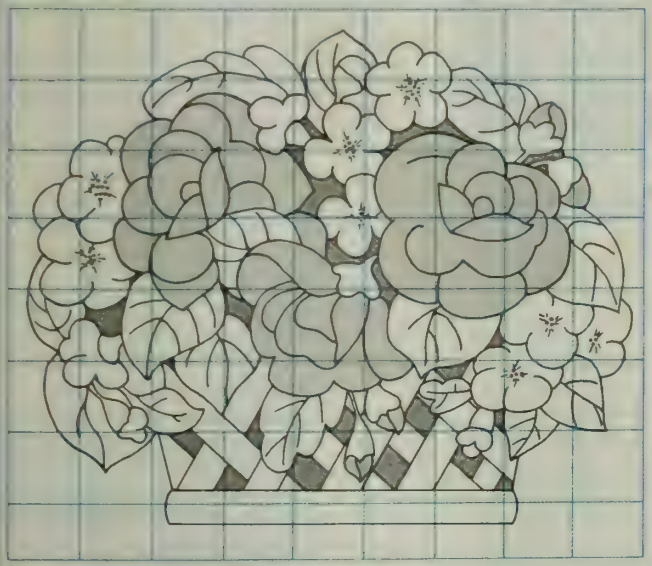
beg ..... beginning
CC ..... contrasting color
ch ..... chain
cl ..... cluster
dc ..... double crochet
dec ..... decrease
dtr ..... double treble
hdc ..... half double crochet
inc ..... increase

continued

stitching lines. Add small amounts of stuffing to flower pieces.

6. To make rosebuds, roll and stitch a piece of green velour for the stems, making a tight tube. For sepals, cut a small green velour rectangle and with right sides facing, stitch the short ends together. Turn right side out and insert in bottom of sepal, turning raw edges under. Stitch stem to sepal.

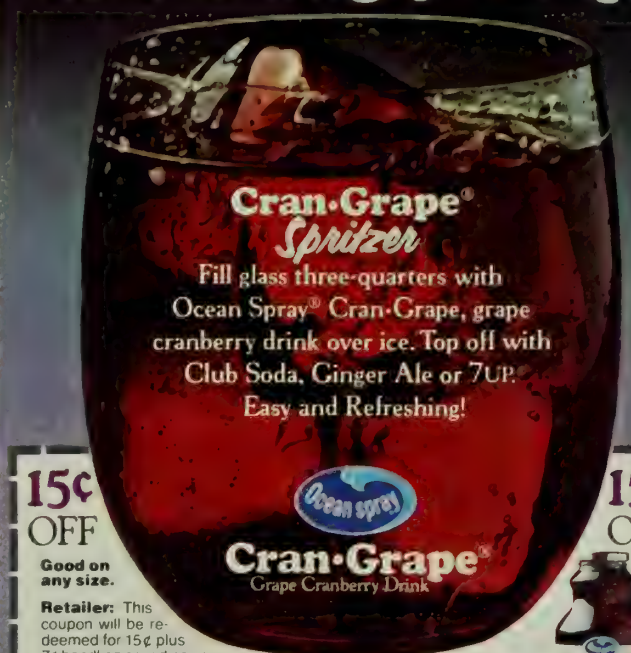
Cut a 3½-in. square of pink satin for bud. Fold satin in



■ = Blue background
□ = Roses

1 square = 2 inches

Refreshingly Unique



15¢ OFF
Good on any size.
15¢ OFF

Retailer: This coupon will be redeemed for 15¢ plus 7¢ handling providing you comply with the terms of this offer: if, upon request, you submit invoices proving sufficient stock purchases to cover the coupons presented; customer pays sales tax; void where prohibited, taxed or restricted by law; mail properly received and handled coupon to: Nielsen Clearing House, P.O. Box 1364, Clinton, Iowa 52734. Offer expires JUNE 30, 1983



15¢ OFF
31200 104854
15¢ OFF

Presto, popcorn wow!

Presto® PopCornNow® continuous hot air popper is the one everybody wants.

Because it's Presto PopCornNow, you pop as much or as little as you want... without stopping or measuring.

Just pour popcorn into special self-feeding bin.

Because it's Presto PopCornNow, you can have hot buttered popcorn automatically if you wish. ButterWell® melter butters as it pops.

Popped corn is crisp, light and nutritious without extra calories because kernels explode with hot air, not hot oil.

Because it's Presto PopCornNow, it has the features everybody wants in a hot air popper.

PRESTO®

...innovation to make it first quality that makes it last and last®

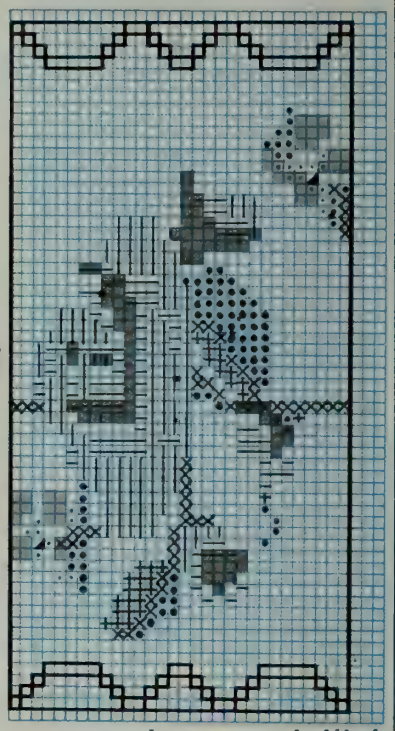


©1981, 1982 by NATIONAL PRESTO INDUSTRIES, INC.

Also Available in Canada

obtain gauge given below; size H aluminum crochet hook; 8 yds. each of 5 colors of ⅜-in.-wide satin ribbon (to match cross-stitch designs); yarn needle.

Gauge: 5 afghan stitches = 1 in.



1 square = 1 stitch

- ⊠ Dark green
- ◉ Medium green
- ⊞ Light green
- ▩ Dark pink
- ◫ Medium pink
- ⊟ Light pink
- ⊡ Violet
- □ Lavender
- ◪ Gold
- □ Blue

Instructions:

Panel: With off-white and afghan hook, ch 6. *Row 1:* Working from right to left, sk first ch, insert hook into 2nd ch from hook, yo and draw through a lp, * insert hook into next ch, yo and draw through a lp. Rep from * across, keeping all lps on hook. *Row 2:* Working from left to right, yo and draw through first 2 lps on hook, * yo and draw through next 2 lps on hook. Rep from * across to end until one lp rem on hook. *Row 3:* Working from right to left, sk first vertical bar on the front of the fabric, * insert hook from right to left into next vertical bar, yo and draw through a lp. Rep from * to end, keep all lps on hook. *Row 4:* Rep Row 2.

Rep Rows 3 and 4 until total length measures approximately 60 in., having an even multiple of 30 rows.

Make 3 more panels similarly.

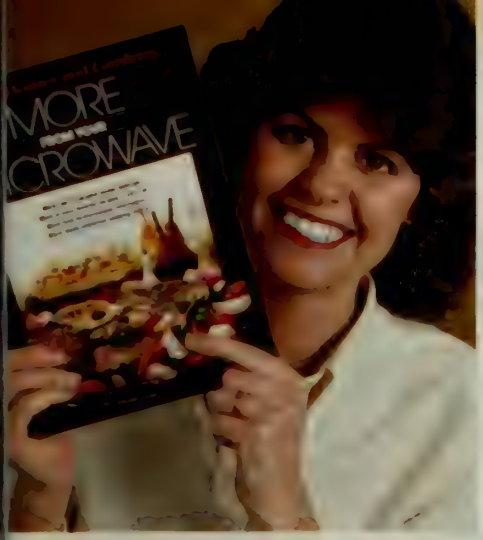
Assembly: Keeping all front sides to

continued

Rose crafts

incl ..... including
lp(s) ..... loop(s)
MC ..... main color
pat ..... pattern
rem ..... remaining
rnd ..... round
rep ..... repeat
sc ..... single crochet
sk ..... skip
sl st ..... slip stitch
sp(s) ..... space(s)
st(s) ..... stitch(es)
tog ..... together
tr ..... treble
yo ..... yarn over
* . repeat whatever follows as indicated
( ) .... work directions in parentheses number of times specified

Materials: Four-ply knitting worsted (4-oz. skeins) in the following amounts and colors: 12 skeins off-white; 4 skeins *each* of dark rose, medium rose, and light rose; 3 skeins *each* of dark green and light green; 2 skeins *each* of violet, lavender, and medium blue; size G aluminum afghan crochet hook, or size to



Get the most out of your nicrowave oven.

he Better Homes and Gardens® *'ore From Your Microwave* shows ou how to use your investment to ook not just faster, but *better*, too. s 124 delicious, family-pleasing cipes cover everything from ap- etizers through meats and seafood desserts. Includes specified ower settings, doneness tests and any microwave cooking tips. ardcover. Only $4.95.

Look for this display at your upermarket or bookstore.



Better Homes and Gardens. BOOKS

IDEAS YOU CAN USE

1 side, and carefully aligning rows of each panel, whipstitch panels tog.

Cross-stitch embroidery: Referring to chart, *page 120,* embroider rose motif over each 60-st-wide panel with colors indicated and yarn needle. Beg at the lower edge of the left panel, and cross-stitch motifs up to the upper edge of the left panel. Then work the motifs on the second panel, beg the motif at the bottom of the panel at Row 16 of the chart. Work the remainder of the second panel with complete motifs, and finishing the last motif where first 1 started. Work 3rd panel as for first 1; work 4th panel as for second panel.

Border: Rnd 1: With crochet hook, 1 strand of off-white, and right side facing, sc in each st around. (*Note:* To keep work flat, you may have to work one sc in every other st on short sides, and work 3 sc in each corner.) End with sl st in first sc; ch 1. *Rnd 2:* Work 2 sc in each sc around, working 3 sc in each corner st. End with sl st in first sc. *Rnd 3:* Work sc in each sc around, working 3 sc in corner. *Rnd 4:* Ch 5, dc in 3rd sc from hook, * ch 2, sk 2 sc, dc in next sc. Rep from * around, ending with ch 2, sl st to 3rd ch of ch-5 at beg of rnd. *Rnd 5:* Ch 5, * dc in top of dc of previous rnd, ch 2. Rep from * to corner sp, dc in corner sp, ch 2. Rep from * around, ending with sl st in 3rd ch of ch-5 at beg of rnd. *Rnds 6-8:* Rep Rnd 5. *Rnd 9:* Ch 4, dc in first sp, *ch 3, sl st in 3rd ch from hook*—picot made; dc in same sp, ch 1, dc in same sp, ch 1, * sl st in next sp, ch 1, in next sp work (dc, ch 1, dc, ch 3, sl st in 3rd ch from hook-picot made dc, ch 1, dc, ch 1). Rep from * around, ending with sl st in last sp, ch 1, sl st in 3rd ch of beg ch-4. Fasten off.

Using 1 color of ribbon for each of the 5 dc rnds, cut lengths to fit along each side, allowing for bows in each corner. Thread ribbons along sides; tie bows.

Needlepoint rose pillows, page 50

To order pattern, see page 153.

Materials: *For large pillow* (approximately 12 in. in diameter): 10-count interlock canvas; 32-in. strands of 3-ply wool yarn (or a similar substitute) in the following amounts and colors: 18 deep burgundy, 36 wine, 84 dark rose, and 76 medium rose; size 18 tapestry needle; masking tape; polyester fiberfill; velour backing fabric (we matched the deep burgundy color).

For medium pillow (approximately 10 in. in diameter): 14-count interlock canvas; 32-inch strands of 3-ply wool

continued



REMODEL FOR ENERGY EFFICIENCY AT THE WINDOW

LOUVERDRAPE® VERTICAL BLINDS SAVE ENERGY, BEAUTIFULLY

Imaginative remodelers recognize that view control is as important to the enjoyment of living as is controlling heat gain through solar radiation. LouverDrape® Vertical Blinds, the dust free alternative to fabric or horizontal blinds, traverse like a drapery yet adjust to any angle to eliminate glare and provide privacy. LouverDrape® Solid Vinyl louvers, out perform horizontal blinds and fabric draperies as energy efficient window coverings. Look for our Vertical Imagination Center where you shop for window coverings. LouverDrape® is a participant in the Better Homes & Gardens Home Improvement Contest.

ALWAYS INSIST ON 100% LouverDrape — LouverDrape®

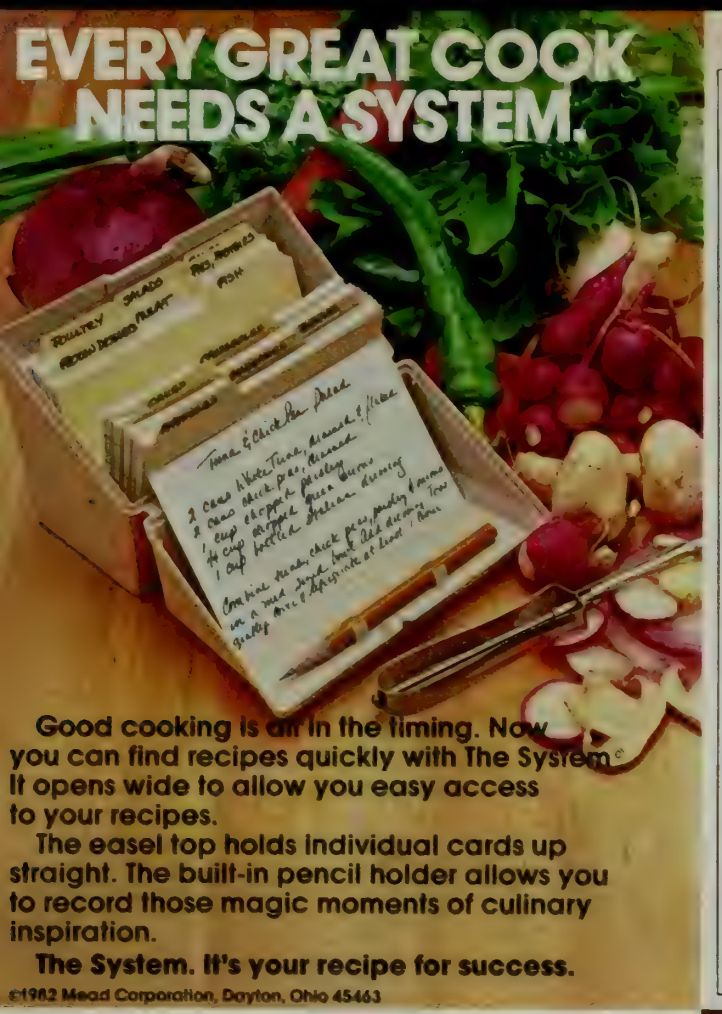
LOUVERDRAPE, INC.
1100 COLORADO AVE., DEPT. 36, SANTA MONICA, CA 90401

ENCLOSED IS $1 FOR A COPY OF YOUR 36 PAGE, FULL COLOR VERTICAL IMAGINATION BROCHURE.

NAME

ADDRESS

CITY STATE ZIP



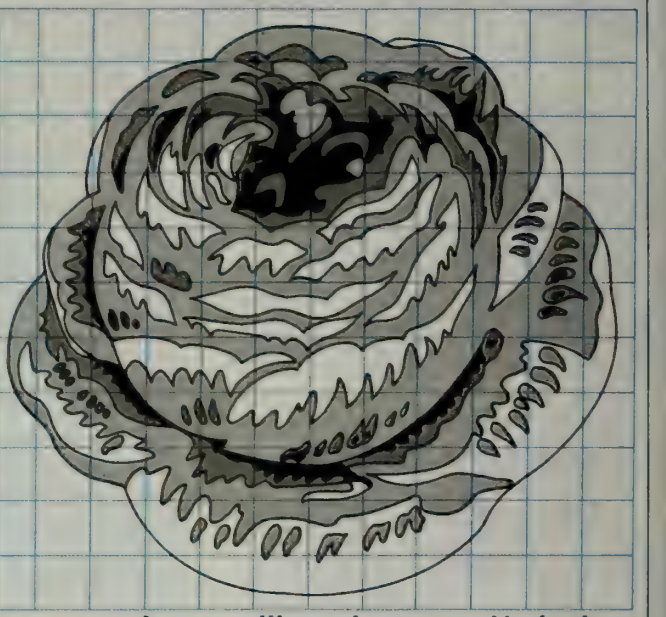
Good cooking is all in the timing. Now you can find recipes quickly with The System.® It opens wide to allow you easy access to your recipes.

The easel top holds individual cards up straight. The built-in pencil holder allows you to record those magic moments of culinary inspiration.

The System. It's your recipe for success.

©1982 Mead Corporation, Dayton, Ohio 45463

turning. Turn right side out, stuff with polyester fiberfill, and slip-stitch the opening closed.



Large pillow - 1 square = 1¼ inches
Medium pillow - 1 square = 1 inch
Small pillow - 1 square = ¾ inch

□ Medium rose
■ Dark rose
■ Wine
■ Deep burgundy

continued

Rose crafts

yarn (or a similar substitute) in the following amounts and colors: 10 deep burgundy, 12 wine, 45 dark rose, and 42 medium rose; size 19 tapestry needle; masking tape; polyester fiberfill; velour backing fabric.

For small pillow (approximately 7 in. in diameter): 18-count interlock canvas; 32-in. strands of 3-ply wool yarn (or a similar substitute) in the following amounts and colors: 6 deep burgundy, 10 wine, 22 dark rose, and 16 medium rose; size 22 tapestry needle; masking tape; polyester fiberfill; velour backing fabric.

Instructions:

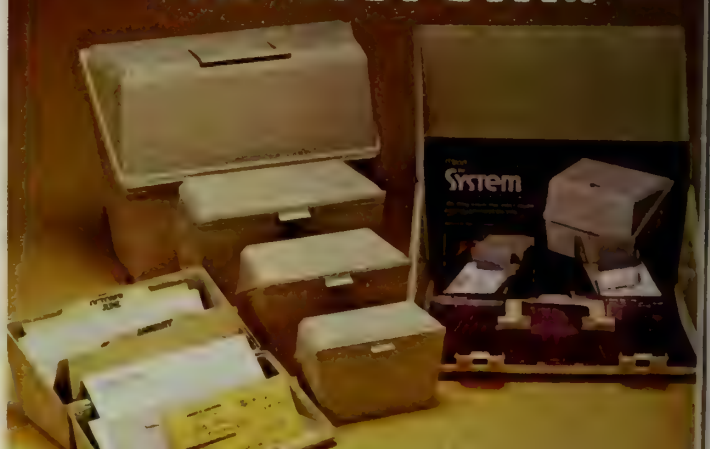
Note: All of the rose pillows are stitched from the same pattern; to change the size of the pillows, simply change the scale when you enlarge the pattern.

1. Enlarge the pattern *right* onto 14-count canvas (for the medium-size rose pillow). Bind the edges of the canvas with masking tape to prevent raveling and mount the canvas in a needlepoint frame, if desired (to minimize distortion). Work the rose pillows using 3 strands of yarn on 10-count canvas, 2 strands on 14-count canvas, and 1 or 2 strands (depending on how well the yarn covers the canvas) on 18-count canvas.

2. Work 1 area of color at a time in either continental or basket-weave stitches, referring to the pattern for placement.

3. Block finished canvas and cut out rose shape, leaving ½ in. of unworked canvas around the edges. Cut velour backing fabric same size as pillow front and with right sides facing, stitch the 2 pieces together, leaving an opening for

INTRODUCING THE System..



Now there's a System to organize everything, from recipes to letters, bills and checks. It comes in six convenient sizes—the perfect filing system for home and office.

These handsome, sturdy boxes open wide for easy access. They all have easel tops for easy viewing. And each comes complete with a pencil holder.

The System. It turns disorder into order. Mead

©1982 Mead Corporation, Dayton, Ohio 45463

Keepsake boxes, page 50

Materials: Leftover wool yarn and embroidery floss in shades of rose, blue, lavender, green, and brown; dresser top boxes with recessed tops; 22-count canvas; finely woven lightweight blue fabric; tapestry needle; needle punch embroidery tool; quilt batting; clear-drying glue.

General instructions:

Choose a small design element from any of the overall rose patterns given here and transfer it to tracing paper. (For example, choose a single rose from the needlepoint piano-bench design.) Size the pattern as desired and transfer it to 22-count canvas for petit point or blue fabric for needle punch.

Stitch the designs using 1 strand of wool yarn for petit point and 1 strand of embroidery floss for needle punch. Block the finished designs and mount them to pieces of cardboard, adding a layer of quilt batting between the 2 layers and turning raw edges under. (Be sure the cardboard is cut to fit the recessed box tops.) Glue the designs in place to the box tops and let dry.

Needlepoint piano-bench cushion, page 51

To order pattern, see page 153.

(Finished size is 14x29 in.)

Materials: ½ yd. 10-count interlock canvas; 32-inch strands of 3-ply wool yarn (or a similar substitute) in the following amounts and colors: 25 dark rose, 26 medium rose, 28 light rose, 25 light pink, 375 dark blue (for background), 8 medium blue, 6 light blue, 16 purple, 18 lavender, 20 gold, and 10 brown; size 18 tapestry needle; ½ yd. blue upholstery fabric; ½-in. foam padding; masking tape; water-erasable marking pen (available at craft stores); needlepoint frame (optional).

Instructions:

1. Enlarge pattern, *page 124,* and transfer it to 10-count canvas, using a water-erasable pen. Center the design inside a 14x29-in. rectangle (or a rectangle large enough to cover your bench plus 4 in. all around). Paint the canvas with acrylics, if desired, and bind the canvas edges with masking tape. Mount the canvas in a needlepoint frame to minimize distortion.

2. Begin stitching the design in continental and basket-weave stitches, using 3-ply strands of yarn. Work 1 area of color at a time, referring to the pattern for placement and the photograph on page 51 for colors.

3. When the rose basket design is completed, extract a small design ele-

continued

Now Lipton brings you HERBAL TEA

The pleasure-time tea
Naturally Caffeine Free



Toasty Spice A hearty blend of sweet spices and herbs.

Gentle Orange With natural orange peel, clove and cinnamon.

Almond Pleasure Blended with natural almond flavor and cinnamon.

Quietly Chamomile Chamomile with natural orange and lemon flavor.

Cinnamon Apple A blend of cinnamon, hibiscus flowers and apple.

20¢ off

New Lipton Herbal Tea

20¢ off

All varieties may not be available in your area.

To the Customer This coupon good only on required purchase of product specified. Limited to one coupon per purchase. Coupon good only in area where originally distributed and cannot be bought, sold or exchanged for cash, other coupons or certificates. Any other use constitutes fraud. You must pay any sales tax.

To the Retailer Thomas J. Lipton Inc. authorizes you to accept this coupon for redemption. We will reimburse you for the face value of this coupon plus 7 cents for handling provided you and the consumer have complied with the terms of this coupon offer. Presentation without such compliance constitutes fraud and could result in prosecution under U.S. mail fraud statutes. This coupon can only be accepted at the time of purchase as partial or complete payment as the case may be, of the retail price of the brand size described. Coupon good only in area where originally distributed and can not be assigned, transferred or reproduced. The customer must pay any sales tax. Cash value 1/20 cent. Invoices that in our opinion prove purchase of sufficient stock to cover coupons presented must be shown upon request and failure to do so will void all coupons subjected. Payment will not be made on any shipment of coupons when, in our opinion, the terms of the offer have not been complied with on all coupons submitted. Coupon will not be honored if presented through outside agencies, brokers, or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. Void where prohibited, taxed or restricted. Good only in U.S.A., its territories and Puerto Rico. Failure to enforce these terms shall not constitute a waiver of any of the conditions. No action shall be maintainable against us for any claim in connection with this coupon unless brought within 12 months from the date when the cause of action accrued. For reimbursement of properly redeemed and handled coupons, mail to: Thomas J. Lipton Inc., Box R-70000, El Paso, Texas 79975. **Offer limited to one coupon per purchase.** **Canadian retailers redeem through Herbert A. Watts Ltd., Box 2140, Toronto M5W 1H1**

STORE COUPON BP-147-B



Expiration Date December 31, 1982.

20¢ off

STORE COUPON BP-147-B

20¢ off

Eve
LIGHTS 120's
TASTES AS GOOD AS IT LOOKS

14 mg. "tar," 1.2 mg. nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

© 1981 Liggett & Myers Tobacco Company, Inc.

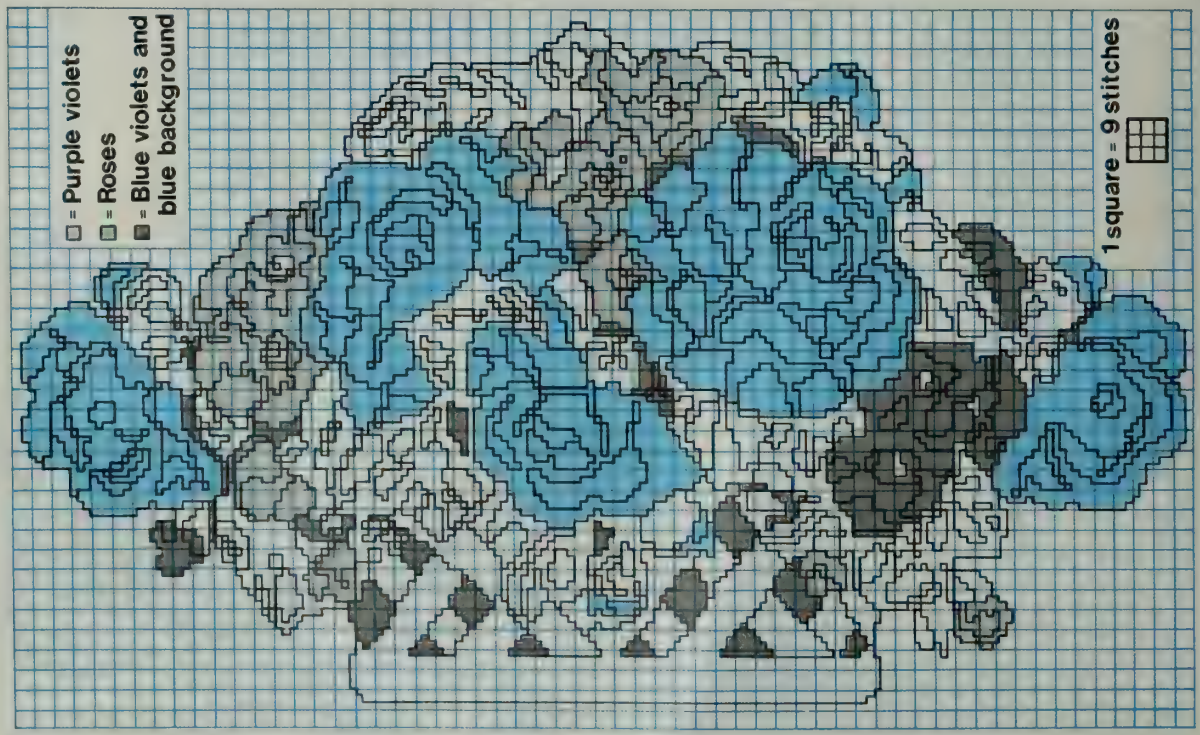


continued

Rose crafts

ment from the overall pattern to use in the 4 corners. Position these designs as desired and transfer them to the canvas using a water-erasable pen. Stitch the designs in desired colors (to match the overall rose basket design).

4. Work the background in basketweave stitches and block the finished



canvas (see *page 133*).

5. To finish the piano-bench cushion, cut a piece of blue upholstery fabric the same size as the needlepoint piece. To add welting, cut cable cord to go around the cushion, adding 2 extra inches. Cut and piece 1½-in.-wide bias strips of upholstery fabric and machine-stitch the fabric over the cording, using a zipper foot. Baste the cording to the top of the cushion between the first and second rows of needlepoint.

With right sides facing, stitch the front and back pieces together between the first and second rows of needlepoint, leaving 1 side open. Clip corners, trim seams, and turn right side out. Insert foam padding and slip-stitch opening closed.

Appliquéd tablecloth, page 52

Materials: Pink and white polka dot fabric for tablecloth; windowpane plaid fabric (to match appliquéd quilt) for ruffle; blue fabric for border strips; dark rose, medium rose, light rose, dark green, medium green, and light green fabrics for appliqués.

General instructions:

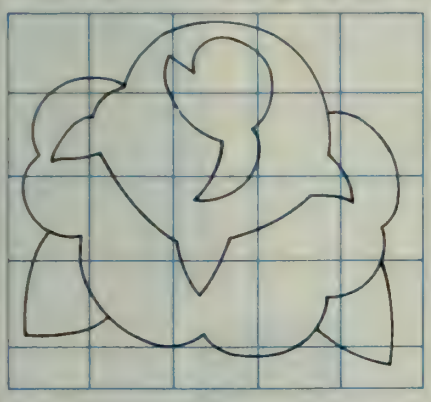
Note: This tablecloth can be sized to fit any round table. Simply measure the diameter and the height of your table carefully to make sure your tablecloth has adequate "drop."

(Refer to the appliquéd quilt on *page 127* for specific appliqué how-to.)

Cut and piece pink and white polka dot fabric to make a circle with the desired diameter or circumference.

Enlarge pattern *below* and cut templates following instructions for the appliquéd quilt. Trace templates onto fabric and cut out the fabric shapes. Position the appliqués as desired on the pink and white polka dot fabric and whipstitch the pieces in place.

Add a blue border to the bottom of the round tablecloth; then add a ruffle



1 square = 1inch

of windowpane plaid fabric (sized to desired width) to the blue border. Finish the tablecloth with another blue border along the bottom of the ruffle.

Size the large rose design (for the appliquéd quilt), *page 128*, as desired and cut templates for each pattern piece. Then cut the appliqués from fabric and position them along the ruffle as desired. Whipstitch the appliqués in place.

Crunch!

Presto® FryDaddy® deep fryer adds a crisp, crackling crunch to food. Mess-free, easy, automatic.

Four big servings with only four cups of oil. A real money saver.

Perfect frying temperature every time for food that is crisp outside, tender inside, without guessing.

Nonstick, no-scour surface inside and out for easy clean-up, just wipe clean.

Only Presto offers all these features in a choice of three sizes to fit your family.

Buy Presto and get the crisp, crackling crunch without the mess and guess of ordinary fryers.

PRESTO®

...innovation to make it first quality that makes it last and last®



©1981 by National Presto Industries, Inc. Eau Claire, WI 54701

Needlepoint mirror frame, page 52

To order pattern, see page 153.

(Finished size is 14x14 in.)

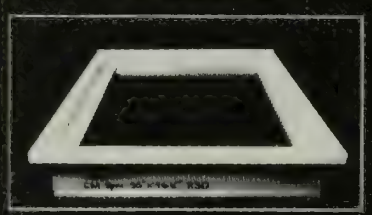
Materials: ½ yd. 10-count interlock canvas; 32-in. strands of 3-ply wool (or a similar substitute) in the following amounts and colors: 54 white, 38 dark rose, 26 light rose, 5 dark coral, 5 light coral, 28 dark green, 28 medium green, 40 light green, and 40 blue; water-erasable marking pen (available at craft stores); size 18 tapestry needle; 6¼x6¼-in. mirror; ½ yd. quilt batting; masking tape; ⅛-in. plywood and white felt for backing; clear-drying glue.

Instructions:

1. Bind the edges of the canvas with masking tape to prevent raveling. Draw a 15-in. square in the center of

continued

IF YOU'RE REPLACING WINDOWS, FORGET ABOUT FITTING SYSTEMS, FIT KITS, TRIM STRIPS, INSTALLATION CLIPS, EXTENDERS, FILLERS AND ALL THE OTHER NONSENSE.



MARVIN PRESENTS THE BEST INSTALLATION AID OF ALL...

FREE.

Replacing a window is easy, if you start with the right window.

This free 16-page booklet will tell you what to look for in a window, even how to install it. And the free catalog we'll send you along with it can help you choose the Marvin Windows that are right for you.

If you're remodeling or replacing windows, this booklet is made to order for you. Just like Marvin Windows.

For your free copy, send us the coupon or call this toll-free number:

1-800-346-5128
In Minnesota, call 1-800-552-1167

Send to: Marvin Windows, Warroad, MN 56763

Name_____

Address_____

City_____ State_____

Zip_____ BHG-84

MARVIN WINDOWS ARE MADE TO ORDER.

continued

Rose crafts

the canvas, using a water-erasable pen. Divide the square into fourths and draw a 6-in. square in the center of the 15-in. square. The small square is the opening for the mirror and is *not* filled in with stitches. (Do *not* cut out the center square until all of the stitching is completed.)

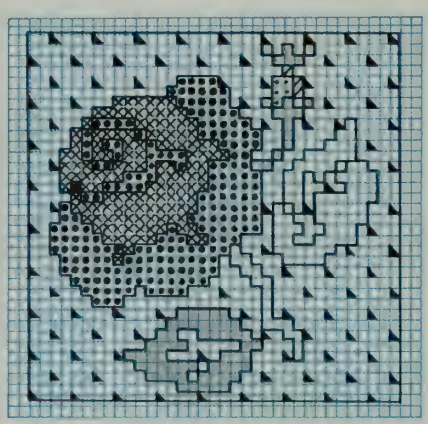
2. Mount the canvas in a needlepoint frame, if desired (to minimize distortion). Using 3-ply strands of yarn, begin stitching 5 rows of blue along the inside of the 15-in. square for a border. Stitch 5 rows of blue around the outside of the 6-in. square to make another border.

3. Position 3 rose motifs (see pattern *below*) within each quadrant of the design, placing them in alternating directions, if desired (see photograph on *page 52* for placement). Begin stitching the roses 1 at a time in continental stitch, working 1 entire section of color before beginning a new color.

4. Work the background in white basket-weave stitches, filling in with light green stitches as shown on the pattern.

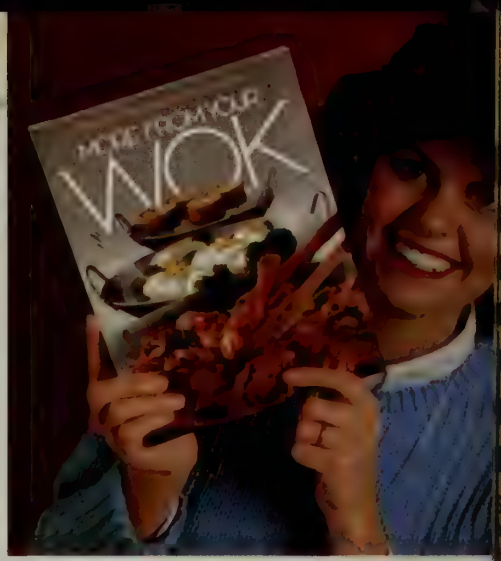
5. Block the finished canvas and let dry. Cut out the needlepoint piece, leaving approximately 2 inches of unworked canvas around the outside and inside edges.

6. Cut a 14x14-in. piece of ⅛-in. plywood and sand the edges. Glue the 6¼x6¼-in. mirror in the center of the plywood. Cover the plywood with a



1 square = 1 stitch

- ◙ Dark rose
- ⊠ Light rose
- ▩ Dark green
- □ Medium green
- ◥ Light green
- ◪ Dark coral
- ⊡ Light coral
- □ White



NEW! 163 exciting wok recipes.

It's hard to beat a wok for sheer fu — and for nutritious, economica eating, too. Included in the nev *More From Your Wok* cook boo from Better Homes and Gardens are many American and Europea recipes (plus plenty of Oriental fa vorites) that cover everything fron main meat and fish dishes to des serts. Put more fun into your cook ing — get *More From Your Wok* fc just $4.95.

Look for this display at you supermarket or bookstore.



Better Homes and Gardens. BOOKS

IDEAS YOU CAN USE



cutting out the fabric shapes, cut ¼ in. beyond the pencil lines.

After cutting the appliqués, sort them according to shape and color.

4. Turn under raw edges of appliqués and baste along the fold. Pin and baste the 7 large rose appliqué designs to a 32x68-in. piece of windowpane plaid fabric. (Refer to the photograph on *page 53* for colors and placement.) Whipstitch the designs in place.

When appliqués overlap more than ¼ in., trim excess fabric from the bottom shape to reduce bulk and eliminate shadows.

Cut and piece 1-in.-wide strips of blue fabric and stitch them in place to the windowpane plaid fabric along the bottom and 2 sides, using ¼-in. seam allowances. Miter the corners.

Then cut and piece 4-in.-wide strips of pink and white polka dot fabric and stitch them in place to the blue strips along the bottom and 2 sides, using ¼-in. seam allowances. Miter the corners.

6. Pin and baste the small rose and leaf designs to the pink and white polka dot border strips. (Refer to the photograph on *page 53* for colors and placement.) Whipstitch the designs in place.

7. To finish the quilt top, cut and piece 1-in.-wide strips of blue fabric and stitch them to the pink and white polka dot border strips along the bottom and 2 sides, using ¼-in. seam allowances.

8. Embroider the flowers and leaves as desired in white pearl cotton.

9. Cut a piece of backing fabric the same size as the quilt

continued

layer of quilt batting, cutting a 6¼-in. square in the center for the mirror.

7. Glue the needlepoint to the top of the quilt batting, stapling raw edges to the back. Cover the back of the plywood with white felt and cover the edges with blue cording.

Appliquéd quilt and pillows, page 53

Materials: 2¼ yds. windowpane plaid background fabric; 2¼ yds. white backing fabric; 1 yd. *each* of dark rose, light rose, dark green, medium green, light green, and blue fabrics; ½ yd. pink and white polka dot fabric; 3 yds. blue and white polka dot fabric (for dust ruffle); quilt batting; white quilting thread; white pearl cotton; sandpaper, cardboard, or plastic lids for templates; quilting frame or hoop.

Instructions:

Note: This quilt is designed to fit a standard twin-size bed. To change the size of the quilt, adjust the measurements as necessary by altering the size of the rose patterns, increasing or decreasing the total number of rose patterns, or changing the width of the border strips. Then, draw a sketch of the quilt you intend to make.

1. Preshrink all fabric. Enlarge patterns on *page 128* onto tracing paper for your master pattern. Number or letter the individual shapes in each appliquéd design and note how many of each shape you will need to cut.

2. Cut a template for each pattern piece from sandpaper, cardboard, or plastic lid. (Do *not* add seam allowances at this point.)

3. To cut individual pattern pieces, draw around each template *lightly* with a hard lead pencil. The pencil line is the fold line for the appliqué. Leave at least ½ in. between each piece (to allow for ¼-in. seam allowances). When



Old English® Oils help restore wood's natural glow.

Protect your wood furniture with Old English Red and Lemon Oils. Old English Oils seep into the finish of wood to moisturize and help prevent wood from drying and cracking. Old English Oils bring back that natural wood glow.

Old English® Oils Help Restore Wood's Natural Beauty.

continued

Rose crafts

top and baste the 2 layers together, adding a layer of batting in between. (Baste from the center of the quilt to the outside edges.)

10. Place the quilt in a hoop or frame and quilt the designs as desired.

11. Cut a piece of blue and white polka dot fabric for the dust ruffle and gather 1 long edge. Pin the dust ruffle to the quilt top along the bottom and 2 sides and stitch the pieces together. Hem to desired length.

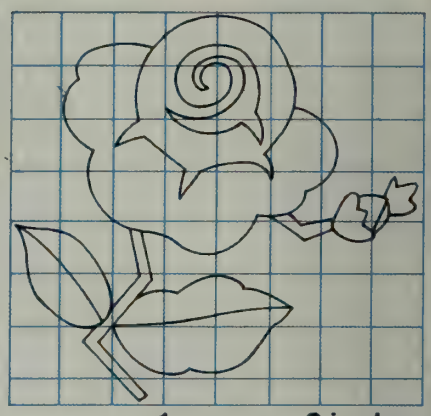
12. To make matching bed pillows, appliqué 1 large rose design onto a 25x25-in. piece of windowpane plaid fabric. Cut a piece of blue backing fabric the same size as the pillow front.

To add ruffles to the pillow, cut strips of fabric and fold the strips in half lengthwise. Baste the 2 long ends together and gently pull the basting stitches to gather the fabric.

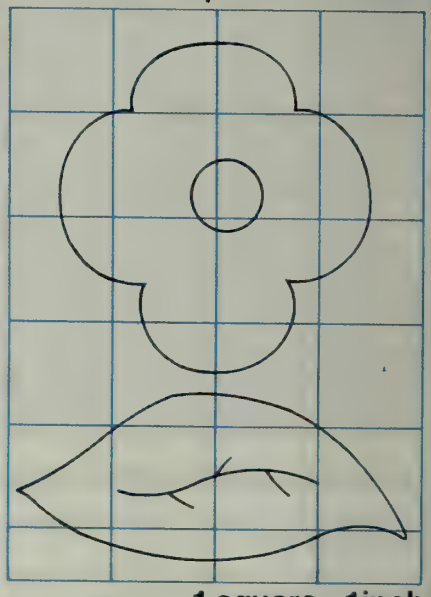
Baste the ruffle in place to the pillow front so the ruffle lies against the right side of the pillow front.

With right sides facing, stitch the front and back pillow pieces together, leaving 1 side open; trim seams.

Turn pillow right side out, press, and stuff with polyester fiberfill. Slip-stitch the opening closed.



1 square = 2 inches



1 square = 1inch

Quickpoint rose rug, page 52

To order pattern, see page 153.

(Finished size is 3½x3½ ft.)

Materials: 2½ yds. 5-count canvas; 60- to 70-yd. skeins of wool or polyester rug yarn in the following amounts and colors: 3 dark rose, 3 light rose, 2 dark green, 2 medium green, 2 light green, 3 blue, and 10 white (for background); size 13 tapestry needle; 5 yds. 1¼-in.-wide rug binding; iron-on interfacing; carpet needle and thread; acrylic paints and assorted paintbrushes; 10-squares-per-in. graph paper; latex rug backing (optional).

Instructions:

(Read all of the instructions carefully before you begin.)

Note: Because of the size of this rug, it's necessary to splice 2 pieces of canvas together in order to make the

In March, treat yourself to any Baskin-Robbins Fountain Spectacular and save 31¢.



March is Fountain Spectacular Month at Baskin-Robbins.

Now for 31 days you can save 31¢ on any Fountain Spectacular in your choice of toppings and 31derful flavors. Favorites like Strawberry Shortcake Sundaes. Banana Splits. Banana Royales. Even our magnificent seven-scoop Matterhorns.

So march on in. The savings are great. The taste, spectacular.

BASKIN-ROBBINS 31 ICE CREAM STORES

At participating stores.

©1981 BASKIN-ROBBINS ICE CREAM COMPANY

"How do I get clearly more beautiful wood?"



Unretouched photography



"I side with Pledge."

"My wood is special to me. So I always dust with Pledge. Other products may say they work on wood, but they just don't give my furniture the clear, beautiful shine that Pledge does. That's because Pledge is made especially for wood. And that's what my wood deserves!"

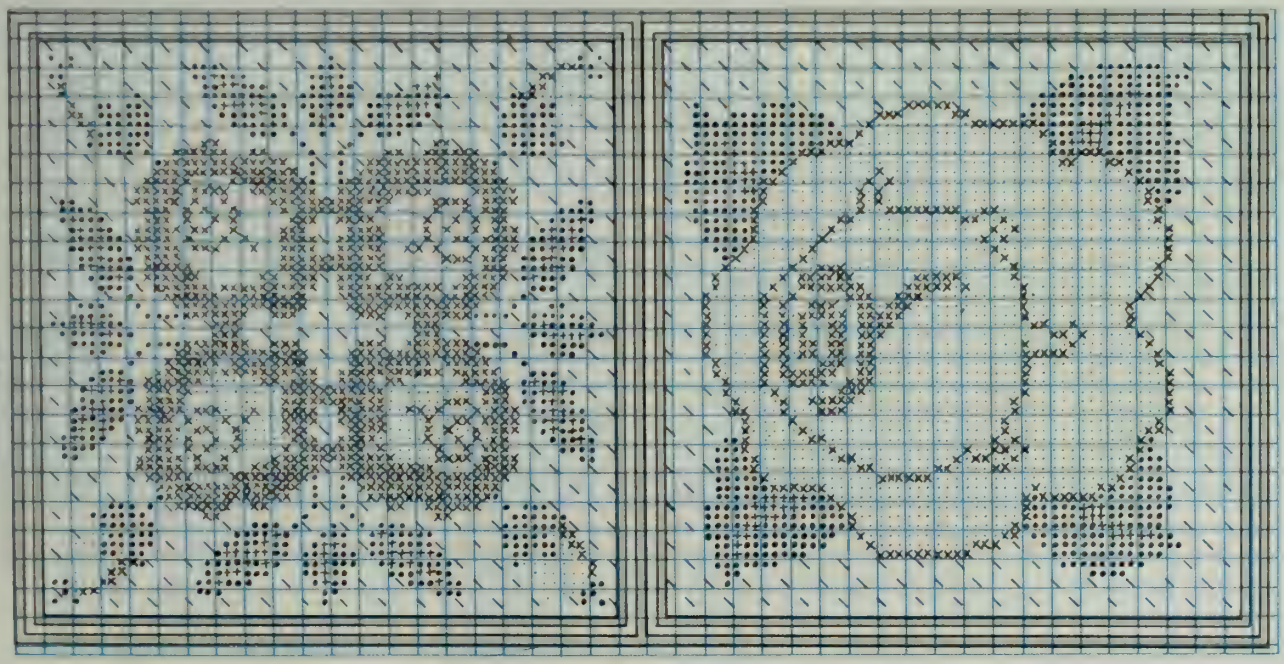
Doesn't your wood deserve Pledge?

©1981 S C Johnson & Son Inc

canvas wide enough to accommodate the entire design. Make your piece of canvas measure 46x46 inches.

1. Enlarge the patterns, *below*, onto 10-squares-per-inch graph paper. Starting 2 in. in from outside edges of canvas, begin stitching 3 rows of blue continental stitches. (This will form the

continued



□ Blue
□ White
⊠ Dark rose
⊡ Light rose
⊞ Dark green
▣ Medium green
▦ 1 square = 9 stitches
▨ Light green

continued

Rose crafts

outside edge of the rug.) Then work 1 row of white continental stitches inside the blue. (The large square of canvas inside the blue and white borders should measure 52x52 meshes.)

2. Using the 10-squares-per-in. graph paper patterns as guides, begin painting the canvas with acrylics, carefully counting the number of stitches in each design. (Paint each motif in the colors you use to stitch the designs.)

Paint a total of 9 squares (each is 12x12 in.—or 60x60 meshes—not including blue and white borders). Make 3 rows of 3 squares each and alternate the 2 designs (refer to the photograph on page 52 for colors and placement).

To begin painting your canvas, place small amounts of acrylic paint on a palette and mix the paint with water so the paint flows evenly onto the canvas but doesn't drip through it.

Use small brushes for fine details and outlining and large brushes for large areas of color.

Start by painting the main parts of the design and let the paint dry. Then paint the adjacent areas in different colors. (Wash brushes with water before applying a new color.)

3. Once the paint is completely dry, begin working the designs in continental and basket-weave stitches. Finish working the entire design.

4. Block the finished rug wrong side up on a 4x4-ft. piece of plywood, covered with a clean piece of fabric. Steam-press the canvas while it's on the blocking board, then iron a layer of interfacing in place to the back of the rug. Add an extra strip of interfacing to the seam where the canvas was spliced.

5. Trim canvas edges to the width of the rug binding and tack the binding in place to the wrong side of the rug using a carpet needle and thread.

6. Apply a coat of latex rug backing to the back of the rug, if desired (to prevent slipping and help the rug wear longer); or line the back of the rug with a piece of felt, slip-stitching it in place.

Stenciled floor cloth, page 52

(Finished size is 25x52 in.)

Materials: Stencil paper (or acetate, tagboard, or architect's linen); craft or utility knife; blunt-end stencil brushes (or sponges or paint rollers); acrylic paints in dark rose, light rose, dark green, light green, and blue; 1½ yds. natural unbleached canvas.

Instructions:

1. Wash the canvas to remove sizing and preshrink the fabric. Enlarge the pattern, *page 131,* and trace the design onto a piece of illustration board. Use the dotted lines as register marks and repeat the designs as many times as necessary to complete your pattern.

2. To begin cutting the design, tape the pattern to a piece of stencil paper and cut out the design elements with a craft knife, making sure the blade is sharp to ensure clean edges. (Also, be sure to leave the stencil "bridges" between design elements intact.) If you use a razor blade instead of a craft knife to cut the design, be sure it's a single-edge razor blade.

For this particular design, cut 2 separate stencils—1 for the rose designs and the blue borders and 1 for the leaves, stems, and green polka dots inside the blue borders. (Refer to the photograph on page 52 for colors.)

Holding the knife perpendicular to the stencil paper, make 1 stroke for each stencil cut, moving the knife toward you. Do not go over the same cut more than once.

Miniature reproductions of early Ferry-Morse advertisements, suitable for framing.

ANTIQUE POSTER REPLICAS - 2 FOR $1.29 (REG $1.89) WITH PURCHASE OF 6 FERRY-MORSE SEED PACKETS



Beautiful full-color reprints of old Ferry-Morse posters make wonderful decorator items for any room. Now offered at a special low price with purchase of 6 Ferry-Morse garden seed packets. And you'll enjoy them as much as the beautiful flowers and delicious vegetables you'll grow from Ferry-Morse seed, America's top-selling brand. Look for these 5¾" x 8¾" poster reprints on sale now at Ferry-Morse seed displays in fine stores everywhere.

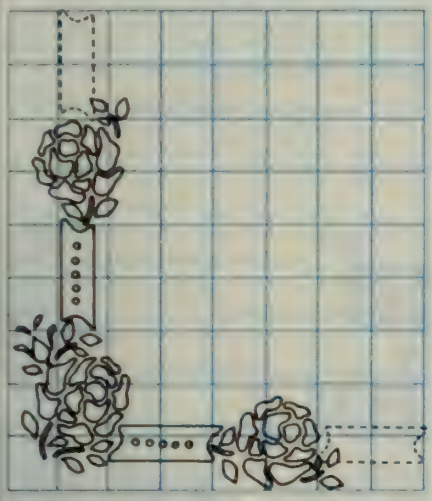
Large posters also available: full-color, 12½" x 20" posters may be ordered by mailing 6 Ferry-Morse seed-packet tops plus $3 for any two posters or $5 for any four. Include name and address and mail to: Poster Offer, Ferry-Morse Seed Company, Box 500, Fulton, KY 42041.

3. To begin stenciling, dip the end of a stencil brush into paint and remove any excess paint by dabbing the brush up and down on newspaper. To keep paint from running, be sure your brush remains fairly dry. Hold the brush perpendicular to the stencil and apply the paint with an up-and-down motion (do not stroke).

Keep the stencil as close to the canvas surface as possible to ensure crisp, clear designs. (Use your free hand to press down the edges of the stencil.) Lift the stencil carefully after you've finished painting and let the paint dry. (Make sure the paint is completely dry before you lay the second stencil pattern on top of the canvas.)

4. Hem raw edges of canvas and spray with soil retardant, if desired. Back the floor cloth with a coat of latex rug backing to prevent slipping.

If you plan to reuse your stencil, keep it flat at all times. Do not store the stencil rolled or folded.



1 square = 2 inches

Needlepoint picture frame, page 50

To order pattern, see page 153.

(Finished size is 16x16 in.)

Materials: ½ yd. 14-count interlock canvas; 32-inch strands of 3-ply wool yarn (or a similar substitute) in the following amounts and colors: 110 white, 60 tan, 8 deep burgundy, 12 wine, 32 dark rose, 20 medium rose, 30 light rose, 5 light pink, 8 blue, 12 light blue, 5 yellow, 18 dark leaf green, 30 medium leaf green, 20 light leaf green, 5 dark blue-green, 6 medium blue-green, and 10 light blue-green (the last 3 colors are for the bow only); size 19 tapestry needle; water-erasable marking pen (available at craft stores); masking

continued

Solve Your Most Common Home Problems!

from Better Homes & Gardens®

A pocketful of Guide-To miracles for almost any household project! You can get up to 15 exciting titles in easy to handle booklet form! Your entire set contains over 750 pages and more than 900 illustrations covering Home Insulation, Bathrooms, Landscaping and much more! **Save by ordering all 15 today!** Booklets are $1.25 each, 5 for $3.95, all 15 for only $9.95 (plus $.95 shipping and handling.)

Quantity

_____ **No. 02214 All 15 Booklets**
_____ **No. 02237 Masonry and Concrete**
_____ **No. 02211 Bathroom Planning**
_____ **No. 02218 Landscaping and Fencing**
_____ **No. 02208 Family and Rec Rooms**
_____ **No. 02219 Fireplaces**
_____ **No. 02206 Kitchen Planning**
_____ **No. 02209 Bookshelves and Storage**
_____ **No. 02210 Painting and Wallpapering**
_____ **No. 02248 Insulating Your Home**
_____ **No. 02232 Floors, Walls, and Ceilings**
_____ **No. 02233 Home Upkeep and Repair**
_____ **No. 02235 Basic Home Carpentry**
_____ **No. 02204 Enlarge A Room**
_____ **No. 02242 Houseplants**
_____ **No. 02224 Electrical Wiring Basics** (Not Shown)

Total of Merchandise $ _____
States Sales Tax* $ _____
Shipping and Handling $ .95
Total $ _____

Better Homes and Gardens

Dept. 29D, Box 374
Des Moines, Iowa 50336

Name _____
Address _____
City _____
State _____ Zip _____

***TAX NOTE:** We are required to collect and pay **STATE** taxes in: Arizona, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Pennsylvania, Wisconsin. We are required to pay **STATE AND LOCAL** taxes in: California, Georgia, Nebraska, New Mexico, New York, Tennessee, Texas, Virginia, Washington.

Credit Card Orders Only. To use your credit card, fill in the boxes below or on orders of $10 (entire set) **PHONE TOLL FREE 800-247-5099.** In Iowa, call 1-800-532-1526. (Toll Free not available in Alaska and Hawaii.)

Credit Card No

Expiration Date Month Year

MasterCard AMERICAN EXPRESS VISA

GUARANTEE 100% refund if not completely satisfied!



Guide-To Booklets Short Cuts that save you hours . . . extra touches that assure professional results . . . material buying hints that save you lots of dollars . . . that's what the editors of Better Homes and Gardens® Guide-To series have put into each and every booklet — to make sure your do-it-yourself projects are the fun, rewarding experiences they're meant to be. Each booklet is pocket size for on-the-job convenience. Easy to follow and fully illustrated directions take you step-by-step from start to finish. Save now by ordering the booklets you need for today's and tomorrow's projects. Complete and return the above coupon today!

continued

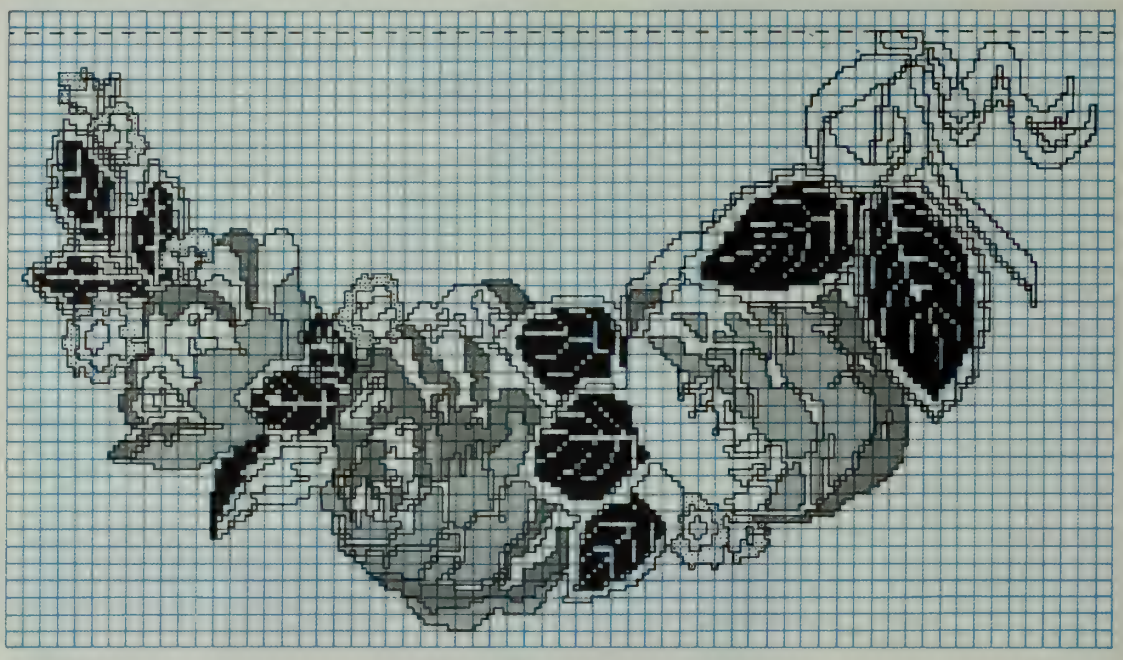
Rose crafts

tape; quilt batting; ⅛-in. plywood and white felt for backing; white braid or cording; clear-drying glue.

Instructions:

Note: The pattern, *below*, represents ½ of the total design. Reverse the pattern to complete the entire design.

1. Enlarge pattern, *below*. Using a



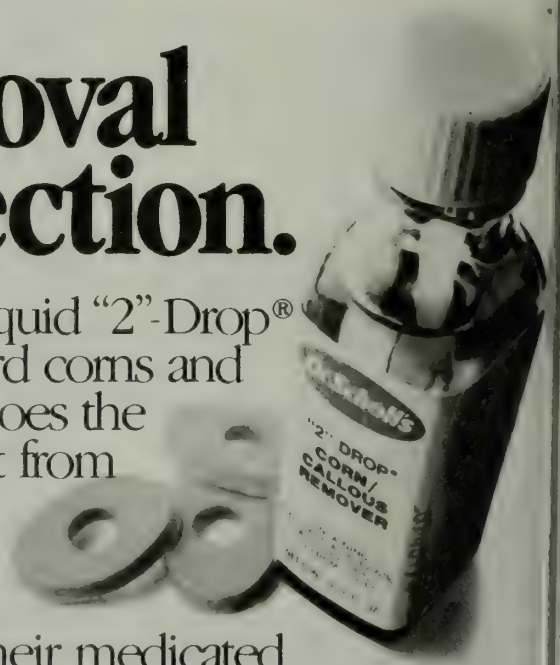
Light rose
Medium rose
Light blue
Medium leaf green
1 square = 9 stitches

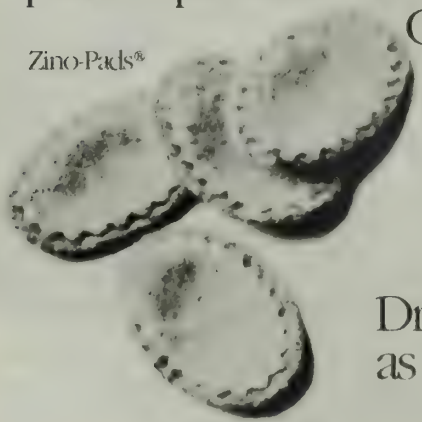
Easy corn removal plus pain protection.

Dr. Scholl offers two choices. There's liquid "2"-Drop® that penetrates and softens so that hard corns and callouses can be lifted off. "2"-Drop® does the job, while accompanying pads protect from painful pressure during healing.

Or try Zino-Pads® that both cushion and protect as their medicated disks work to remove corns and callouses. Easily and painlessly.

Get removal plus protection. That's the Dr. Scholl difference. Use only as directed.





Dr. Scholl's

© 1981 Scholl, Inc.

water-erasable pen, draw a 17x17-in. square in the center of the canvas. Then draw a 6x8-in. oval in the center of the square. Transfer the design to the canvas using a water-erasable pen and paint the canvas with acrylic paints. (Since this particular pattern is fairly complicated and requires some intricate shading, it's very helpful to paint your canvas instead of always referring to the charted pattern. Mix your paints with water for a smooth consistency and apply the paint with a fine brush.) Bind the edges of the canvas with masking tape to prevent raveling. (Remember that the oval cutout is for the picture and is *not* filled in with stitches. Do *not* cut out the oval until all stitching is completed.)

2. Mount the canvas in a needlepoint frame, if desired. Using 2-ply strands of yarn, begin stitching the design in continental and basket-weave stitches, referring to the pattern for placement and the photograph on page 50 for colors. Work 1 area of color at a time before beginning a new color.

3. Work the background in vertical stripes, alternating 2 rows of white stitches with 1 row of tan stitches.

4. Block the finished canvas and let dry. Cut out the canvas oval, leaving ½ in. of unworked canvas. Clip the canvas and turn the raw edges under, steam pressing lightly.

Trim the outside edges of unworked canvas to 1 in., turning raw edges under and steam-pressing lightly.

5. Cut a 16x16-in. piece of ¼-in. plywood and sand the edges. Cover the plywood with a layer of quilt batting. Mount desired photograph on underside of canvas, positioning the picture inside the oval cutout. Then lay the canvas on top of the board and staple the raw edges of the canvas to the back of the board.

Cover the back of the plywood with white felt and trim the outside edges and inside the oval with white braid or decorative trim.

Blocking needlepoint canvas

To eliminate distortion caused by the pull of the stitches, block your finished needlepoint on a clean piece of ½-in. plywood, padded with a layer of quilt batting and covered with gingham fabric.

Dampen the canvas with water and secure it to the blocking board, using rustproof T-pins. Use the gingham squares to align the canvas. Sprinkle the canvas again with water and let it dry at least 24 hours.

Remove the canvas from the blocking board and press lightly on the back side with a warm iron.

If your project is worked on interlock canvas, steam-pressing the needlepoint on the back side may restore the canvas to its original shape, making blocking unnecessary.

Practicing needlepoint stitches

Use pieces of scrap canvas to practice your stitches. (The needlepoint projects we've featured here are worked in basketweave and continental stitches, which are basic to any needlepointer's stitch repertoire. Refer to a book on basic needlepoint stitches for how-to.) Concentrate on consistency and uniform tension. Master each stitch before you begin the actual project—if a stitch is too tight, it will not cover the canvas; if it is too loose, it will snag.

Waste knots

To avoid tying unsightly knots when you begin a new strand of yarn, make a waste knot by knotting the end of the yarn and inserting the needle from front to back (so the knot is on the front side of the canvas). Stitch over the yarn end to secure it, clip the knot, and pull the end of the yarn to the back.

To end, weave the yarn through 4 or 5 stitches on the back side of the canvas and clip the yarn.



Tucks® Pads provide prompt added relief of hemorrhoidal irritation and other rectal discomforts.

They temporarily relieve itching, burning and soreness with a special soothing, cooling solution that creams and ointments don't provide.

In a recent survey among colon and rectal surgeons, 95% recommended using Tucks pre-moistened pads in conjunction with other hemorrhoid preparations.

And because of their cleansing action, Tucks can often stop irritation before it starts. Tucks Pads come in jars of 40 and 100. And individually wrapped Take-Alongs.® Use as directed.

If you want all the relief you can get from your present hemorrhoid preparation, add Tucks to your treatment routine. You'll feel much better.

PARKE-DAVIS
Div of Warner-Lambert Co
Morris Plains, NJ 07950 USA

PD-85-JA-0262-C-1 (1-81)

©1981 Warner-Lambert Company





This is the Concept One,™ the Hoover cleaner which makes vacuuming just about effortless.

You don't have to push it. Or pull it.

Because it's self-propelled. Power driven.

Just touch the handle and it goes.

The Power Drive™ does the work. All you have to do is steer it.

Concept One also has an advanced cleaning system.

A Quadraflex™ agitator for double brushing action. Plus strong suction to clean carpets better than any Hoover cleaner ever made.

Stop pushing yourself. Let Hoover® do the work.

Concept One has a floating nozzle that automatically adapts to various carpet types.

Brushed edge cleaning which deep-cleans close to baseboards.

A push-button cord reel.

Large top-fill disposable bag.

And, of course, quick, easy attachment of hose and cleaning tools.

So stop pushing yourself. Let the self-propelled Hoover Concept One do the work.

Get a demonstration from your Hoover dealer. See for yourself how well it cleans, and how easy it is to use.



For peak cleaning effectiveness, always use Hoover-brand replacement bags.

AMERICA TRUSTS HOOVER®

Gardener's log

". . . such gardens are not made
By singing: 'Oh, how beautiful!'
and sitting in the shade."
—Rudyard Kipling

IN THE NORTH

Warm up a cold frame

If you already have a cold frame, a small investment in heating cable and a thermostat will give you a hot bed and put you weeks ahead of other gardeners. Remove all the soil from the frame and stretch out the cable (you'll need about 20 feet) along the bottom in lines approximately six inches apart. Attach the thermostat to the inside of the cold frame, then replace the soil. Set the thermostat at 55 to 60 degrees Fahrenheit.

Improvise flats

Nurseries use wooden flats to grow large quantities of transplants, but you can make round cottage-cheese containers serve the same purpose. In the bottom of one container, cut a hole large enough for you to insert half the length of a tightly rolled two-inch wad of absorbent cotton. The cotton serves as a wick that supplies constant moisture to the soil in the container. Rest this container inside another one which you keep filled with water, and the wick will do the rest.

You also can improvise a flat by drilling holes in the bottom of a plastic kitchen silverware tray. The tray will not rot, can be scrubbed clean, and steals no moisture from the seedlings, so it's even better than a wooden flat.

Attend your perennials

Established perennial plantings may need some care in the next few weeks. But don't try to do it all in one fell swoop. Let the weather and soil conditions be your guide.

You should loosen the coverings on winter-mulched perennials, but don't remove the coverings completely as the plants will need the protection if late frosts threaten. Carefully remove last year's stalks and any dead foliage from the living plants. And thoroughly check established iris plantings because old foliage may harbor eggs of the iris borer.

If the soil is not too wet, you can transplant or divide many perennials now. If you do so, try to move each plant with a good-sized ball of soil around the roots. Replant immediately, then soak the soil well with water. Chances are the plants will never know they have been moved. Don't attempt to divide hardy mums yet, however. It's also too early to set out dahlias, cannas, and gladiolus, but leave space for them if you're rearranging your borders.



Superior plum

Find room for fruit trees

No gardener should miss the graceful growth, springtime blossoms, and fresh taste of fruit from his own trees. And with the development of dwarf varieties (the fruit is the same size as that from standard trees), even the suburban gardener can work a good selection of trees into his landscape. Be sure to select varieties of dwarf apples, pears, plums, peaches, and cherries that have been approved by your state experimental station. Your local nurseryman can help you choose.

IN THE SOUTH

Irrigation reminder

Sufficient moisture is as important now as it is in midsummer. Young seedlings are quickly lost if they are allowed to become dry. To conserve water, irrigate after the wind dies down.

IN THE WEST

Plant daphnes for fragrance

Daphnes deserve a spot in Western gardens because of the fragrance they provide in February and March. Give the shrubs perfect drainage and plant them in a warm spot, but not where they get hot afternoon sun. Acid soil is acceptable, but a neutral one is best. Mulches are taboo for daphnes.

Illustration: Steven Schindler

Kings, 1 mg. "tar", 0.2 mg. nicotine
av. per cigarette by FTC method.

© 1982 B&W TCo.





The pleasure is back.
BARCLAY

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

New Ideas

Up-to-date health and medical advice you can turn to day & night

America's most popular medical guide for almost two decades (it's a trusted friend in more than 4½ million homes) has just been completely revised and updated from cover to cover. The entirely new Better Homes and Gardens® *New Family Medical Guide* is big (896 pages), comprehensive, and reflects the very latest thinking on practically every aspect of family health care. Beautifully and understandably illustrated, and written in clear, simple English by 37 of our most eminent physicians, the *New Family Medical Guide* is a useful, reassuring book. It is *not* written to replace your doctor, but to supplement his expert care — to be on hand always to turn to, day and night.

Although every word and illustration in this new edition has been revised and modernized, the *philosophy* behind it remains unchanged: the better you understand your body and the way it works, the better are your opportunities of leading a healthy, happy life. The *New Family Medical Guide* is available wherever books are sold.

A bright new book to create a bright new home

Did you ever put up an expensive new wallpaper that looked so right in the book — and looked so *wrong* on your walls? Or discover too late that your exquisite snow-white carpet was as impractical as it was beautiful? In fact, who *hasn't* made decorating decisions that turned out to be mistakes! But with the Better Homes and Gardens *Decorating Book* as your guide, chances of making costly errors are practically eliminated. In it you'll find literally hundreds of wonderful, practical ideas that all



share one indispensible quality: *good taste*. The *New Decorating Book* helps you choose what's right for you and your home, then shows you how: from simply hanging a picture to a complete top-to-bottom facelift, inside and out. Now at your booksellers, the new *Decorating Book* from Better Homes and Gardens can help you turn your home into one that's bright and new — without having to move.

How to plant a prettier and more productive garden

Once again it's time to plan and plant your garden — and that means it's also time for Better Homes and Gardens *Gardener's Handbook*. For 1982, it's a real beauty. Full of ideas on how to splash your yard with color and greenery, and also how to make every inch of your garden burst with delicious, fresh-picked fruits and vegetables. There are ideas on landscaping, using wild flowers for natural-looking yards, making the most of shade, water gardens, increasing vegetable yields — and even houseplants. Add in lively color photos and lovely illustrations, and you've got an inexpensive publication that'll repay itself many times in pleasure and produce. Happy gardening!



FREE

Andersen answers your window and gliding door questions.

Tips on selecting the right window. How weathertight design and double-pane insulating glass save energy. The many advantages of vinyl-sheathed wood windows. These answers and more are available in a colorful 24-page booklet.
It's packed with facts, descriptions and beautiful applications of Andersen primed wood and Perma-Shield® vinyl-sheathed windows and gliding doors.
All free for the asking.

Please send me:
"The Window and Gliding Door Answer Book."
Mail to: Andersen Corporation
Box 12, Bayport, MN 55003
I plan to: ☐ Build ☐ Remodel
☐ Replace windows

Name
Address
City State
Zip 002-0382

The beautiful way to save fuel®
Andersen Windowalls

79004R Copyright © Andersen Corp., Bayport, MN 1979

WHAT MAKES BARNEY RUN?



SHOPPING

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

ENERGY-SMART WINDOW COVERINGS
Page 19: Roman shade kit—The Warm Window, P.O. Box 27136, Dept. BH, Seattle, WA 98125.
Page 21: Semirigid fiber glass board—Owens-Corning Fiberglas, Fiberglas Tower, Toledo, OH 43659. Metal J-channel—Howmet Building Products Division, P.O. Box 4515, Lancaster, PA 17604.
Page 23: Window shutter kit—Homesworth Corp., 18 Main St., Yarmouth, ME 04096.

A GREAT THREE-BEDROOM HOUSE
Page 33: Mobile home manufacturer—Commodore Home Systems, Inc., P.O. Box 338, Syracuse, IN 46567. Decking—Universal Forest Products, 3153 Three Mile Rd. NE., Grand Rapids, MI 49505. Patio furniture—Telescope Folding Furniture Co., Granville, NY 12832. Exterior siding—Weyerhauser Co., Box B, Tacoma, WA 98401. Exterior sheathing—Monsanto Plastics and Resins Co., 800 N. Lindberg Blvd., St. Louis, MO 63166. Front door—Embossed Door, 5835 Martin Ave., Detroit, MI 48210. Windows—Philips Industries, Inc. 4801 Springfield St., Dayton, OH 45401. Insulation—Owens-Corning Fiberglas, Fiberglas Tower, Toledo, OH 43659. Lumber—Santiam Mid West Lumber, P.O. Box 8702, Grand Rapids, MI 49508.
Page 34 (top left): Dishwasher and refrigerator—General Electric, 3135 Easton Turnpike, Fairfield, CT 06431. Gas range—Magic Chef, Inc., 740 King Edward Ave. SE., Cleveland, TN 37311. Flooring Rhino Vinyl "Serengety"—Armstrong World Industries, Inc., Lancaster, PA 17604. Chairs—The Door Store, 186 Amsterdam Ave., New York, NY 10023. (Middle left): Sheets for shirred curtain, bedspread, dust ruffle—Martex, Div. of WestPoint Pepperell, Inc., 1221 Ave. of the Americas, New York, NY 10020. Storage cabinets—Thomasville Furniture Industries, Inc., Armstrong Furniture Div., Thomasville, NC 27360. Triangular baskets—Blind Made Products, 5310 A Fayetteville Rd., Raleigh, NC 27603.
Page 35: Carpet "New Exton"—Armstrong (address above). Ceiling "Weatherly"—Armstrong (address above). Wall paneling—Plywood Panels, Inc., 3747 Village Rd., Norfolk, VA 23502. Diagonal cedar paneling—States Veneer Co., P.O. Box 2309, Eugene, OR 97402. Fireplace, furnace air-conditioner, water heater—Intertherm Corp., 10820 Sunset Office Dr., St. Louis, MO 63127. Love seats and corner chairs—Baker Chair Co., Inc., P.O. Box 286, Lenoir, NC 28645. Picture over fireplace—Greg Copeland, Inc., 115 New Dutch Lane, Fairfield, NJ 07006. Pictures of antique doors—William Plante, Inc., 14132 E. Ten Mile Rd., Warren, MI 48089.
Page 36 (top left): Sliding glass doors—Sullivan Industries, Inc., 3720 Lapeer Rd., Pontiac, MI 48057. Track lights—Triangle Home Products Corp., 945 E. 93rd St., Chicago, IL 60619. (Middle left): Greenhouse—Four Seasons Solar Products Corp., 672 Sunrise Hwy., West Babylon, NY 11704. Lounge chairs—DuBarry, Inc., distributed by Moreddi, Ridgefield, NJ 07657.
Page 37: Rattan chair—Charles Schober, Inc., 2024 N. Second St., Philadelphia, PA 19122. Dining chairs and table base—DuBarry Inc. (address above). Tall storage cabinets—Thomasville (address above).

ROMANTIC ROSE CRAFTS
Pages 48-49: Yarn for afghan—Bucilla Yarn Co., 150 Meadowland Pkwy., Secaucus, NJ 07094 and Paternayan Bros., Inc., 312 E. 95th St., New York, NY 10028. Ribbon—C. M. Offray & Sons, Inc., 261 Madison Ave., New York, NY 10016. Porcelain doll—B. Shackman & Co., 85 Fifth Ave., New York, NY 10003. Wicker baskets—Wicker Works, 300 Fourth St., West Des Moines, IA 50265. Antique clothing—Gerry Tandy, 858 Paulding St., Peekskill, NY 10566. Blouse—Laura Ashley, 714 Madison Ave., New York, NY 10021.
Pages 50-51: Yarn for gold doilies—DMC, 107 Trumbull St., Elizabeth, NJ 07206. Embroidery floss—DMC (address above). Yarn for shaped rose pillows—Paternayan Bros., Inc. (address above). Yarn for picture frame—Paternayan Bros., Inc. (address above). Yarn for piano-bench cushion—Paternayan Bros., Inc. (address above). Wooden boxes—Sudberry House, 4 Mile and Colton Rds., P.O. Box 421, Old Lyme, CT 06371. Heart basket—Pier I Imports, 2520 W. Freeway, Ft. Worth, TX 76102. Wicker baskets—Wicker Works (address above). Antique clothing—Gerry Tandy (address above). Ribbon—C. M. Offray & Sons, Inc. (address above). Needlepoint canvas—Joan Toggitt, 246 Fifth Ave., New York, NY 10001 and Creative Corner, 332 Fifth St., West Des Moines, IA 50265.
Pages 52-53: Yarn for mirror frame—Paternayan Bros., Inc. (address above). Rug yarn—Paternayan Bros., Inc. (address above). Windowpane plaid fabric for quilt and pillows—Quadrille Wallpapers and Fabrics, Inc., 979 Third Ave., New York, NY 10022. Porcelain doll—B. Shackman & Co. (address above). Soft sculpture heart—Soft Antiques, 43 Main St., Orleans, MA 02653. Towels—Cannon Mills, 1271 Avenue of the Americas, New York, NY 10020 and Fieldcrest Mills, Inc., 60 W. 40th St., New York, NY 10018. Stencil floorcloth—to obtain stencil patterns, instructions, and full-color catalog, send $8.95 postpaid to Adele Bishop Inc., Dept. BHG38E, Box 557, Manchester, VT 05254.

SPOT LANDSCAPING WITH FLOWERING SHRUBS

Page 71: Earl Ferris Nursery, Hampton, IA 50441. Henry Field Seed & Nursery Co., Shenandoah, IA 51602. Wayside Gardens, Hodges, SC 29695

THE UNFINISHED STORY

Page 82 (left): Rocker—Georgia Chair Co., 456 Industrial Blvd. SW., Gainesville, GA 30503. Bed and canopy—Old Timey Furniture Co., P.O. Box 1165, Smithfield, NC 27577. (Right): Corner cabinet—Mastercraft/Bailey & Sons, P.O. Box 239, Clarks Summit, PA 18411. Chair—S. Bent & Bros., Inc., 85 Winter St., Gardner, MA 01440. China—Spode, Royal Worcester Spode, Inc., 26 Kennedy Blvd., East Brunswick, NJ 08816.

Page 83 (left) Shelving unit Lundia—Myers Ind., Inc., 600 Capitol Way, Jacksonville, IL 62650. Stereo stack—Oak Concepts, 9201 Penn Avenue S., Bloomington, MN 55431. Stereo Equipment—U.S. Pioneer Electronics Corp., 85 Oxford Dr., Moonachie, NJ 07074. (Right): Hutch—Ferguson's Country Store & Workshop, Hwy. 65, St Joe, AR 72675. Chairs—Sears, Roebuck and Co., Sears Tower, Chicago, IL 60684. Table—Tennessee Hardwood, 810 W. Maine, Woodbury, TN 37190. Light fixture—Lightolier, 346 Claremont Ave., Jersey City, NJ 07305

Page 84 (left): Desk—Ellsworth of Willoughby, 4010 Hamann, Willoughby, OH 44094. Nesting tables—Taylor Products, 53 Park Pl. #1008, New York, NY 10007. (Right): Wardrobe, bookcase, and cubes—Perdue, Inc., P.O. Box 167, Stevensville, MT 59870. Parsons table—Williams Bros. Furniture, 13838 S. Figueroa St., Los Angeles, CA 90061. Wall covering—Whimsical Walls by Motif Designs, 1944 Palmer Ave., Larchmont, NY 10538

Page 85 (left): Dining table and side chair—Wambold Marker, 21101 Superior, Chatsworth, CA 91311. (Right): Loft bed and desk—Sonoma Lifestyle Furniture, 6101 S. Santa Rosa Ave., P.O. 1009, Rohnert Park, CA 94928 Sheets "Bo-Boo"—Marimekko, 7 W. 56th St., New York, NY 10022

Page 86 (left): Tables—Williams Bros. Furniture (address above). Chair—Door Store, 1 Park Ave. at 33rd St., New York, NY 10016. (Right): Platform bed and headboard—Baker Road, 607 Church Rd., Elgin, IL 60120. Cubes—Perdue, Inc. (address above). Lamp—Luxo Lamp Corp., Purdy Ave., Port Chester, NY 10573.

Page 87 (left): Worktable and pot rack—John Boos & Co., 315 S. First St., Effingham, IL 62401. Table—Wood Edge Co., P.O. Box 93, Terrysburg, MI 49409. Chair—Richardson Brothers Co., P.O. Box 157, Sheyboygan Falls, WI 53085. (Right): Desk—American Forest Products, Co., National Sales Div., P.O. Box 8220, Stockton, CA 95208. Étagère—Indiana Wood Specialty Inc., P.O. Box 4133, 810 E. Louisiana St., Evansville, IN 47711. Mickey Mouse phone—your local Bell PhoneCenter Store.

TREASURED FAMILY RECIPES

Page 89: Silver platter—Oneida Silversmiths, Kenwood Station, Oneida, NY 13421. Cake plate—Fostoria Glass Co., 1200 First St., Moundsville, WV 26041. Cut glass bowl—Waterford Glass Inc., 225 Fifth Ave., New York, NY 10010. Soup plate "Empress"—Fitz & Floyd, 1371 Round Table, Dallas, TX 75247. Dessert plate—Charles Martine Imports Inc., 225 Fifth Ave., New York, NY 10010. Silver server "Dubarry"—International Silver Co., 500 Research Pkwy, Meriden, Conn. 06450. Casserole—The Pfaltzgraff Co., 140 E. Market St., York, PA 17401

Page 91: Oak cutting board—Perfect Pan, 902 W. Washington St., San Diego, CA 92103. White ceramic rabbit—Perfect Pan (address above) Glass platter—Arabia, 5603 Howard St., Niles, IL 60648. Glass bowl—Perfect Pan (address above). Paper daffodils—Bazaar del Mundo, 2754 Calhoun St., San Diego, CA 92110. Pine box with twig handle "Boxket"—Field and Grey, Inc., 797 E. Eighth St., Chico, CA 95926. Basket with dove—Bazaar del Mundo (address above).

PRIZE TESTED RECIPES

Page 111 (right): Fork—Oneida Silversmiths, Kenwood Station, Oneida, NY 13421. Glass plates—Iittala USA Ltd., 175 Clearbrook Rd., Elmsford, NY 10523. Cup and saucer—Cook's Mart, 609 N LaSalle, Chicago, IL 60610

Page 112 (left): Platter—Copco, Inc., 11 E. 26th St., New York, NY 10010. (Center left): Spoon—Oneida Silversmiths (address above). (Center right): Casserole dish—Schiller & Asmus, Inc., 1525 Merchandise Mart, Chicago, IL 60654. (Right): Wine carafe—Williams-Sonoma, 532 Sutter St., San Francisco, CA 94102. Wineglasses "Gazebo"—Fostoria Glass Co., 1200 First St., Moundsville, WV 26041. Plate "Dawn Gray"—Block China Corp., 11 E. 26th St., New York, NY 10010.

PICTURE-PERFECT TABLE SETTINGS

Page 116 (bottom): Dinnerware "Blue Flower Curved"—Royal Copenhagen Porcelain, 225 Fifth Ave., New York, NY 10010. Glassware "Opera"—Villeroy & Boch, 41 Madison Ave., New York, NY 10010. Flatware "Cambridge"—Manhattan Ad Hoc, 842 Lexington Ave., New York, NY 10021. Sterling butter knives, sugar spoon "Dubarry"—International Silver, 550 Research Pkwy., Meriden, CT 06450. Glass plate "Rosaline"—J. G. Durand International, 225 Fifth Ave., New York, NY 10010. Antique wicker chairs, table—The Wicker Garden, 1318 Madison Ave., New York, NY 10028. Table cover—Descamps, 723 Madison Ave., New York, NY 10021. White cache pot "Blind Earl White"—Royal Worcester Spode, Inc., 26 Kennedy Blvd., East Brunswick, NJ 08816. Blue and white vase "Blue Flower Curved"—Royal Copenhagen Porcelain (address above). Napkins—Walker Kitchen, Box 99166, San Francisco, CA 94109. White pitcher "White Half Lace"—Royal Copenhagen Porcelain (address above). Print—New York Graphic Society, 225 Fifth Ave., New York, NY 10010. (Top): Dinnerware "Chamberlain"—Royal Worcester, Royal Worcester Spode, Inc. (address above). Silver plate flatware "Royal Grandeur"—Oneida Silversmiths, Oneida, NY 13421. Glassware "Tramore"—Waterford, 225 Fifth Ave., New York, NY 10010. Napkins, tablecloth—Ulster Weaving Co., Ltd., 148 Madison Ave., New York, NY 10016. Chair—Door Store, 1 Park Ave., New York, NY 10016. Black vase—Mikasa, 41 Madison Ave., New York, NY 10010. Print—New York Graphic Society (address above).

THE GREAT TASTE OF STEW.

Chuck Wagon® dog food has the great taste of stew that brings dogs running. Because only Chuck Wagon is made with hearty beef, chicken and vegetable flavored chunks. And coated with real meat juices. Dogs love to run for Chuck Wagon. It's got the great taste of stew!



© R.P.Co. 1982

Trust Colgate to make fighting cavities taste terrific!



"What a gel! I love this wintery-fresh taste."

"At last there's a gel with Colgate's proven MFP® fluoride—a gel I can trust."



gel

Winter-fresh Gel

MAXIMUM FLUORIDE PROTECTION BY A TOOTHPASTE

Maximum Fluoride Protection by a toothpaste. New Colgate Winterfresh™ Gel



Get Great Regular flavor and New Colgate Winterfresh™ Gel, the second great cavity fighter from Colgate.

"Colgate® with MFP® fluoride has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association. SEE YOUR DENTIST. LIMIT SNACKS. BRUSH REGULARLY WITH COLGATE.

©1981, Colgate-Palmolive Comp



Backpacking & Bike Touring Vacations

FOR ADVENTUROUS FAMILIES

By George S. Bush

There's no better way to explore our country than hiking its backwoods and cycling its back roads. You can pause whenever you like and also experience subtle thrills you'd miss in a car—fragrances of meadows and forests, twitterings of songbirds, startled looks of woodland creatures as you approach. Going places under your own power has other advantages, too. For one thing, it's cheaper than other modes of transportation. And for another, it rewards you with a sense of accomplishment and self-sufficiency.

Contrary to what you might think, you can even take children on such outdoor vacations. You won't cover as much ground, of course, and you'll have to make frequent rest stops. But so what? The joy of sharing the outing as a family far outweighs any inconvenience.

Backpacking and biking vacations come in many forms: guided tours for those who want companionship or don't feel quite ready to brave the "boonies" alone; trails that take you into the wilderness on your own; routes that stick close to civilization; trails with shelters for overnighting. You can even travel from country inn to country inn. Here are some of our favorite outings.

A Sunburst Lake logjam calls for some fancy footwork as these backpacking families explore Montana's Bob Marshall Wilderness.

MONTANA'S ROCKIES—WILDERNESS BACKPACKING

The immense Bob Marshall Wilderness straddles the Continental Divide immediately south of Glacier National Park. This 1,500-square-mile preserve of silent summits and primeval forest is perhaps the most pristine alpine region of its size this side of northern Canada.

BEST TWO-DAY OUTING

But even relatively inexperienced hikers may safely explore one of the preserve's most beautiful sections—above Hungry Horse Reservoir in Flathead National Forest. From the end of the road, it's an easy two-day hike to Sunburst Lake, a splendid glacial tarn. Of course, there are plenty of ups and downs en route, but almost anyone can manage this trail.

You'll probably encounter only three or four other hiking parties. But not till you bed down the first night—when the mountains draw back into the darkness and the woods come alive with strange sounds—will you really become aware of your isolation.

By the time you arrive at the trail head, about three hours by road from Whitefish, Montana, the sun will be high in the sky. So, on the first day, hike into the wilderness just four miles, paralleling Gorge Creek.

After passing a vast wildflower-studded burn, you'll reach a gently sloping meadow. A beaten path cuts off there to the creek below. Make camp just above the steep bank. You'll have time to supplement your packed-in supper with trout from Gorge Creek (buy a fishing license before reaching the wilderness).

THE NEXT DAY OUT

The following day, continue four miles on the Gorge Creek Trail, till the Sunburst Lake Trail veers off to the east. Another two miles and you'll be at Sunburst Lake. Set up camp there.

If you try to scramble up steep Swan Peak, which rises above the blue-green waters, you'll only come to grief. Moreover, the peak is a favorite habitat of grizzlies. Instead, trek back to the Gorge Creek Trail, then head south for about five miles and climb to Inspiration Pass for a magnificent panorama. Or return

continued

Photographs: George S. Bush





Backpacking Vacations

to your first camp on Gorge Creek and climb Picture Ridge for the greatest view of all. That's a strenuous pull, however, and too tiring for most youngsters.

Write ahead for trail maps to Flathead National Forest, 1935 Third Avenue East, Kalispell, MT 59901. Request the southern-half map of the forest (enclose $1) and ask about safety precautions so bears won't be a worry on your trek.

You can reach Whitefish, 78 miles west of Hungry Horse Reservoir, via Amtrak. Or you can fly Frontier Airlines to Kalispell, 15 miles from Whitefish. Rocky Mountain Transportation in Whitefish arranges shuttles to the trail head and airport pickup—by rented car (from about $20 a day) or drop-off and pickup van (approximately $110 each way for up to 15 passengers).

For nights before or after your hike, make reservations at The Big Mountain, a local ski resort (doubles $26). Write to Shirley Barrow, The Big Mountain, Box 1215, Whitefish, MT 59937. Ms. Barrow also gives good hiking advice. Best hiking is late June till mid-September, but you'll want to start planning now.

OTHER OUT-WEST TREKS

Reasonably experienced backpackers also will enjoy outings in Glacier National Park, Montana; the Teton and Gros Ventre Ranges, Wyoming; Rocky Mountain National Park, Colorado; and along the Pacific Crest Trail in California, Oregon, and Washington. All these trails (or trail segments) are suitable for family outings. Get guidebooks ($5 to $15) by mail from Eastern Mountain Sports, Peterborough, NH 03458.

Shady picnics are a welcomed rest for backpackers on the Appalachian Trail in Georgia (left). *Guided hikers cover the trail's most scenic sections* (right).

Among groups offering guided backpack hikes in the Rockies that are geared to families are: High Country Adventures, Box 5630, Helena, MT 59601; Trailhead Ventures, Box CC, Buena Vista, CO 81211; University of the Wilderness, Box 1687, Evergreen, CO 80439; and American Wilderness Alliance, 4260 East Evans, Denver, CO 80222. Per-person costs run about $45 a day without equipment, approximately $50 a day with gear.

APPALACHIAN TRAIL—GUIDED FAMILY BACKPACKING

The Appalachian Trail, the nation's most venerable backpacking route, stretches some 2,100 up-and-down miles from northern Georgia to northern Maine. But the trail's length isn't all that makes it unique. Unlike most other high-adventure trails, this one crosses numerous highways and is accessible via major population centers, including Atlanta; Washington, D.C.; Philadelphia; New York; and Boston.

HIKING FOR EVERYONE

Appalachian Adventures, Ltd. in Dahlonega, Georgia, about 50 miles north of Atlanta, organizes guided Appalachian Trail trips for anyone able to walk and equipped with proper footwear. Expeditions run from a weekend up (a week is about average), with routing to match participants' stamina. Some hikers have been as young as eight.

The approach to the trail here starts near spectacular Amicalola Falls. It's a steep climb up the gorge of the falls, but the spray helps you stay cool. By afternoon, you'll be well on your way to Springer Mountain, where the trail officially begins.

Since the trail's Georgia section is among the most rugged, especially in summer heat, spring and fall hiking is best. Late April into June, the dense forests shine in wondrous greens. In fall, oaks and maples burst into color.

SHELTERED NIGHTLY STOPS

Most groups hike the trail's first 83-mile section, through Georgia's Chattahoochee National Forest. Along this stretch, as on most other sections, you'll find three-sided shelters about eight to 12 miles apart. But you may camp anywhere, provided you pitch your tents 50 feet off the trail.

If you don't own camping gear, you can opt for the $20-a-day-per-person package which includes a guide, three meals daily (mostly freeze-dried), and all gear except personal items. With your own equipment, you pay $10 a day per person for provisions, plus $50 a day for a guide, regardless of group size.

Included in the package is transportation from the Gainesville bus depot, 20 miles southeast of Dahlonega, to your motel (for an overnight stay before you start out), and from there to the trail

continued

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



TRA LIGHTS: 5 mg. "tar", 0.4 mg. nicotine.
LTER: 9 mg. "tar", 0.8 mg. nicotine, av. per cigarette by FTC method.





Backpacking Vacations

head, plus depot drop-off after the hike. You also can be picked up at the Atlanta airport for an extra charge.

For information, write Appalachian Adventures, Ltd., Box 2057, 202 South Chestatee, Dahlonega, GA 30533.

OTHER APPALACHIAN HIKES

Less rigorous portions of the trail (listed below) can be enjoyed by even inexperienced hikers with kids in tow. Several sections are connected to others so you can circle back to your start without retracing your steps.

- Great Smoky Mountains National Park, on the North Carolina and Tennessee state line.
- Shenandoah National Park, off Virginia's Skyline Drive.
- Delaware Water Gap National Recreation Area, on Pennsylvania and New Jersey sides of the Delaware River.
- Connecticut, between Kent (State-341), Cornwall Bridge (State-4), and Falls Village (State-126).
- Northwestern Massachusetts, between Mt. Greylock State Reservation (State-2) and Cheshire (State-8).

Guidebooks with maps ($5 to $15) are available from the Appalachian Trail Conference (ATC). For routing advice, contact Jean Cashin, ATC, Box 326, Harpers Ferry, WV 25425.

NEW HAMPSHIRE'S WHITE MOUNTAINS—HUT-TO-HUT HIKING

A chain of mountain huts, each a day's hike from the next, isn't unusual in Europe's Alps. But in this country, such a system is unique to New Hampshire's White Mountains, the most spectacular peaks in the Northeast.

Lake of the Clouds Hut (left) *is a favorite overnight stop along the Mt. Washington trail in New Hampshire's wild and wonderful White Mountains.*

EIGHT-HUT SETUP

Altogether, eight huts stretch across this region of wild rock slopes and rugged ridges. You'll feel as if you're hiking much higher than the elevations indicate (Mt. Washington, the tallest peak, tops out at 6,288 feet). Fortunately, you'll be able to travel light. All you carry is your sleeping bag (or bed linen), canteen, lunch provender, and clothes. You sleep in cozy bunks, and both breakfast and supper are cooked for you. You don't even need frame packs. Rucksacks will do.

The charge for overnighting is $17.75, including meals. Members of the Appalachian Mountain Club, which operates the hut chain, get $3-a-night discounts. Suppers are sumptuous, with plenty for seconds, and most evenings, resident naturalists give nature talks or lead walks. Piles of pancakes and/or eggs will be ready when you arise early the next morning. And soon after you check the 8 a.m. weather report, everyone is back on the trail once more.

To experience a comparable alpine adventure anywhere else, you'd need rope, pitons, and considerable skill. But here—though hiking trails are usually steep and often strenuous—you mostly just walk, anywhere from about four to eight up-and-down miles every day.

Numerous trail combinations are possible. You may want to visit only one or two huts, taking day hikes to surrounding peaks. Or you may want to cover the whole length of the system, between Pinkham Notch and Franconia Notch. Short circle trips, including overnight stays at up to three different huts, are especially popular hiking options around Pinkham Notch.

EASYGOING ALTERNATIVES

In this area, too, you can ride a famous old cog railway or drive to the summit of Mt. Washington and start your hike from there. The train departs hourly from its base station near Bretton Woods (Memorial Day to mid-October). One-way uphill fare is $8; to age 16, $5. Use of the summit road costs $8 for car and driver, and $2 for each additional passenger. Summer shuttle service on the auto road costs $6 per person one way.

All huts stay open, with full service, mid-June through Labor Day. Mid-May to mid-June and Labor Day to mid-October, most huts are staffed only with caretakers ($5 to $7 per person a night; you supply your food). Half the huts have four- to eight-bunk rooms. You may get a private room for your family if you arrive early enough. Elsewhere, you sleep dormitory style, with a group of up to 15 hikers in a room (sexes aren't segregated).

For details and reservations, write David Warren, Pinkham Notch Camp, Gorham, NH 03581. Ask about reduced rates ($13 per person a night) at certain times of year for some of the huts.

continued

IF YOU DON'T HAVE CALL WAITING, YOU DON'T KNOW WHAT YOU'RE MISSING.



Sometimes getting hold of you can be the most important thing in the world for someone else.

If you have Call Waiting, a busy signal won't stand in the way. When you're on the phone, you'll hear a little beep that lets you know you have another call.

Get Call Waiting, available in most areas, today. Because you never know who's trying to reach you.

The Bell PhoneCenter. It's for you.

Bell PhoneCenter





Photograph: Wisconsin Division of Tourism

Bike Touring Vacations

WISCONSIN'S BIKEWAY—PEACEFUL FAMILY PEDALING

Of the many bike routes designated recently, Wisconsin's Bikeway is among the best for family pedaling. Cycling is fairly easygoing; nearly all the 600-mile route follows rarely traveled roads. Indeed, many of the stretches are strictly hiking and biking trails—far from the nearest highway.

MORE BIKEWAY BONUSES

If that isn't inducement enough, there are numerous attractions along the way. And the route is mapped out in detail—down to repair stops, campgrounds, picnic sites, and small-town hostelries.

Two sections offer truly offbeat thrills. You ride on trackless old railroad rights-of-way, pedaling through tunnels—one almost a mile long—and over trestles, including a curving 360-footer.

Both trail segments are on the original 300-mile east-west section of the bikeway, from Kenosha on Lake Michigan to La Crosse on the Mississippi. The newer North-South Bikeway comes down from the little village of Bayfield on Lake Superior and joins the east-west trail at La Crosse. Be sure to take time to enjoy swimming holes and fishing streams along the route, perhaps visit a dairy farm, or just steep yourself in bucolic scenes.

EAST-WEST BIKING BEST

If you must choose between the two bikeway halves, pick the east-west route. The tunnels lie between the little rural towns of Elroy and Sparta. The biggest trestle is near the pleasant little town of New Glarus, capital of Wisconsin's Swiss cheese country. Right on the way is the Circus World Museum at Baraboo, where you can see fascinating exhibits and watch an exciting big-top show ($7.50; under 12, $3.75).

Old railroad tunnels (left) *are among the many charms of the Wisconsin Bikeway. Trips of up to 600 miles are possible, mostly on bucolic byways* (right).

In this area, too, the bikeway skirts Devil's Lake and crosses broad Lake Wisconsin (via free ferry). The Wisconsin Dells and popular boat excursions there are only a few miles off the trail, as well as the Mid-Continent Railway Museum and steam train ride at North Freedom. You can take a break at Sauk City, exchange pedals for paddles, and enjoy a tranquil float on the Wisconsin River. Canoes rent for about $6 a day; nine- and 21-mile packages (including canoes, shuttle service, etc.) cost from $20 to $32 per person.

Some of the nicest lodging and dining spots are the Valley Inn Motel at Elroy, the Voyager at Reedsburg, the Farm Kitchen (with lodgings) at Baraboo, the Ganser Motel at Prairie du Sac, and the New Glarus Hotel (dining only). On the North-South Bikeway, your choice of good accommodations and restaurants includes the old Rittenhouse Inn at Bayfield, Telemark at Cable, and Sonic Motel and Wason's Supper Club at Galesville.

You'll probably want to bring your bike with you. Bikes can be rented along the way, but you have to backtrack to return them. Most airlines charge $14 or so for one-way shipment. Buses also transport bicycles (rates vary with distance), but you must ship them in advance of your trip to be sure they'll be there when you are.

A brand-new bikeway directory will be available this spring. For a free copy of this comprehensive guide, plus other information, contact Don Woodruff, Wisconsin Division of Tourism, Box 7606, Madison, WI 53707.

MORE MID-AMERICA BIKING

Here are other worthwhile bike touring itineraries in central states:

- **Arkansas**—a 500-mile loop through the Ozarks, including one of the country's most scenic mountaintop highways. Hilly, with tough, demanding stretches. Craft shops, mountain towns, and music.

Great River Road, a 180-mile route through country and river towns of eastern Arkansas (devise your own route back along the beautiful hills of Crowley's Ridge). Scenic, historic, easy; the ridge portion is moderately difficult.

Information: Arkansas Department of Parks and Tourism, One Capitol Mall, Little Rock, AR 72201.

- **Illinois**—Levee-Bluffs Trail, a 93-mile circle in Mississippi River Valley country, south of East St. Louis. Scenic, historic, mostly level.

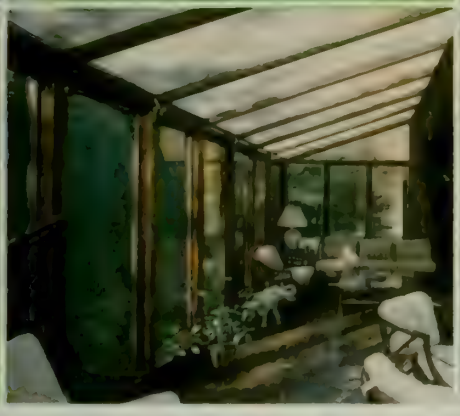
Cairo Bicycle Trail, a 100-mile loop at the confluence of the Mississippi and Ohio Rivers. Scenic, historic, easy. May be combined with the Shawnee Forest

continued

A Pella Sunroom. It's the special addition.





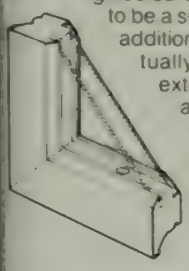



Because instead of just adding more floor space, you're adding the drama of space all around. The feeling of openness plus the abundance of light in a Pella Sunroom will make a substantial difference in your home and in the way you live. Any activity — or inactivity — will take on a new dimension in a room that seems to ignore ordinary dimensions.

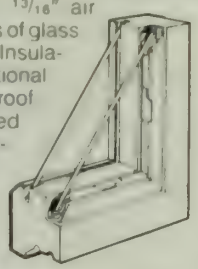
Perhaps best of all, the Pella Sunroom will go perfectly with your home. The design is modular so it can be just about any shape or size. Long, short, on a deck, on a balcony, over the patio. And you can choose from Pella Casement, Double-Hung, Awning and Fixed windows plus two styles of Pella Sliding Glass Doors.

Add up all the quality features, the versatility and the dramatic feeling of a Pella Sunroom — you'll agree it's a very special addition.

The Pella Sunroom isn't a remake of an ordinary greenhouse. It's designed and engineered of solid wood construction to be a substantial, energy-efficient addition to your home. And it's virtually maintenance-free. The exterior is covered with an all-weather aluminum cladding finished in White or Dark Brown that resists fading, chipping, blistering and peeling. Inside, all you see is the beauty of real wood, which, besides offering the choice of stained or painted finish, has excellent insulating properties as well.



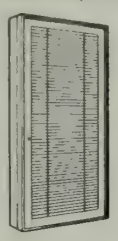
Pella's Double Glass Insulation System for year round comfort. Air space is one of nature's best insulators, and Pella offers more. In vertical windows, a full 13/16" air space between two panes of glass in the Pella Double Glass Insulation System offers exceptional performance. Sunroom roof panels and triangular fixed windows feature energy-efficient insulating glass.



The hidden Rolscreen®. A screen that works like a window shade. When needed, it can be pulled down and firmly latched or rolled back up providing a clear view and 20% more light. The Rolscreen® stores in a concealed housing at the top of Pella Clad Casement windows, and is an option to the standard flat screen set in a bronze-tone frame.



Pella Slimshade® provides convenient, fingertip control of light and privacy. All it takes is a simple turn of a dial or crank to adjust the Oyster White blinds to shade your Sunroom, softly diffuse the light, or drench the Sunroom with sunshine. And, when closed, they offer considerable heat-retaining benefits as well. Slimshade® is available for Sunroom vertical rectangular windows, Sunroof panels, and the Contemporary French Sliding Glass Door.



The Contemporary French Sliding Glass Door offers exceptional energy efficiency with all the charm of a French-style door. The design takes full advantage of the natural insulating qualities of wood, effectively controlling conduction and condensation. It also offers the Pella Double Glass Insulation System, Slimshade® blinds installed between the panes of glass, Solarcool® Bronze Glass, a special lock that will secure the door slightly open for ventilation, and a self-closing screen.



See all that Pella has to offer at your nearest Pella Planning Center. You'll find the full line of Pella Products for new construction, remodeling and replacement plus expert advice. Look for Pella in the Yellow Pages under "Windows".

Please send me a free copy of the new, 24-page Pella Idea Book

I plan to ☐ build ☐ remodel ☐ replace

Name _____

Address _____

City _____

State _____ Zip _____

Telephone _____

Mail to: Pella Windows and Doors, Dept. CO1C2, 100 Main Street, Pella, Iowa 50219

Also available throughout Canada: Coupon answered within 24 hours. ©1982 Rolscreen Co.

Pella. The significant difference in Sunrooms.





Bike Touring Vacations

Flyer, a 190-mile loop from Carbondale. Very scenic, several steep hills.

Information on above trails: Illinois Travel Information Center, 208 North Michigan Avenue, Chicago, IL 60601.

● **Iowa**—a 750-mile circle on rural roads. Easy pedaling, but you'll have to go the whole way or devise your own route back. You also can join a variety of free organized 20- to 200-mile rides year round, including some special excursions through the Mississippi River Valley and quaint Midwestern college towns.

Detailed information about these rides: Quad Cities Bicycle Club, Box 3575, Davenport, IA 52808.

BEST INFORMATION SOURCES

For $15 a year (families $20), you can join the League of American Wheelmen. The organization's state touring directors supply members with information on request. The league also refers you to bicycle clubs in your neighborhood and to sponsors of tours. Write to Christine Manor, League of American Wheelmen, Box 988, Baltimore, MD 21203.

American Youth Hostels offers its members two- to six-week bicycle tours both in the U.S. and abroad, June through September (membership $14, families $20). You overnight at friendly hostels along the way.

Bikecentennial is another membership organization that provides services for biking tourists. For an information packet, contact Bikecentennial, Box 8308, Missoula, MT 59807.

For an introduction to bike touring and a list of tour sponsors offering trips throughout the world, order *Bicycle Touring U.S.A.* ($3), from the Bicycle Touring Group of America, Box 7407, Department R, Richmond, VA 23221.

A guided cycling group (left) *pedals along the Pacific on a week's tour of the Northern California coast. Beach lunches served en route are veritable feasts* (right).

CALIFORNIA AND THE SOUTHWEST GUIDED CYCLING

Why bother with a guided tour when you can pedal so many routes on your own? Three good reasons: It's easier, safer, and often more fun.

Guided tours usually are accompanied by support vans that carry repair parts, as well as gear and supplies for meals and overnighting. And if you run out of steam, you can always hitch a ride. Tour guides also pick scenic, low-traffic routes to interesting places you might miss and alert you to risky stretches ahead. Besides that, other cyclists generally are good company.

GOOD CYCLE-TOGETHER TRIPS

As another bonus, the backup van and guides make possible some adventurous trips you aren't likely to try on your own. The rugged northern California coast and red-rock canyons of the Southwest are two examples.

Backroads Bicycle Touring in Berkeley, California, specializes in week-long tours in both those regions and in others: the Big Sur coast; Napa Valley wine country; Washington's Puget Sound; Zion, Bryce, and Grand Canyon National Parks; even Death Valley (in early spring). Children as young as seven or eight are always welcome.

Three guides shepherd each group of 15 to 25 bikers—two pedal, the other drives the van. About 28 bikers is maximum for a trip.

You're briefed every evening on the next day's itinerary and given a map of the route. Then it's up to you whether to travel in a bunch or pedal at your own pace. Some bikers set out first thing in the morning; others linger over breakfast. Most of the pedaling—30 to 45 miles—is done before lunch, a veritable gourmet feast set up in a pleasant spot, like a beach cove or redwood grove. Siesta hour or a swim follows. Then, after a few more miles, it's time to pitch tents and enjoy yet another feast around a campfire at dusk.

ALL-INCLUSIVE RATES

You pay $350 to $500 for these five- to seven-day trips; kids under 17 get a 10-percent discount. Rates include three meals a day, camping gear (you supply your own sleeping bags), guide, support van, and admissions to scheduled attractions en route. You spend one night in a rustic lodge.

Ten-speeds can be rented for about $50 a trip. Your only other expense is the fare to the tour's starting point. The van picks you up at the airport or bus or train station.

On the Northern California Coast Tour, for instance, you meet in San Francisco and are shuttled to Mendo-

continued

Sears Custom Studio Sale

Save 30-40% on Sears custom blinds

We'll bring samples of over 300 colors-a wide variety of styles-right to your home

Any room can take on a totally new look with one beautiful touch: custom blinds from Sears. The selection is phenomenal. And now, so is the price. Sensational savings on all Sears vertical and our best-selling horizontal custom blinds.

Choose horizontals in aluminum, wood or fashionable fabrics

Turn any room into a showplace with striking 1-inch aluminum blinds, warm woods or casual fabrics. And help save energy with sun-reflectant blinds.

Select versatile verticals in solids, textures, wood-looks, mirrored-finish or macrame

A beautiful way to control light and privacy. You can even draw these blinds to the side – so they're perfect for sliding glass doors and problem windows.

Make your selection now. Don't miss the savings. Remembering, of course, that you can use your Sears credit card.

Free home visit, free estimate, at no obligation

Items that look one color in the store may look entirely different in the lighting of your home. But coordinating colors and patterns to your walls and furnishings is a cinch – when a Sears Decorator Consultant brings custom blind samples to you. And, if you'd like, your Consultant will also bring samples of custom draperies, bedspreads, upholstery fabrics,* woven woods, decorative shades and shutters.

Sears stands behind every job

How reassuring to know – the work will be done expertly – from measuring to installation; superb craftsmanship to precision fitting. You can count on it.



Make the right choices for your home in your home

Call or visit a Sears Custom Studio and let us call on you. We have a free 68-page booklet for you – full of new ideas to help you decorate one window, one room, the whole house.

**Upholstery fabrics in select markets. Custom Studios in most Sears retail stores. Dates apply only to the continental United States.*

Labor and installation extra.

Sale February 21-March 13

© Sears, Roebuck and Co. 1982

ULTRA LOW TAR
Cambridge



1 mg tar
Soft Pack.

4 mg tar 100's.

For satisfying taste
in an ultra-low tar cigarette.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Soft Pack: 1 mg "tar," 0.1 mg nicotine—100's: 4 mg "tar," 0.4 mg nicotine av. per cigarette by FTC method.





Bike Touring Vacations

cino. On the return, you pedal back into the city, across the Golden Gate Bridge.

For schedules and reservations, write Backroads Bicycle Touring Company, Box 5534, Berkeley, CA 94705.

ISLAND BIKING OPTIONS

If the idea of seeing Hawaii by bike appeals to you, there's a unique two-week tour of the islands offered most every summer and winter. You'll spend one week on Oahu and the other on Maui and Hawaii. These trips may be taken separately or in combination.

Unlike other group tours, this one doesn't focus on biking so much as on sight-seeing and recreation. Accommodations range from hotels to tents. The package price runs $215 for Oahu and $170 for Maui and Hawaii (air fare extra). You pay for your own meals. Bikes can be shipped by air from the mainland and between islands (you can't rent bikes locally).

For more information about island-hopping by bike, write Travel Associates, Suite 3470, 777 East Wisconsin Avenue, Milwaukee, WI 53202.

MORE GUIDED PEDALING

Among other outfitters operating guided group tours are:

- **Suwannee River Bicycle Tours,** Box 319, White Springs, FL 32096.
- **Michigan Bicycle Touring,** 162 Golfview Drive, Brooklyn, MI 49230.
- **Pacific Adventures,** Box 5041, Riverside, CA 92517.

A comprehensive list of outfitters and touring clubs is available from the League of American Wheelmen (for the address, see the previous page).

Vermont bicyclers emerge from a covered bridge at Woodstock (left) *on an inn-to-inn tour. Luggage is waiting when cyclists arrive at overnight stops* (right).

NEW ENGLAND'S COUNTRY BYWAYS— INN-TO-INN BIKING

Vermont Bicycle Touring trips are the plushest way to pedal. You bicycle on pastoral New England byways, then dismount at a cozy country inn by midafternoon, pick up your baggage (which precedes you on the support van), and retreat to your room for a cool drink and refreshing shower.

The inns are all authentically New England, including Vermont's oldest existing hostelry, the Dorset Inn. Other inviting Vermont stops include the Middlebury Inn near Middlebury, the October Country Inn near Woodstock, and the Inn at Manchester.

PAMPERED CYCLING

Even though inn-to-inn biking is decidedly posh, you'll still do a lot of uphill pumping. In fact, most cyclers go home a bit trimmer, despite delicious picnic spreads on the trail and bountiful dinners and breakfasts at the inns.

Each tour (of at most 28 cyclists and two leaders) includes at least two routing choices each day: Hardier cyclists may take the long way, pedaling up to 50 or 75 hilly miles; while more leisurely pedalers follow an easier route of 25 to 40 miles. You make your choices day by day, based on printed itineraries and information about terrain and sight-seeing. There's time to swim, browse antique shops, and visit historical sites. Some tours even offer golf and tennis.

TOURING PARTICULARS

Vermont Bicycle Touring schedules weekend as well as five-day trips early May through the October foliage season. You can string up to 29 biking days together without retracing your route. Daily cost per person is about $56 ($279 for five-day trips). Kids through age six pay $37 a day; through age 12, $44. Bikers' ages have ranged from six to 76. Lodgings, breakfasts and dinners, and gratuities are all included in the package price. You chip in for picnic lunches, or eat on your own.

Standard rooms with shared bath are assigned to three or four bikers of the same sex. If a family or friends want to lodge together, they can. A limited number of doubles is available at an additional daily rate of $5 per person.

You may ride your own bike if it's in good condition and at least a ten-speed (three-speed bikes are OK for easier trips). Otherwise, the touring group will rent you a ten-speed ($53 for five-day trips). If you come by public transportation, you get half off the bike rental. If four bikers arrive together in the same car, two pay only half the regular price for rental bikes (kids don't get that extra price break). In any case, the package price includes pickup from the nearest airport or bus station.

For additional information and reservations, write Vermont Bicycle Touring, R.D. 3, Bristol, VT 05443.

EXCLUSIVE ORIENTAL MAJESTY

treats you to the exquisite scenery of the Far East

You listen to the refreshing sound of water rushing down a falls. You sight quaint buildings and bridges nestled into the mountains. You notice the delicate fragrance of colorful blossoms. You can almost step into this special landscape and experience all the beauty, mystique, and majesty of the Orient.

This *exclusive* edition of four Better Homes and Gardens® plaques by artist Eunice Harris is called a "polyptych". When placed side by side, the plaques form a continuous landscape that will captivate its viewers. This unique arrangement provides an extra special wall accent for your home. And just by looking and imagining, you can take your own Oriental excursion.

The artist's delicate works have been lithographed on heavy stock then laminated on to durable ½" thick hardboard. Each 6"x15" plaque resists scratching and is easy to clean . . . just use a damp cloth. They have handsome gold beveled edges which match any decor and come ready to hang. Because of its overall size, the Oriental Majesty grouping can easily hang on any wall — large or small. Use the set to enhance a living room, dining room, family room, bedroom or even a hallway.

Keep the gift-giving possibilities in mind, too. You probably know several people who'd appreciate the artistic flair created by Oriental Majesty. Order your sets now — and receive a FREE copy of "Picture Hanging Tips" — a very useful flyer that shows how and where to hang your pictures.

You'll be more than pleased when your plaques arrive. See for yourself. Order today and experience Oriental Majesty in person.



Four unique plaques *New!* **from** Better Homes and Gardens®

Quantity

_____ No. 23151 Oriental Majesty Plaques $19.95

Postage and Handling Chart:

For orders up to $25.00 . . . . $2.25
$25.01 to $50.00 . . . . . $3.00
Over $50.00 . . . . . $4.00

Total of Merchandise $_____
State Sales Tax* $_____
Postage and Handling $_____
Total $_____

Better Homes and Gardens®
Dept. 29B, Box 374
Des Moines, Iowa 50336

***TAX NOTE:** We are required to collect and pay **STATE** taxes in Arizona, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Pennsylvania, Wisconsin. We are required to pay **STATE and LOCAL** taxes in California, Georgia, Nebraska, New Mexico, New York, Tennessee, Texas, Virginia, Washington

OUR POLICY: Full refund if not completely satisfied.

CREDIT CARD USERS SPEED DELIVERY BY PHONING TOLL FREE

Name _____
Address _____
City _____
State _____ Zip _____

Credit Card Orders Only

Fill in the boxes below — or Speed Delivery By PHONING TOLL FREE 800-247-5099. In Iowa, call 1-800-532-1526. (Toll free not available in Alaska or Hawaii.)

Credit Card No

Expiration Date
Month Year

MasterCard AMERICAN EXPRESS VISA

How to Order Material From The Magazine

Roses Piano Bench Cover Give a fresh look to your piano bench with our **CUSTOM** cover. Needlepoint kit includes design on 10-mesh canvas, wool yarn, needle and instructions. You provide background yarn to match your decor for 14"x29" cover. (See page 51).

Victorian Photo Frame This **CUSTOM** frame will add a look of elegance to a favorite photograph. Your 16"x16" needlepoint kit includes 14-mesh canvas, wool yarn, needle and instructions. (Cording not included.) (See page 50).

Rose Pillow Give old-fashioned charm to any room with our 10"-diam. Rose Pillow. **CUSTOM** needlepoint kit includes design on 14-mesh canvas, wool yarn, needle and instructions. (See page 50).

100% Money-back Guarantee!

Send check or money order to:

Better Homes

Dept. 29A, Box 374
Des Moines, IA 50336

Name _____
Address _____
City _____
State _____ Zip _____

*TAX NOTE: We are required to collect and pay **STATE** taxes in Arizona, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Pennsylvania, Wisconsin. We are required to pay **STATE AND LOCAL** taxes in California, Georgia, Nebraska, New Mexico, New York, Tennessee, Texas, Virginia, Washington.

Page	Description	Qty.	Price	Total
51	**No. 27038** Roses Piano Bench Cover Kit $31.99			
50	**No. 27039** Victorian Photo Frame Kit $34.99			
50	**No. 27040** Rose Pillow Kit $14.99			
	No. 03190 Polyester Fiberfill $3.49			
	No. 11493 Needlework Lap Frame. Lightweight wood. Adjustable. $10.99			
50	**No. 03279** Card Box White $12.99			
	No. 03280 Round Box White $16.99			
	No. 03238 Magnetic Needlework Board $4.99			
	No. 03190 Set of 8 Metal Crochet Hooks $7.49			
	No. 01252 Rose Pillow Chart $2.99			
	No. 01253 Photo Frame Chart $3.99			
52	**No. 01256** Quickpoint Rose Rug Chart $3.99			
52	**No. 01258** Mirror Frame Chart $3.99			
	No. 01259 Quilt, Tablecloth, & Pillows Pattern $4.99			
	No. 01255 Piano Bench Chart $4.99			

Shipping and Handling:
For orders up to $10.00 ..... $2.15
$10.01 to $20.00 ..... $3.00
$20.01 to $30.00 ..... $3.75
$30.01 to $50.00 ..... $4.35
Over $50.00 ..... $4.75

Total of Merchandise	
State Sales Tax*	
Shipping and Handling	
TOTAL	

	No. 00900 Craft Kits Catalog $1.00 (includes shipping, handling and tax)			

Credit Card Orders Only Fill in the boxes below—or on orders of $20 or more **PHONE TOLL FREE 800-247-5099.** In Iowa, call 1-800-532-1526. (Toll free not available in Alaska or Hawaii.)

Credit Card No.

Expiration Date Month/Year

MasterCard VISA AMERICAN EXPRESS

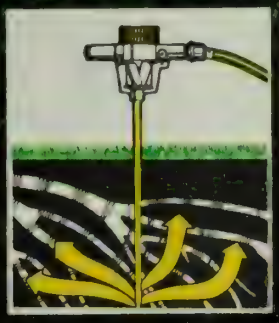
BUILD A BETTER TREE WITH ROSS.



It's easy...just load the ROSS Root Feeder with specially formulated ROSS Root Feeder Cartridges. Together they deliver water and essential nutrients in solution directly to the root zone, where growth begins. There's no waste, no run-off, no root burn.

Use ROSS right from the start. New ROSS **Tree & Shrub Starter Cartridges** reduce transplanting shock, stimulate sound root development plus promote lush, green foliage.

To maintain the vigor and beauty of all your trees, shrubs, evergreens and roses, depend on a full selection of specially formulated ROSS Root Feeder Cartridges for use season after season.



ROSS

The Better Way to Grow... Right From the Start.

Available at your local garden supply dealer.
Ross Daniels, Inc., Box 65430, West Des Moines, IA 50265

Six reasons why it's so easy to lose up to a pound a day.



When Debbie Reynolds started putting on weight a few years ago no method of weight reduction worked for long. She experienced the familiar agony of being trapped in that awful "pounds off-pounds on" cycle of dieting. Then Debbie discovered what you're about to discover. Nutri/System.

On the Nutri/System program there's no such thing as constantly counting calories. It's practically a miracle but you enjoy delicious food, even rich-tasting desserts. *And the weight comes off.*

You'll marvel at how mouth-wateringly delicious the Nutri/System food truly is. Why, you can even take it along to work or on trips. And never have to worry that you'll go hungry. *And the weight comes off.*

You get professional support from the highly trained Nutri/System Weight Loss Counselors. You'll actually learn secrets slender people know. The Nutri/System staff are sensitive to your own very special problems. Their guidance helps keep you trim meal after meal. Month after month. *And the weight comes off.*

The Nutri/System plan of weight reduction is safe and easy. You take nothing unnatural. You take no drugs or injections. Nor do you undergo hours of physical exertion in a gym to reach the weight you want to reach. Nutri/System helps you reach your goal. You lose up to a pound a day. Without any sweat. *And the weight comes off.*

Debbie loves to eat. And she lost weight at Nutri/System. You will too. Call right this minute to set up a no-obligation consultation.

The System worked for Debbie. And the same system will work for you.

For a FREE no-obligation consultation, call any of the centers listed on the next page.

nutri/system
weight loss centers
Over 500 centers nationwide

© 1982 Nutri/System, Inc

Take Debbie's advice. Call now for a free no-obligation consultation.

CALIFORNIA:
Anaheim: 714-778-2102
1173 North Euclid, Unit #A-7
Bakersfield: 805-833-3796
1601 New Stine Road, Suite 100
Campbell: 408-377-7311
2542 S. Bascomb Avenue, 127
Chulavista: 714-425-8080
296 "H" Street, Suite 203
Concord: 415-671-7703
1410 Monument Boulevard
Cupertino 408-996-8874
10420 S. De Anza Boulevard
Suite C-1
Downey: 213-862-3573
9941 Lakewood Boulevard
El Toro: 714-855-8122
24328 Swartz Drive
Escondido: 714-489-8605
435 W. 13th
Fair Oaks: 916-961-2121
5252 Sunrise Boulevard
Fairfield: 707-427-1166
2750 N. Texas Street, Suite 320
Fremont: 415-794-9496
3325 Walnut Avenue
Fresno: 209-221-9357
347 E. Barstow, Suite 104
Glendale: 213-507-1070
300 West Glenoaks Boulevard
Goleta 805-683-3711
5669 Calle Real
Garden Grove: 714-892-8324
12062 Valley View, Suite 107
Huntington Beach: 714-842-3400
18029 Beach Boulevard
La Jolla: 714-459-3281
5659 La Jolla Boulevard
La Mesa: 714-462-8900
7339 El Cajon Blvd., Suite L
Lakewood: 213-634-9333
4340-42 South Street
Long Beach: 213-594-8891
6302 E. East Pacific Coast Hwy
Los Angeles: 213-487-5696
3325 Wilshire Blvd., Suite 211
Modesto 209-578-2755
2937 Veneman Road,
Bldg. C, Suite 145
Montclair: 714-621-6926
5303 Holt Blvd
Monterey: 418-375-6070
712 Cass Street
Mountain View: 415-962-9602
2290 El Camino Real
Northridge: 213-701-5070
9062 Tampa Avenue
San Jose: 408-281-2222
5440 Thornwood Drive #C
Orange: 714-532-6885
3114 Chapman Blvd
Pasadena: 213-793-0085
350 S. Lake Avenue, Suite 280
Redding: 916-243-0563
2771 Beacheli Lane
Riverside: 714-689-2090
3852 La Sierra
N.W. Corner Magnolia & La Sier
Sacramento: 916-422-3100
4433 Florin Road, Suite 110
Sacramento: 916-929-1400
2020 Hurley Avenue, Suite 220
San Bernardino: 714-884-9431
599 Inland Center Drive,
Suite 116-117
San Carlos: 415-595-4011
183 El Camino Real, Suite C-5
San Diego: 714-277-6960
5450 Clairemont Mesa Blvd
Suite C & D
San Francisco: 415-334-7274
2367 Ocean Avenue
San Francisco
3627 California Street
San Leandro: 415-481-2820
1338 Fairmont Drive
San Rafel: 415-499-1636
2400 Las Gallinas
Santa Ana: 714-545-7123
3500 South Bristol, Suite 201
Santa Cruz: 408-425-7744
340 Soquel Avenue
Santa Monica: 213-453-3385
2114 Wilshire Boulevard
Santa Rosa: 707-526-1155
3444 Mendocino Avenue
Stockton: 209-952-4343
7743 N. West Lane #A-1
Thousand Oaks: 805-497-3282
435 W. Pennfield Place
Torrance: 213-373-0496
22821 Hawthorne Blvd.
Van Nuys: 213-787-6222
7218 Van Nuys Blvd.
Ventura: 805-644-4809
3585 Maple Street, Suite 232
Visalia: 209-627-4920
2942 S. Mooney Blvd., Suite A
West Covina: 213-960-6591
1009 S. Glendora Avenue
Whittier: 213-945-3346
8039 S. Painter, Suite 300
Coming Soon: Oakland – Santa Maria – Oceanside
HAWAII:
Coming Soon:
Honolulu

Converting a Porch Into a Plant Place





Photographs: John Rogers. Field editors: Barbara Sims/Linda Magazzine

By enclosing his front porch, the owner of this Dallas, Texas, home gained both a garden room for his thriving collection of houseplants and an energy-saving entryway that reduced his heating bills. Growing conditions are top-notch because light comes in from three directions.

The existing porch posts provided support for the framing of exterior plywood. Lining the sidewalls are custom bifold glass doors that can be opened from the inside to admit summer breezes. The exterior sidewalls are covered with 4x8 lattice sheets painted to match the rest of the house. BH&G

TRAVEL west

After Yellowstone: Get Away to Idaho

Yellowstone National Park ranks high on the "must-see" list of most vacationing families. But you may find that coping with crowds at the park—especially during the summer—can be wearing. In case you need a post-Yellowstone retreat, here's a suggestion: Get away to southeastern Idaho—just beyond the park's west entrance.

Between the scenes

Amid this forested high country of majestic mountains and sparkling waters lie Henry's Lake (in Henry's Lake State Park), just 15 miles west of Yellowstone, and Island Park Reservoir, another 15 miles west. Both offer a variety of water sports. Trout and salmon also thrive in these lakes and nearby streams. Plan to stay at one of the rustic resorts and lodges in the area, or rough it at nearby campgrounds.

Traveling US-20/191 south along the western flank of the Rockies, spend a half-day exploring scenic byways that branch to the east. You'll be surrounded by meadows thick with wildflowers, all backdropped by the towering Tetons. Along State-47 northeast of Ashton, discover the beautiful Upper and Lower Mesa Falls, and Bear Gulch where elk, bear, and deer roam free. Hiking trails lead east from this area into Yellowstone backcountry.

Be sure to follow State-33 east into tranquil Teton Basin, once called Pierre's Hole after a famous fur trapper. The basin was once a rendezvous point for mountain men, fur trappers, and Indians. Today, you can hike there in search of Indian arrowheads.

Driving south toward Idaho Falls on US-20/191, you'll notice Sahara-like sand dunes—surprising in this mountain country—stretching along the highway. Plan to stop in St. Anthony to see Fort Henry, a vintage fur trading post. In Idaho Falls, youngsters especially like Tautphaus Park with its little zoo and kiddie rides. There's also a good selection of lodgings.

For more information, write to Idaho Tourism, Room 108, Capitol Building, Boise, ID 83720.

JACKSON HOLE
IS... THE TETONS... YELLOWSTONE... AND MUCH MUCH MORE
BIG wyoming
Write For Our Color Brochure
JACKSON HOLE AREA
CHAMBER OF COMMERCE
Box E-B/Jackson, Wyoming 83001

FOR FURTHER HELP... SEE YOUR TRAVEL AGENT

TRAVEL PLANNING GUIDE
Free Information

The Better Homes and Gardens travel advertisers listed below will be happy to provide you with free information about their facilities and services. Simply circle the numbers for the material you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers.

1. **Alaska**—Your best vacation ever. Official 132-page guide, 1,300 visitor services.
2. **AAABCO**—Largest cruise agency specializing in bookings for all major lines.
3. **Arkansas**—Vacation Planning Kit, tour maps, lodging, attractions, coupons worth $300.
4. **Beach & Racquet Club**—Near Charleston, SC. Golf, tennis, meeting facilities, villas.
5. **Boca Raton Hotel & Club, Fla.**—Send for color brochure.
6. **Brunswick Golden Isles C of C**—Resorts, sports, amenities and historical tours.
7. **Bucks County**—Historical sights, events, hotel-motel guide, museums, parks.
8. **Carnival Cruise Line**—The "Fun Ships" to the Caribbean and Mexico.
9. **Colonial Williamsburg, VA**—18th Century experience and 20th Century delights.
10. **Florida Cypress Gardens**—Exquisite botanical gardens, famous water ski revue.
11. **Fredericksburg, VA**—Historic buildings, Civil War battlefield, antique shops.
12. **Galveston Island, Texas**—Sand, sea and sun. The rest is history.
13. **Georgia**—"The Way To Fun"—76-page comprehensive travel guide.
14. **Glacier-Yellowstone-Grand Teton**—Maps, fishing, camping, accommodations, and activities.
15. **Grand Teton-Rock Resorts, Wyoming**—Rates and information.
16. **Hershey, PA**—Theme park, Chocolate World, fine hotels. Free brochure.
17. **Kiawah Island, SC**—Enjoy 10 miles of unspoiled beach at village by the sea.
18. **Maryland**—Send for free Maryland "State of Excitement Kit."
19. **Mississippi**—"It's Yours in Mississippi"—over 200 years of Southern history.
20. **Mobile, Alabama**—Filled with over 275 years of history. Brochure for things to do.
21. **Nebraska**—Discover the difference. Send for free travel packet and map.
22. **North Carolina**—Free full-color travel vacation planning kit.
23. **North Dakota**—Free—over $500 in discount coupons for North Dakota travelers.
24. **Pennsylvania Festivals Association**—Write for 35 festivals brochure.
25. **Royal Caribbean Cruise**—7- and 14-day Caribbean cruise leaving Miami every weekend.
26. **Saga Int'L**—World Travel for over 60s—free 64-page four-color brochure.
27. **San Antonio**—The Texas original. Historic, unique riverwalk. The Alamo.
28. **Sleepy Hollow Country, NY**—Explore fabled land on the banks of the Hudson.
29. **South Carolina**—Come see SC Myrtle Beach, historic Charleston, resort islands.
30. **Tennessee**—Mountains, music, great lakes of the South. Come Tennesseeing.
31. **Texas**—"Texas, where the past meets the future."
32. **U.S. Virgin Islands**—Send for vacation kit, St. Croix, St. John, St. Thomas.
33. **Wilmington, NC**—Come to historic Wilmington and Coastal Carolina.
34. **Phoenix/Scottsdale Visitors Guide**—Colorful 70-page brochure for vacation planner.
35. **Jackson Hole, Wyoming**—Last and best of the Old West.

Name _____

Address _____

City _____ State _____ Zip _____

Mail To: BETTER HOMES AND GARDENS
P.O. BOX 4534, DEPT. 203W
DES MOINES, IA 50336



The summer of 82°

82°F. That's the average mean temperature in the summer in the American paradise. With trade winds blowing almost without exception from an easterly direction. (Now that doesn't sound mean at all!) See your travel agent.

United States Virgin Islands

St. Croix · St. John · St. Thomas

© 1982 United States Virgin Islands Division of Tourism, 1270 Avenue of the Americas, NY, NY 10020

A Recycled Kitchen With Old-Fashioned Charm

Kitchens in vintage houses often have a certain irreplaceable warmth and charm that newer kitchens lack. Unfortunately, those delightful old-timers are likely to have a number of serious drawbacks, too, like chopped-up work spaces, poor traffic patterns, and inadequate lighting. How can you make such kitchens look brighter and work more efficiently without destroying their appealing character in the process? Here's how one family did it.





Originally, this spacious, light-flooded kitchen *(above right)* was a narrow corridor with outdated fixtures and the customary token window over the sink. To gain elbowroom and extra light without losing valuable storage space, the exterior wall was bumped out five feet and topped with a long skylight. (The original exterior wall stood where the flat ceiling ends.) The sink was relocated at one end of the new bump-out space, near a sunny wraparound window, and the wall space between the sink and stove was lined with a bank of cupboards. Above, under the skylight roof, another tier of cupboards stretches along all three sides of the main work area. Since there was plenty of space for wall and base cabinets in the bump-out area, one corner of the old kitchen was reworked as a commodious double-door pantry *(right)*, complete with adjustable shelving inside and swing-out storage on the doors.



An island worktable was installed in the center of the room *(above left)*, where it would be handy to each area of the kitchen. The work surface on this unit is covered in blue and white ceramic tile that matches the backsplash tile. The unit cantilevers over one end of a five-drawer storage cabinet to form a small snack bar.

Several finishing touches preserve the character of the original kitchen and reflect the traditional style of the house. The old cabinets were replaced with new ones that were custom-built to match the style of the originals. A paddle-fan fixture was placed over the island to complement the old-fashioned look of the cabinet fronts. Also, a Victorian motif was chosen for the ceramic tiles, and a quaint, small pattern was selected for the wallpaper.

Photographs: Hedrich-Blessing
Architect: Jack C. Irwin, AIA
Interior design: Laurie Schmidt
Field editor: Barbara Sims/Linda Magazzine

Come discover the Great American Outdoors

MONTANA & WYOMING

Yellowstone · Glacier · Grand Teton

It's a natural vacation that starts with three National Parks and two extraordinary states then keeps going with famed rivers and first-class fishing, museums and ghost towns, dude ranches and whitewater rafting.

Visit the land of Lewis and Clark, Buffalo Bill, Jim Bridger, Custer . . . see abundant wildlife, roaming free . . . thrill to the best in rodeo . . . or just lean back and soak up peace and quiet. Here's country big enough for everything you've yearned to do, with just enough of the civilized life — at prices smaller than you'd expect.

Start your adventure by sending for our FREE vacation planning package.



MONTANA/WYOMING VACATION, Room 202
Montana Dept. of Commerce
Helena, MT 59620-0411

Please send me full-color brochures, maps, accommodations and campground guides, National Park information and vacation ideas for the whole family.

Name _____

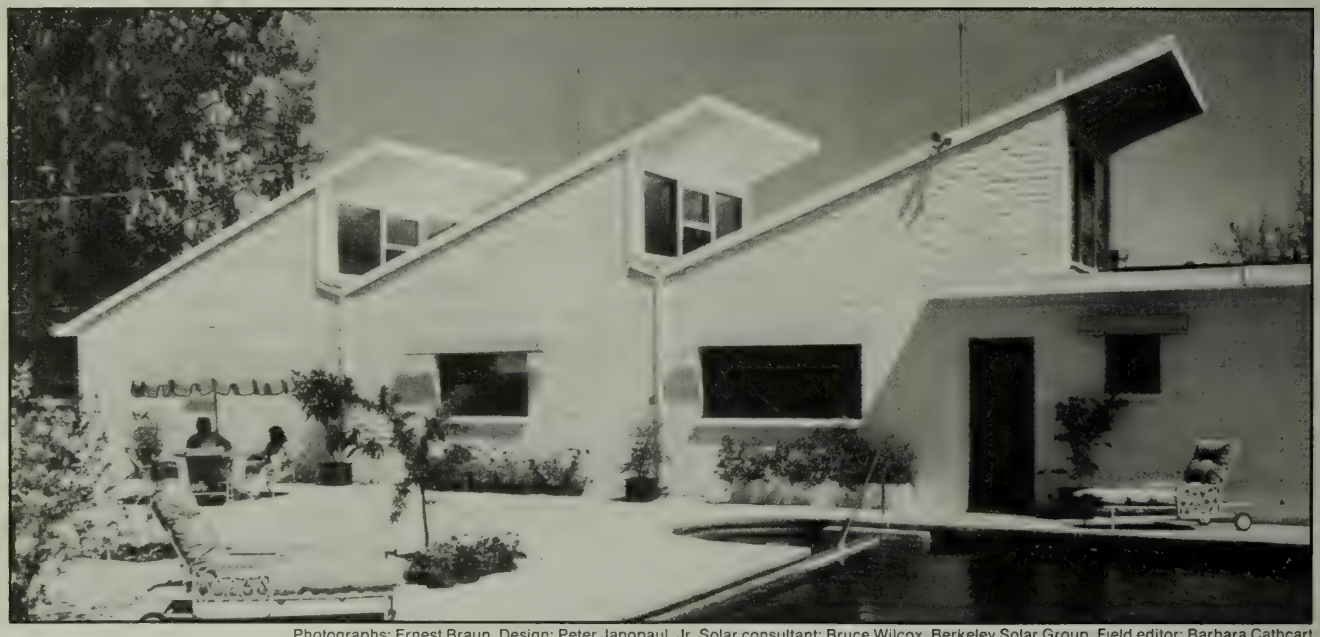
Address _____

City _____ State _____ Zip _____

Please allow 3 weeks for delivery

A Solar-Smart Addition

If your home is an unlikely candidate for a solar retrofit, don't resign yourself to owning an energy guzzler. With a little imagination and some expert technical advice, you can turn that "problem" house of yours into a solar success story. And here's the proof.

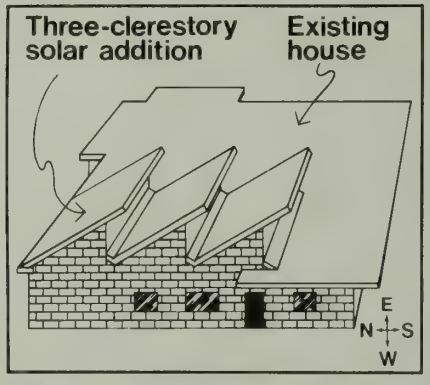


Photographs: Ernest Braun. Design: Peter Janopaul, Jr. Solar consultant: Bruce Wilcox, Berkeley Solar Group. Field editor: Barbara Cathcart

The original layout of this house was decidedly *not* energy-sensible. Large windows in the two long elevations faced east and west, and the south elevation was almost windowless. Not surprisingly, summer cooling costs alone averaged $200 a month.

The homeowners decided to build an addition that would make the sun work for them for a change, besides stretching their living space. With the help of a solar energy specialist, they designed an addition that would make the whole house more energy-efficient. Their strategy called for a three-room addition along the west side of the house, facing the pool, with a south-facing clerestory over each of the new rooms to scoop in winter sun and draw out summer heat. The clerestories account for the distinctive sawtooth roof line visible in the exterior photo *above*.

Their plan also included a special type of wall construction. The wall directly opposite each clerestory window was constructed of porous concrete blocks that soak up extra Btu's and release them as needed. Built into each wall is a reversible mini-fan that helps to circulate the room air. This same porous material covers the inside of the sawtooth exterior wall. A layer of rough-textured block that matches that of the original house forms the outer surface. There's a 1½-inch air space between the two materials.





One end of the new addition is a family room that adjoins the kitchen *(below left)*. The wall between (formerly the exterior wall) was paneled in redwood, and the original window openings were recycled as large cutouts. These cutouts work with the operable clerestory windows to cool the house by natural convection in warm weather.

During warm weather, the clerestories are fitted with removable canvas blinders (not shown) at each end of the overhang to block out early and late sun, and the west-facing windows are shielded by canvas shades.

Although the homeowners continue to fine-tune the performance of their retrofit, they already enjoy significant energy savings. So far, the addition hasn't required any backup heating, and their air conditioning costs in summer have dropped to $40 a month.



Yuban is a registered trademark of General Foods Corporation. ©1981 General Foods Corporation.

A Guide to Interfacings and Battings

To give your home sewing a professional look, you need to know which interfacing or batting to use for which project. And that isn't easy, because there's such a wide variety of products to choose from. Here's a guide to help you choose wisely every time.

Interfacings

Interfacings are used to stiffen and strengthen certain parts of garments, most commonly collars, cuffs, and the facings behind zippers.

Widths of interfacings vary from 18 to 45 inches, and interfacings are graded to the weight of the fabric they are to be bonded to. For example, a lightweight interfacing might be used for stabilizing the shapes of shirt collars and cuffs, while a heavyweight interfacing would be appropriate for suit making and tailoring. A commercial pattern for a garment requiring interfacing should specify the most suitable and economical width and weight.

Today's interfacings are either woven or made from fused fibers. There are two types of interfacing. One is meant to "float" between two layers of fabric; the other is an iron-on type that is affixed to one of the layers of fabric.

To use a woven interfacing, cut a pattern piece of interfacing to match a corresponding fabric piece, and baste the two pieces together. The interfacing usually is basted to the underside of the collar or cuff, or to the wrong side of the zipper facing. Assemble the garment according to the pattern instructions, and remove the basting stitches when the garment is finished.

To use an iron-on interfacing, first cut the pattern piece, taking particular care to have the heat-sensitive side in the proper position. Then, following the manufacturer's instructions, affix the interfacing to the fabric.

Fusible webbing is similar to iron-on interfacing, except that fusible webbing is treated with adhesive on both sides. Webbing is used to bond fabrics so that they can be sewn together.

Fusible webbing is useful for machine appliquéing, since it will hold the appliqué piece securely to the background fabric while it is being stitched down.

Battings

Batting is a layer of evenly combed, fluffy polyester fiber used as a filler for quilted items. You can buy batting off the bolt (in 45-inch widths) or in precut sizes to fit standard-size bedcovers.

Since batting is loosely held together, it is often bonded on one side so that it won't stretch out of shape.

Fleece is thinner and firmer than other battings, and it lacks their puffiness. Since fleece will hold its shape when it is cut, it is excellent for padding appliqué shapes and garments.

Both batting and fleece are machine-washable and dryable.



Not a big cheese, just a better one.

Our cheese is made in the heart of America's dairyland. Where milk is rich and fresh, and cheesemakers still produce the finest mozzarella cheese. We test sample first and select only the best natural cheese. Then we pre-shred it for your convenience. Spoil yourself. Get a taste of our all-natural quality soon. It's making a name for us.

Sargento

PLYMOUTH, WISCONSIN

A better pizza is in the bag.

Italian Cheese Recipe Booklet.

Send one label from any package of Sargento Shredded Cheese or 50¢ to Sargento Cheese Co., Dept. 8032, Plymouth, WI 53073.

TUACA. ITS TASTE HAS COME.

Tuaca is a very different liqueur. It costs a bit more but it's worth it. Imagine a big, bold brandy taste lightly laced with a subtle sweetness. Unboring. Unusual. Imported from Italy.

Tuaca. It's what's missing from your collection of liqueurs.



Tuaca.
The bold but subtly sweet
Italian liqueur.

RIVER RUN.



The Rio Grande, Big Bend National Park

TEXAS. A DIFFERENT POINT OF VIEW.

RIVERWALK.



The Riverwalk, San Antonio

Rivers run like an iridescent theme through the varied Texas landscape. There are frothy white rivers that race through awesome canyons. Jade green rivers that meander through graceful cities. Icy, spring-fed rivers. And dark, mysterious, bayou-like rivers. You can fish in them. Drift in them. Swim in them. Camp beside them. Dine beside them. Gain a new perspective from them. And just plain exult in them. Choose your speed. River run. Riverwalk. Or somewhere in between. Then come immerse yourself. In the many-splendored rivers of Texas.

TEXAS

For a free, all-new color brochure and map to help you plan your Texas adventure, write: Texas, Dept. BH 13, Box 12008, Austin, TX 78711

Name _____

Address _____

City _____

State _____ Zip _____

Seashell Mirror

Even the briefest trip to a beach results in handfuls of too-pretty-to-pass-by seashells. Why not show off your collection by making this showy mirror frame for a bedroom or bath? Here are tips to help you collect the shells, plus directions for making the mirror frame.



Collecting shells

Regardless of where you live, seashells are not difficult to come by. Of course, natural beaches offer the best opportunities. You can collect all the shells you'll need (or can carry) in just an hour's walk along the beach.

Don't be too choosy when you're shelling. If a shell has an unattractive exterior, you can display the interior side. Also, you can use pieces of broken shells to fill in background areas.

Most public beaches are open to shell hunters, but always ask for permission before searching for shells along privately owned beaches.

If you don't have access to a beach, and you won't be visiting one in the near future, you still can find all the shells you need. Gift and craft supply shops often have inexpensive shells in bulk along with their costlier ones. For this project, the cheaper kinds are fine, but you may want to splurge on a few rarities to use as finishing touches.

Gathering your materials

In addition to the shell collection, a piece of ½-inch plywood is needed for the backing. A lumberyard can cut the plywood to the size you need. Be sure to check out the lumberyard's supply of scrap plywood; you may be able to find just what you need at a bargain price.

Standard-sized mirrors are available at department or discount stores. Buy a mirror that is small enough to leave a four- to six-inch exposed border when centered on the plywood piece. For an odd-sized mirror, consult a mirror and glass company. (Check the Yellow Pages under "Mirrors.")

Bedecking the mirror

Begin by rinsing and cleaning the shells. To keep sand and grit from clogging drains, wash the shells in a bucket of water outdoors. Warm soapy water will remove most of the grime; to remove stains, soak the shells in a solution of water and laundry bleach. Allow the shells to dry.

Sort and separate the shells according to color, shape, size, and texture. That will make it easy to find a particular type of shell when you're working out your arrangement.

Center and secure the hanger to the back of the plywood.

Center the mirror on the plywood, glue it in place, and set aside to dry.

While the glue is drying, plan the shell border design. Arrange several of the larger shells around the mirror to frame it. If you have enough large shells, you might use them in corner designs. Plan light and dark areas for the filler and sort shells accordingly.

When the arrangement pleases you, and the mirror is completely dry, begin gluing the shells to the plywood. Apply just enough glue for one row of shells around the edge of the mirror. Set the shells in place, overlapping the edges of the mirror. Allow the first row to dry.

Repeat the process for subsequent rows, always working from the center outward. Experiment and place shells until you are pleased with the arrangement. Work small areas at a time so that you'll have time to try several positions before the glue dries.

To accent the design (or to fill a large space), use a starfish, sand dollar, or sea urchin.

Finally, glue a small row of similarly shaped shells to the exposed plywood edge. After all the glue has dried, you might apply a coat of acrylic polymer glaze to prevent the shells from softening and crumbling.

JANICE SCHULER: Eighteen years old. High school senior and National Scholastic Shooting Champion. Member of the U.S. Shooting Team and Life Member of the National Rifle Association.

"I've been shooting competitively since I was seven years old. It's been a sacrifice, but it's been worth it because I've had the chance to travel, meet people and learn a lot about myself. I practice about nine hours a week in the range at school because I want to make the Olympic Team and try to get a shooting scholarship for college.

My dad bought me a NRA Life Membership when I was fourteen, and I'll always be grateful to all the members for promoting competitive shooting and giving me the chance to do well at something I enjoy so much."

I'm the NRA.



The NRA is the national governing body for the shooting sports. It raises money, selects and trains the people who represent America in shooting competitions around the world, including the Olympics. If you would like to join the NRA and want more information about our programs and benefits, write Harlon Carter, Executive Vice President, P.O. Box 37484, Dept. JS-4, Washington, D.C. 20006.

Paid for by the members of the National Rifle Association of America.

Cookie Mix Surprises

SOUR CREAM-CITRUS PIE

- **1 package 3-dozen-size sugar cookie mix**
- **½ cup sugar**
- **¼ cup cornstarch**
- **2 cups milk**
- **3 egg yolks**
- **3 tablespoons lemon juice**
- **1 teaspoon finely shredded lemon peel**
- **2 tablespoons butter *or* margarine**
- **½ cup dairy sour cream**
- **1 11-ounce can mandarin orange sections, drained**

Prepare cookie mix according to package directions. Roll dough between two lightly floured pieces of waxed paper to ⅛-inch thickness. Remove top paper; invert dough onto well-buttered 9-inch pie plate. Remove paper. Trim dough. Cut six 1½-inch diamonds from trimmings. Bake crust and diamonds in 375° oven, 5 minutes for diamonds and 12 to 15 minutes for crust. Cool.

For filling: In saucepan combine sugar and cornstarch. Stir in milk. Cook and stir till mixture is bubbly. Reduce heat; cook and stir 2 minutes more. Remove from heat. Beat egg yolks slightly. Gradually stir *1 cup* hot mixture into yolks. Return to saucepan; bring to boiling. Cook and stir over low heat 2 minutes. Remove from heat. Stir in lemon juice and peel, and butter or margarine. Fold in sour cream. Arrange oranges on bottom of pie shell. Spoon filling over. Cool. Cover; chill. Garnish with diamonds and additional oranges, if desired.



Photograph: Mike Dieter

PEANUT BUTTER-FRUIT BAKE

- **1 package 3-dozen-size peanut butter cookie mix**
- **½ cup chopped peanuts**
- **1 8-ounce can crushed pineapple**
- **1 10-ounce package frozen sliced strawberries**
- **2 tablespoons lemon juice**
- **¼ cup cornstarch**

Prepare cookie mix according to package directions, adding nuts to the mix. Pat *half* of the dough into an 8x8x2-inch baking pan. Bake in a 375° oven for 10 minutes.

Meanwhile, drain pineapple, reserving juice. In a saucepan combine strawberries and pineapple. Cover; cook over low heat till berries are thawed. Stir in lemon juice. Combine reserved juice and cornstarch; add to berry mixture. Cook and stir 3 to 5 minutes more or till mixture is bubbly. Spread filling over crust; crumble remaining dough atop. Bake 20 minutes longer. Serves 9.

"My, how you've grown!"

Healthier, bigger, lusher, faster. That's how RA-PID-GRO® makes things grow.
Things like flowers. Vegetables. Shrubs. House plants, too. Even trees.
RA-PID-GRO is a concentrated fertilizer. Just mix with water, it goes to work instantly.
RA-PID-GRO. My, how it grows!



RA-PID-GRO®
What it's named is what it does.

Choosing Knitting Needles

Knowing which knitting needle to use when can help you get professional-looking results, and with minimum effort. Here's a rundown on what types of needles are available and which ones work best for various knitting projects.

Types of knitting needles

The most widely available types of knitting needles are single-pointed, double-pointed, and circular.

Single-pointed needles are straight needles with a knob on one end to keep the stitches from falling off. The needles are used to make sections of seamed garments or other types of flat pieces. Single-pointed needles come in various diameters, from seven to 14 inches long. When deciding which length of needle to buy, keep in mind the number of stitches you'll be working with. Using needles that are longer than necessary can be tiring when you knit for long periods of time.

Double-pointed needles come in lengths from five to ten inches and are pointed at both ends. They are sold in sets of four. The needles are used to make seamless items such as socks, mittens, and gloves. The cast-on stitches are divided among three needles, and the fourth needle is used for working the stitches.

Circular needles also are used for seamless knitting. They come in nine- to 36-inch lengths and have short, rigid points made from either metal or plastic joined with a nylon length.

What they're made of

Most needles are made of metal, plastic, or wood, and each has special characteristics. Metal needles don't break as plastic and wooden ones do, but smaller metal needles may bend. Although metal needles may feel identical to plastic ones, you're likely to unconsciously alter your tension when using metal needles. Knowing that they can take rough treatment, you may grip the needles tightly and thereby tighten the gauge.

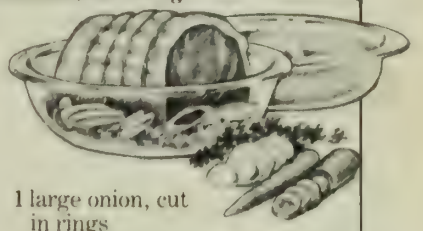
Cornelius

for Corning



Braising is a wonderful technique that can turn an inexpensive cut of meat into something tender and terrific. Think of it as oven steaming: you cook slowly with a small amount of liquid in a covered vessel. The new Pyrex® brand "1-2-3 Cooker" is ideal for braising... and that's just "1" of the things it can do. It also roasts (that's "2") and bakes (that's "3")—in either its bottom or its top! It comes with its own metal rack and a free recipe booklet. You'll find it at department and specialty stores, and you'll find it one of the most versatile pots you've ever owned. Here's an easy but elegant recipe that demonstrates how the "1-2-3 Cooker" can help to...

Braise your standard of living.



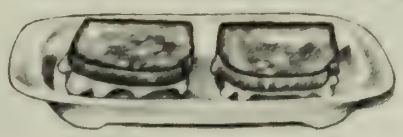
4-5 lbs. boneless sirloin tip roast, tied
⅓ cup Dijon-style mustard
1 tsp. dried, crumbled rosemary
1 tsp. freshly ground pepper
½ cup red wine, *heated**
1 large carrot, chopped
1 large onion, cut in rings
Parsley for garnish

Spread mustard over the roast, sprinkle with rosemary and pepper. Arrange on rack in the Pyrex brand 1-2-3 Cooker, fat side up. Place in the upper half of a preheated 450° oven for 20 minutes to brown meat. Turn meat without piercing, cook 20 additional minutes to brown the other side. Pour the heated wine over the roast, add the carrots and onion rings. Reduce heat to 350°. Cover and cook for 2-2½ hours or until the meat is tender. Remove meat from the cooker and let set 10 minutes before slicing. For sauce, remove fat from the liquid and serve liquid as is or puree with the vegetables in a blender or food processor. Reheat sauce in a Rangetoppers® saucepan and serve with sliced meat. Serves 4-6.

*Any liquid added to a hot Pyrex brand dish must be heated to avoid breakage.

For a recipe for a one-dish Easter dinner that's as easy as 1-2-3 in the "1-2-3 Cooker," just drop me a note.

In microwave, our "Little Sizzler" is big news.



For smaller microwave ovens (or just smaller appetites), Corning introduces a browning grill that's a compact 7⅜" x 12¼". It sears and browns chops, hamburgers, small steaks... and it sure helps to make some sensational grilled sandwiches (drop me a note and I'll send you recipes for some of my favorites)!

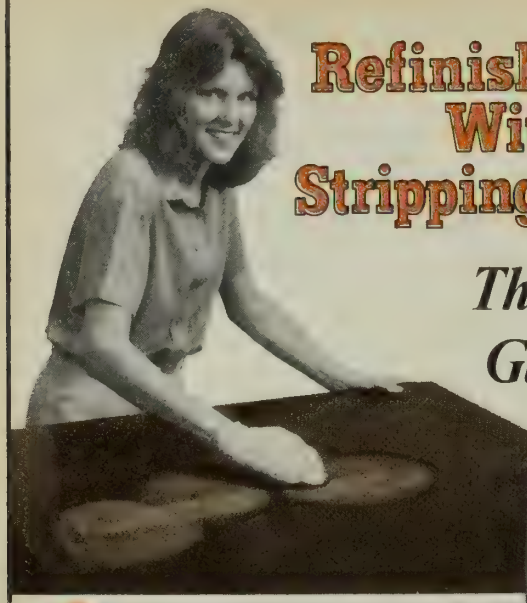
Improve your marks with Corelle® dinnerware.

Those gray marks that may appear on your Corelle dinnerware are not the fault of the dinnerware! They can be caused by metal implements rubbing off on the much harder Corelle surface. To remove, do not use metal scouring pads or harsh cleansers that could scratch. Just rub gently with a non-abrasive cleanser (like Bon Ami, Zud, Elco Cleaner or baking soda). Your Corelle dinnerware will look like new—mark my words!

At your service, Cornelius

CORNING

CORNELIUS O'DONNELL, CREATIVE SERVICES, DEPT. BH-82-1, CORNING GLASS WORKS, CORNING, NY 14831
PYREX, RANGETOPPERS AND CORELLE ARE REGISTERED TRADEMARKS OF CORNING GLASS WORKS, CORNING, NY 14831
© 1982 CORNING GLASS WORKS



Refinish Furniture Without Stripping or Sanding

The Easy 2 Step Gillespie Way!



1. Apply Gillespie Old Furniture Refinisher with the steel wool to dissolve and partially reconstitute the original varnish, shellac or other clear finish, while preserving the natural color and patina of fine old furniture wood.
2. Wipe on Gillespie Tung Oil to create hand-rubbed beauty and preserve the character of aged wood while accentuating the wood grain.

FREE "How-To" Booklet upon request. Write GILLESPIE BOOKLET Dept. BA, Box 1879 Memphis, Tn. 38101

GILLESPIE
SINCE 1824

AVAILABLE IN THE DO-IT-YOURSELF DEPARTMENTS OF HARDWARE, PAINT & HOME CENTERS.

KLEAN-STRIP Div. of W. M. Barr & Co.

A NEW TELEVISION DECORATING MAGAZINE SHOW

Better Homes and Gardens *Idea Notebook*

HOSTED BY DECORATING & REMODELING PROFESSIONAL MARTYN ST. DAVID

Space saver tips...planting shrubs...skylighting...container gardening & fabric stretching...log cabins...slope gardening...herb gardening ...department store designers...hot tubs...picture framing...wall papering...fabric ideas...flooring advice...color schemes... decorating with plants...carpets & painting...vegetable gardening... fences...bathroom facelift...home security...choosing a contractor... organizing closets...furniture arrangement...window treatments... upholstery...planting trees...bathroom storage

CONSULT YOUR LOCAL USA CABLE NETWORK LISTINGS

Tips for Travelers

Museums just for kids—You'll find a wide variety of children's museums nationwide with exhibits geared to the younger set. Check the directory of the American Association of Museums in most libraries, or write Cathy-Ann Spelman, American Association of Museums, 1055 Thomas Jefferson Street NW., Washington, DC 20007.

Help for fearful flyers—Nearly 30 programs aimed at curing the air travel jitters have been started across the U.S. in recent years. The programs range from one to ten weeks in length, and average $250 per person in price. For details, write to the Institute for the Psychology of Air Travel, Suite 300, 25 Huntington Avenue, Boston, MA 02116. For how-to tips on overcoming your flying phobia, check *Fearless Flying: The Complete Program for Relaxed Air Travel* by Forgione and Bauer (Houghton-Mifflin, $6.95).

Passport pointers—You can apply for a passport (allow at least two months for processing) at most larger post offices. You'll need proof of U.S. citizenship (birth certificate, naturalization papers, or an old passport), identification (valid driver's license or ID card), two passport photos (most commercial studios take them), and $15 (check or money order). Write for the helpful booklet, *Your Trip Abroad,* available from Jane Hayes, Passport Services-PPT/S/PC, Department of State, Washington, DC 20520.

Preparing your child to fly solo—For a young child getting set for his or her first flight alone, rehearsing the trip in advance is the best preparation. Go to the airport and familiarize your child with all the facilities—ticket counters, security checkpoints, telephone booths, etc. At the time you make the reservation, tell the agent that it's for an unaccompanied child. And try to schedule the youngster on nonstop flights. When you check in at the airport, you'll fill out a form including the name and address of the person who will be meeting your child. The form is given to an attendant who will deliver your pint-sized traveler to the proper party at the end of the trip.

Better Homes

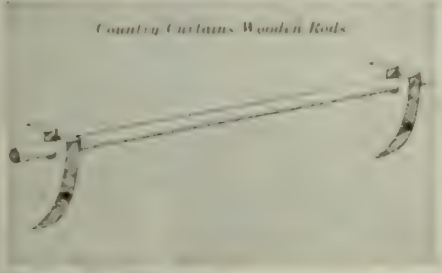
Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

by Ann Lively



Preserved giant Boston fern
No care, no water, no sun! Once a living plant, these ferns are preserved to maintain a subtle beauty and fresh green color indefinitely. Potted in a basket urn with macrame hanger. Medium (pictured) 3' wide, $12.95; Large 3'3" wide, $14.95, X-large 3'6" wide, $16.95. Add $3 post. Portfolio 50¢. 800 Marketing, Inc., Dept. A3, 901 N.W. 8th Ave., Ft. Lauderdale, FL 33311.



Wooden curtain rods
Handmade wooden curtain rods and brackets. To enhance your curtains and draperies in three finishes: unfinished, dark walnut or light pine. A way to create a "new look" for any room in your home. $7.50 each; please add $2 postage with each order. Ask for their FREE Catalog. Order from Country Curtains, Dept. BHG3, Stockbridge, Massachusetts 01262.

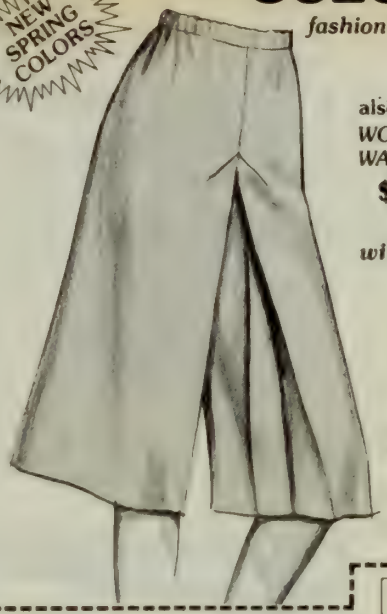


27 full color wallet photos
A great way to show off the new baby or to keep in touch with friends! Select from these combinations: #P4079—27 wallets; #P4080—15 wallets and 1-8x10; #P4081—15 wallets and 2-5x7s; #P4082—2-5x7s and 1-8x10. Each selection $1.95 + 50¢ post. Send any print up to 8 x 10 (returned unharmed). Walter Drake Photo Labs, BH51, Drake Building, Colorado Springs, CO 80940.

CULOTTES...

NEW SPRING COLORS

fashion's newest favorite...



only $11.95 MISSES SIZES

two for $21.90

also available in *WOMEN'S WAIST SIZES* $12.95

with two for $23.90

Great for your active life. Inverted front and back pleats give you the look of a skirt with the comfort of pants. Elasticized waist for pull-on ease. Machine washable Polyester Doubleknit. NAVY-70, JADE-72, LILAC-81, KHAKI-57, RED-48, or WHITE-26. MISSES sizes: 8-18. WOMEN'S waist sizes: 32-40.

FOR FAST PERSONAL SERVICE
24 hours a day
7 days a week
CALL (602) 747-5000
charge orders only

SATISFACTION GUARANTEED OR MONEY BACK!
if you're not completely delighted with your purchase—at any time, for any reason—just return it to us for a full, fast refund.

COLOR	#BD3CA MISSES	#BD3CC Women's	QTY	PRICE

NAME _____
ADDRESS _____ (please print)
CITY _____
STATE _____

Add $1.95 P & H one item
$2.95 two or more _____
AZ res. add 6% tax _____

CHARGE TO: ☐ MC ☐ BA/VISA ☐ AE ☐ CHECK OR MONEY ORDER
ACCOUNT # _____
EXP. DATE _____ SIGNATURE _____

Enclosed is $ _____
☐ I do not wish to order now, but have enclosed $1 to receive a *SPRING CATALOG* and a *$2 BONUS CHECK* good on first order.

Dept. BD3CA, Palo Verde at 33rd, Box 27800, Tucson, Arizona 85726

OLD PUEBLO TRADERS *since 1946*


1 400 1½ & TWO STORY DESIGNS — $5.95


2 210 ONE STORY DESIGNS OVER 2000 Sq Ft All popular styles Spanish Western Tudor French etc For medium to country estate budgets 192 pages $3.95


3 350 ONE STORY DESIGNS UNDER 2000 Sq Ft For medium and restricted budgets Delightful traditional contemporary exteriors floor plans 256 pages $4.95


4 205 MULTI-LEVEL DESIGNS Features split levels, bi-levels for flat and hillside sites Exciting new dimensions in living For varying budgets 192 pages $3.95


5 223 VACATION HOMES A-frames chalets hexagons, lodges for summer and winter fun From 480 to 2,928 sq ft sleeping 2 to 22 176 pages 80 in full color $4.25

6 ALL FIVE CATEGORIES - only $14.95. Get each of the five outstanding plan books. Over 1275 designs, 3750 illustrations in 1136 pages. A $23.05 value - save $8.10. Blueprints available for each design at low cost. Satisfaction guaranteed

1275 HOME DESIGNS

An exciting portfolio of America's popular home designs specially edited by category. Order either the delightfully illustrated plan book of your favorite house category, or the Complete Collection.

HOME PLANNERS, INC.
Farmington Hills, MI 48024

Mail Today

HOME PLANNERS, INC.
Dept. Bk - 23761 Research Drive
Farmington Hills, Michigan 48024

Please ship to me by return mail (circle choice):

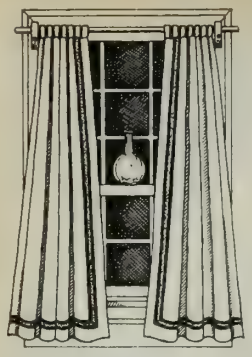
1 400 1½ & Two Story Designs @ $5.95
2 210 One Story Designs Over 2000 Sq. Ft. @ $3.95
3 350 One Story Designs Under 2000 Sq. Ft. @ $4.95
4 205 Multi-Level Designs @ $3.95
5 223 Vacation Homes @ $4.25
6 Complete Collection @ $14.95 (saving $8.10)

PLEASE PRINT
Name _____
Address _____
City _____
State _____ Zip _____

Mich. residents kindly add 4% sales tax.
Check enclosed for... $ _____ BHM23MN

In Canada Mail To:
Home Planners, Inc., 772 King St. W.,
Kitchener, Ont. N2G 1E8

COUNTRY CURTAINS®



Country Curtains are a tradition... years of old-fashioned quality and conscientious service from Nantucket to Nob Hill. RIBBON TAB... classic tailored tab in natural color linen look home spun trimmed with ribbon braid in navy blue, cranberry, green, gold or brown. Washable. 36" or 40" long, $25 pr; 45" or 54" long, $30 pr; 63" or 72" long, $34 pr; 81" or 90" long, $41 pr. Please specify braid color.

COUNTRY CURTAINS
At The Red Lion Inn
Dept. 32, Stockbridge, Mass. 01262

Check, money order, Mastercard or Visa. Mass. res. add 5% sales tax. Postage/handling: orders under $25 add $2.00, over $25 add $3.00. Phone: 413-298-5565. Satisfaction guaranteed.

☐ PLEASE SEND FREE CATALOG
☐ My order totaling $_____ is enclosed.

Name
Address
City
State Zip

Preston's New 112 page Fully Illustrated Catalog of

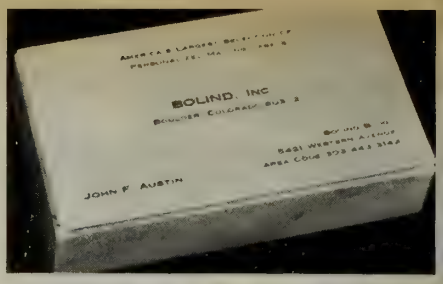
Ship Models and Decorative Nautical Ideas for the Home.



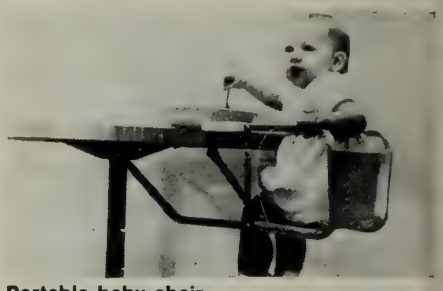
You could shop for months and never find the hundreds of decorative nautical ideas illustrated in Preston's new catalog: 112 pages teeming with ship models, marine paintings, nautical lamps and clocks, ships' wheels, figureheads and scores of other nautical ideas for the Home.

Send 25¢ for catalog to:

PRESTON'S
120-F Main St. Wharf, Greenport, N.Y. 11944



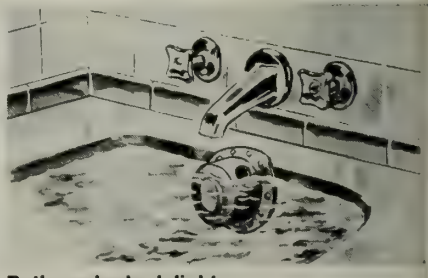
Unique business card paperweight
You send your business card to be photo-engraved on brass-colored metal and then mounted on ¾" Italian marble. Your card is duplicated exactly (do not staple or paperclip). Makes a unique and wonderful gift for your favorite business person. $12.50 plus $1.50 postage. 80-page catalog, $1. Bruce Bolind, Dept. BH-3, Bolind Building, Box 9751, Boulder, CO 80301.



Portable baby chair
Clamps securely to table, counter and picnic table. Replaces the high chair at a fraction of the cost. Allows your baby to eat with the family at the table. Made of cast aluminum and durable styrene seat. An ideal grandmother's gift, or keep one for visiting days. Fits baby up to 4 years old. $16.95 + $2.50 shpg. Essex House, Dept. BHG3, Box 80, Scotch Plains, NJ 07076.



Wind direction at a glance
This splendid Crowing Rooster weather vane will add the finishing touch to your home, garage, farm or ranch. Made of rust-free aluminum with baked vinyl coating. The arrow is 23" long; the support is 27" high. Makes a lovely gift for any homeowner. $14.95 plus $3 postage. Order from Holst, Inc., Dept. BH-382, 1118 West Lake, Box 370, Tawas City, Michigan 48763.



Bath-soaker's delight
"Old Soaks" who enjoy the lazy luxury of a tub bath will bless this patented "Soaker's Delight." It's a rubber cap held in place with 12 "mini" suction cups that covers and controls the overflow valve on your tub. Allows up to 3" more water. Get one for yourself and for your "Soaker Friends." $7.98 plus 50¢ postage. Better Sleep, Inc., Dept BH3, New Providence, NJ 07974.



If you shouldn't climb stairs INSTALL AN *"Elevette"*

"Elevette" – the modern home elevator – can carry three adults or a wheelchair patient and attendant. It's custom built to the size best suited for your needs and serves two or more floors of your home.

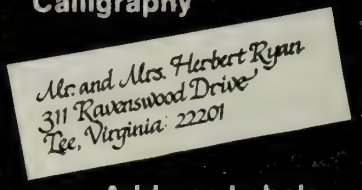
Tax deductible when recommended by a doctor.

SEND FOR FREE LITERATURE

Fully describes and illustrates "Elevette". Also, StairLIFT, the budget-priced, single-seat passenger lift for the stairs.

INCLINATOR COMPANY OF AMERICA
DEPT. 1
P. O. BOX 1557
HARRISBURG, PA 17105-1557

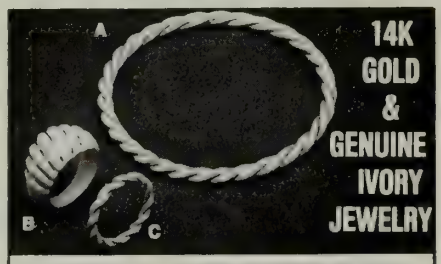
Calligraphy



Address Labels

CALLIGRAPHY LABELS

Your name and address artistically hand-lettered (or any 3 line message). 22 letters and spaces per line. 500 labels with black ink on white gummed paper, or 250 on gold gummed paper. ⅝" x 1¾", packed in a plastic box. (Allow 4-6 weeks.) Specify white or gold. $7.95 + 75¢ postage and handling. Bruce Bolind, 153-C Bolind Bldg., P. O. Box 9751, Boulder, CO 80301. Useful 80-P. Gift Catalog, $1.00. (Since 1956, thanks to you!)



14K GOLD & GENUINE IVORY JEWELRY

BEAUTIFULLY CRAFTED GENUINE IVORY, GORGEOUSLY ACCENTED WITH 14K GOLD

A. Luxurious Swirl Bangle $36.95
B. High Fashion Dome Ring $25.95
C. Elegant Swirl Ring $15.95

FREE CATALOG RING SIZES 5-8

Check, Money Order, VISA or MC Post. & Hdlg. $1.50

TRANS WORLD TRADING DEPT. 1382
BOX 3398, WAYNE, N.J. 07470

ROYAL WEDDING

Prince Charles & Lady Diana Stamp PLUS 40 yr. old US Airmail, Dog, Disney, Norman Rockwell, Medieval Ship, Children, Space Station, Wild-Cat, Locomotive All for ONLY 10¢ when requesting our mail order service. Select those you like. Return the rest. Cancel service anytime. Please state age.

Douglas Cook, Dept. BH-11
Las Vegas, Nev. 89132





Solid Mahogany
VICTORIAN TABLE
with Italian marble top **$49.95**

New way to save on fine furniture. Shipped direct from the factory, to your home. Choice of love seats, sofas, chairs, tables, bedrooms, lamps, clocks. Send **$1.00** for America's largest Victorian catalog (80 pages!) and free fabric samples. We will include certificate good for $2 off on your first purchase. Phone (404) 256-4747

MAGNOLIA HALL (Dept. BH-32)
726 Andover, Atlanta, Ga. 30327

FREE!

Full color brochure on clematis, the Queen of Flowering Vines. Learn how to use it and grow it. Illustrates many exotic varieties. Look For Us At Your Local Garden Center.

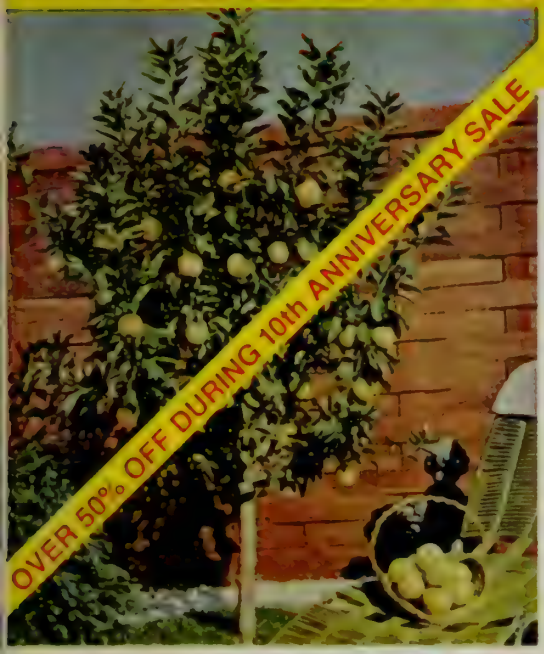


Please send stamped, self-addressed envelope to:

Steffen's Clematis
1002 Steffen's Bldg., 1259 Fairport Rd., Fairport, NY 14450

PATIO OR DWARF FRUIT TREE SALE

AN UNBELIEVABLE $3.50 OFFER



Womack Nursery Co. of McMinnville, TN is celebrating its 10th anniversary, and making this special offer. $7.49 retail value. Over 50% off.

SPECIAL "FREE GIFT" WITH ALL ORDERS

12 Packets of Vegetable Seed

(1) Beets
(2) Broccoli
(3) Cantaloupe
(4) Carrots
(5) Cabbage
(6) Cucumber
(7) Lettuce
(8) Pumpkin
(9) Radish
(10) Spinach
(11) Tomato
(12) Peas

All Dwarf Fruit Trees Shipped at 3 to 4 Feet

DWARF YELLOW DELICIOUS APPLE

No longer just a special feature of exclusive gardens, dwarf fruit trees are now available to all, and at reasonable prices. These wonderful space saving trees are produced by budding or grafting regular varieties on special dwarfing rootstocks. Even though the tree remains much smaller the fruit is of full size and quality. One outstanding feature of dwarf trees is that they begin to bear fruit when only 2 or 3 years old. Just the thing for home gardens where space is so valuable. These trees usually reach 6 to 8 feet at maturity.

SORRY OFFER NOT GOOD IN CA-WA-AZ

CHOOSE FROM

APPLES	No.	PEACHES	No.
Red Delicious	___	Elberta	___
Yellow Del.	___	J. H. Hale	___
Stayman Win.	___	Belle of Ga.	___
APRICOTS	**No.**	**PLUMS**	**No.**
Moorpark	___	Damson	___
Early Golden	___	Burbank	___
PEARS	**No.**	**CHERRIES**	**No.**
Keiffer	___	North Star	___
Bartlett	___	Montmorency	___

WOMACK NURSERY CO.
Hwy. 55 Dept.-B
McMinnville, TN 37110

Please send us at the proper time the dwarf fruit trees, we have selected for only $3.50 each plus $2.00 shipping and handling per order.

____Total No. of Dwarf Trees.

Name _____

Address _____

City _____

State _____ Zip _____



Dragon needlepoint kit
Stitchers will want to do this beautiful 10" x 14" 6-color design on 12 mesh canvas. Yarn, needle, instructions and club information included. To frame or use as a pillow for yourself or a gift for someone very special. A $25 retail value for only $9.95 plus $1.75 postage. Shipped in 72 hours. Order from The Needlecraft Club of America, Dept. E-506, Monsey, New York 10952.



Stop wasting water
Save money with this two-piece, rubber leak-proof seal which fits tightly into the kitchen sink. Prevents water from seeping out when soaking dishes or clothes. Can be effectively used with garbage disposal. The strainer remains in place permanently, if desired. Installs simply, without tools. $4.98 each plus 95¢ postage. Order from Ferry House, Dept. BH3, Briarcliff Manor, NY 10510.

50¢ OFF WITH THIS AD

COLOR PHOTO SALE!

REG. $2.50 NOW ONLY $2.00 YOUR CHOICE ALL BORDERLESS

16 WALLET SIZE WITH FREE 5x7 OR
10 3½x5 PRINTS OR
4 5x7 ENLS. OR
1 8x10 ENL OR
20 WALLET SIZE



RELIANCE COLOR LABS, INC
Studio 14-3 Box 159 Stamford CT 06904

★SALE★

Select Your LOG HOME



Pre-cut Log Home Kits with 10" walls priced from $5900. Select the natural hand crafted beauty of **Northern White Cedar** or quality **Pine.** New full color Plan Book with 40 exciting designs $5.00, or a Dealership Information Pack $8.75

Wilderness Log Homes
Route 2-BH32 Plymouth, WI 53073

☐ Plan Book $5.00 ☐ Dealership Info Pk w Plan Book $8.75

Enclosed is $ _____
Name _____
Street _____
City _____ State _____
Zip _____ Phone ( ) _____
I own a lot ☐ Yes ☐ No
Building Date _____

OLD PUEBLO TRADERS *since 1946*



send $1 today for a ***SPRING CATALOG***

if you want...
famous labels
• top quality
• comfortable fit
many in hard to find sizes:
• missy • half
• large • petite
shoes & accessories...
• wide selection of styles and sizes

and...
RECEIVE a *$2 BONUS DISCOUNT* to use on your first order

SEND COUPON TODAY— MONEY BACK GUARANTEE

OLD PUEBLO TRADERS, Dept. BE3.
Palo Verde at 33rd, Box 27800, Tucson, AZ 85726

☐ Enclosed is $ _____ (check or money order)

NAME _____
(please print)
ADDRESS _____
CITY _____ ST _____ ZIP _____



SEND FOR FREE FULL COLOR CATALOG

Colonial Maid Offers 56 pages of quality, no-iron curtains, bedspreads and deep-drop dust ruffles. Authentic colonial reproductions you cannot find elsewhere. There is no other catalog like it.
Send for your free catalog today.

Name_____
Address_____
City_____ State____ Zip____

Colonial Maid Curtains, Dept. 43
Mamaroneck, N.Y. 10543



PRETTY TOSS-ON BOLERO

A lovely cardigan of washable Orlon acrylic with a hand-crocheted look. Light in weight, yet comfortably warm on chilly evenings. Has pretty shell stitch; scalloped rib trim; easy shoulder; ¾ sleeve. Choose white, Black, Pink, Beige or Lt. Blue. Sizes 32 to 46. **$11.98** plus **$1.25** postage.

FERRY HOUSE Dept. BH-382 Briarcliff Manor, N.Y. 10510



Decorate your walls
Amazing roller paints wallpaper patterns directly on walls, furniture, fabrics, etc. Choose from florals, geometrics, woodgrains, modern, Colonial, Victorian and more. Now you can re-do your home or apartment in a unique fashion. Complete kit, including catalog, costs $12.95 plus $2 postage. Rollerwall, Inc., Dept. BH-22, Box 757, Silver Springs, MD 20901.

HI or LOW TV-POLE

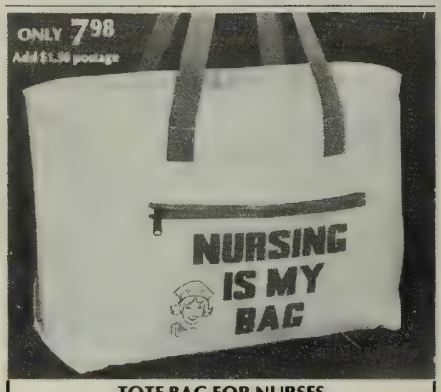
SUSPENDS PORTABLE RIGHT WHERE YOU WANT IT—BUT USES NO FLOOR SPACE!

$15.95 plus $2.50 shipping



This wonderful space-saver swivels to any angle for comfortable viewing from bed or sofa. Sleekly styled golden pole has spring tension rod that adjusts from floor to 7½ to 8½ ft. ceilings. Holds sets any width, 14" deep, 17" high. ***SHELF-TYPE POLE*** **(not shown) holds color TV sets up to 20" diag. and B/W sets up to 23". $22.99 plus $3 shpg. Check, MC, DC, VISA.**

ESSEX HOUSE
Box 80, BH3-2
Scotch Plains, NJ 07076



TOTE BAG FOR NURSES

An attractive, handy carry-all for books, lunch, crafts, etc. Gussetted heavy gauge canvas bag has zippered outside pocket and waterproof, vinyl lining. 17"x11" plus handles.

HARRIET CARTER, Dept. BHG-14023
North Wales, PA 19454



Heat saving greenhouses
This double-layer design greenhouse uses about half the energy of glass greenhouses. All bolted California Redwood and acrylic fiberglass. Freestanding or attached models available. A most welcome gift for any gardener or a most useful treat for yourself. Free brochure from McGregor Greenhouses, Box 36-AA2, Santa Cruz, California 95063 or call (408) 476-5390.

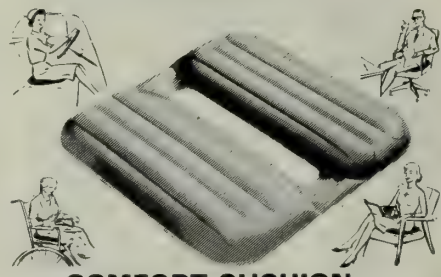
ODOR-FREE LITTER BOX

CHARCOAL AIR FILTER REMOVES ALL ODOR



30 DAY MONEY BACK GUARANTEE

■ Charcoal-filtered BOODABOX® is 100% odor-free ■ Fresh air flows in, only fresh air flows out ■ Ends litter scatter ■ Conceals contents ■ Lift-top makes cleaning easy ■ Fits any decor ■ Rugged Almond Beige ABS plastic ■ Deluxe textured finish ■ Roomy 27"L x 17"H x 16"W ■ Big 8" x 14" canopy entry ■ Appeals to cats' privacy instincts ■ No training needed ■ Filters last 6 months, $2.95 each, reorder forms included. @$29.95 + $4.00 Shipping. Check or M.O. to BOODA PRODUCTS, DEPT. BH-32, 439 S. DETROIT ST., L.A., CA 90036. MC/V CALL (213) 934-1093, EXT. 5. PAT. PEND.



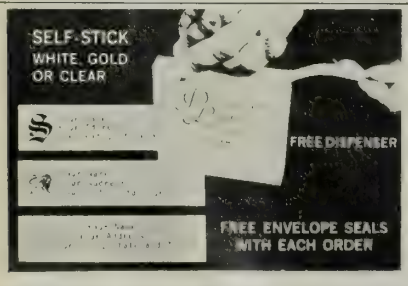
COMFORT CUSHION

New **Twin-Rest Seat Cushion** gives blessed relief to sensitive areas. Fights fatigue and soreness. Avoids siderocking and maintains balance because each half inflates separately with contact-free center space. Unlike embarrassing "ring cushions", it fully supports each thigh independently. Deflates for travel. Ideal for car, home, office, sports, wheelchair. Handsome vinyl 16 × 17" — **$9.95.** Green percale zipper cover — **$3.89** extra. Add 50¢ postage & handling. NJ residents add 5% tax. We ship promptly. Money back guarantee.

Send Check or Money Order to – **BETTER SLEEP, INC.** Box BG, New Providence, NJ 07974



Bargain silverplating
Now's the time to go through your closets, attic, basements, etc. Any item replated at sale prices—there is absolutely no charge for dent removal or straightening. Your worn antiques or heirlooms will be quadruple silverplated. Write for info. on 25-year warranty and price list. Silverplating Div., Senti-Metal Co., Dept. BHe-3, 1919 Memory Lane, Columbus, OH 43209.



ADDRESS LABELS IN FREE DISPENSER

Self-Sticking labels dispense with ease ready to apply. No moistening needed. Up to 4 lines in rich black. FREE ENVELOPE SEALS with each order. Deluxe 2¼" Lg. Money back guarantee. 500 labels per order.

	WHITE	GOLD	CLEAR
1 Order	$3.95	$ 4.95	$ 5.95
3 Orders (Mixed copy OK)	$9.95	$11.95	$14.95

Specify: Plain ( ) Initial ( ) Zodiac ( )
Add 50¢ per order Post/Hdlg. (Cal. res. add 6%)

Send to: LABELS UNLIMITED, Dept. 552
182 Paul Dr., San Rafael, CA 94903

DRAW ANY PERSON *in one minute!*

NO LESSONS! NO TALENT!



Artist's Conception

New Amazing Invention —"Magic Art Reproducer." You can draw Your Family, Friends, animals, landscapes, buildings, vases, bowls of fruit, copy photos, comics, designs, maps, anything — Like An Artist Even if You CAN'T DRAW A Straight Line! Anything you want to draw is automatically seen on any sheet of paper thru the "Magic Art Reproducer." Then easily follow the lines of the "Picture Image" with a pencil for an original "professional looking" drawing. Also reduces or enlarges. Send $4.98 plus $.75 for shipping and handling. No C.O.D.'s, please. Money Back Guarantee if not satisfied.

NORTON PRODUCTS
Dept. 392, P.O. Box 2012
New Rochelle, NY 10802



The best insulated log homes
You too can now have an insulated log home. Choose from any of these forty designs. The complete kits are available in hand-crafted Cedar or Pine. Prices range from $5900. Please send $5 for Brochure/Plan Book, or $8.75 for Dealership Information Package (includes brochure). Order from Wilderness Log Homes, Route 2, Dept. BHE-3, Plymouth, Wisconsin 53073.



Save hundreds of dollars with Burke Seat-Lift Chairs
The push-button electric recliner stops in any position. Rockers and occasional chairs are available, too. Free Week home trial. Medicare approved. Individually adjusted seat lift and three recliner sizes create a personalized chair. Write for free color brochure and information. Burke, Inc., Dept. BHG-382, Box 1064, Mission, KS 66202.



"Stack-A-Drawer"—so versatile
Infinite uses for home or office; great for your desk. Or use for jewelry, sewing, embroidery materials, even small tools or parts. Stack 2, 3, 4, 5 or more. Each has 3 drawers 9½" wide x 11¼" deep. Made of high-impact styrene. Choose: gold, blue or orange. $11.95 each; 2 sets/$19.95; 3/$27.50. Add $1.45 post. per set. Holst, Inc., Dept. BH-382, 1118 W. Lake, Box 370, Tawas City, MI 48763.

Fine outdoor apparel
Also gear for men and women in FREE Spring 1982 catalog. New and exclusive items include Desert Cloth® clothing. Available at 15 stores across the US. Canadian catalog available. Write to: Eddie Bauer, Dept. AM8, Box 3700, 5th & Union, Seattle, WA 98124.





Beautifully plated
Solid metal baby shoes $3.99 pair. A keepsake forever. Available: Portrait Stands (shown), Bookends, TV lamps. Makes the perfect gift for dad, grandparents. Send no money. Write for details and postpaid mailer. American Bronzing, Box 6504-Ce2, Bexley, OH 43209.

Stay cool and comfy
In Wimzees by Tru-Stitch. Sailcloth straps & cushioned insole. Beige, lilac, navy, bright/multi. Full sizes 5-10M. $13.95 or 2 for $25.90, add $1.95 post; $2.95 post. two or more. Old Pueblo Traders, Dept. BD3WE, Palo Verde at 33rd, Box 27800, Tucson, AZ 85726.



THE MOST HEARD OF
WALLCOVERING
AT UNHEARD OF NATIONAL
WHOLESALE
PRICES!
SELECT YOUR FAVORITE Pattern No. and Book . . . then from anywhere within Continental USA, CALL TOLL **FREE!**
800·631·9341
in N.J. call 800-452-9103
VISA/Mastercard
Order Dept. Open MON. to FRI. 9-5 (Eastern Standard Time)
• BONUS FREE DELIVERY to your home of any BONUS MYLAR • GRASSCLOTH • WALLPAPER • VINYL • etc.!
ALL FIRST QUALITY
OVER 100,000 satisfied customers! Proof ("Our name speaks for itself") – CALL NOW
P.O. Box 396/Rt. 10/Ledgewood N.J. 07852
NATIONAL WHOLESALE WALLCOVERING co. inc.

DOG WASTE GONE



DOGGIE DOOLEY® keeps grounds clean, insect-free, sanitary. Rustproof heavy plastic doggie septic tank installs in ground; uses safe, non-poisonous enzyme-bacteria to liquify pet stools for ground absorption. Shovel up stools, drop into tank, close lid. Enzyme-bacteria action does rest. Harmless to pets, lawns, shrubs. Handles wastes of 1 to 3 dogs, 17½" x 11½" with foot-operated lid, shovel, 6 mos. of enzymes, and moisture holding tray for faster action. **$19.97** plus $3 shpg. Extra 12 mos. enzymes **$4.97** plus $1 shpg.

Send Check or M.O.

HOLST, Inc. Dept. BH-382, 1118 W. Lake, P.O. Box 370, Tawas City, Mich. 48763

Super Sale!



Reg. $15
'8.90

Anywhere Wedge CATALOG FREE W/ ORDER

Fabulously comfortable indoor-outdoor slides. Crushable buttersoft-as-leather uppers, deep cushioned insoles, flexible long-wearing soles 1½" covered wedge. **Black, Bone, White, Lt. Blue, Pink, Gold.** Sizes: N-5½ to 12, M-4 to 12, W-5 to 12 (no half sizes over 10). **SAVE MORE! 2 prs. $17.** Add $2.50 p/h. 100% Guaranteed. **Faye Lynn**

Dept B3 - 1535 Delcrest Pl., Lakeland, FL 33803

ENERGY INDEPENDENCE

Our new 1500 watt wind generator will put you back on the road to independent living by allowing you to generate your own electricity. Send **$4.00** for brochure, **$6.00** for Dealer Application pack.

WINDPOWER
Box 158, Dept. B-1, Stanwood, MI 49346

27 COLOR PHOTO SPECIALS $1.95

Full color copies on quality KODAK paper—send any color photo or Polaroid® (prints only) up to 8"x10" (original returned).



Your choice only $1.95!
P4079 **27 Wallet Photos** (2½"x3½")
P4080 **15 Wallets, one 8"x10"**
P4081 **15 Wallets, two 5"x7"**
P4082 **Two 5"x7", one 8"x10"**
Order by item no. Satisfaction or money back. Add 50¢ each order for shpg. & hdlg.

Walter Drake Photo Labs
2053 Drake Bldg., Colorado Springs, CO 80940

FREE COLOR CATALOG

Build Your Own Grandfather Clock
Prices Starting Under **$255**
(including movement and dial)



- Do-it-yourself case kit, parts pre-cut
- Finished clocks
- Solid 3/4" hardwoods: black walnut, cherry, oak
- Heirloom quality
- Factory direct prices
- Solid brass West German chiming movements
- Money back guarantee
- Prompt shipment

MASTERCARD and VISA ACCEPTED

EMPEROR® CLOCK COMPANY
WORLD'S LARGEST MANUFACTURER OF GRANDFATHER CLOCKS
Dept. 203, Emperor Industrial Park
Fairhope, Alabama 36532

How to make old white curtains look as good as new.

If you own sheer white curtains, congratulations on your good taste. Now it's so easy to keep them looking terrific. All the time! Renew them with CURTAIN WHITE®. Coats every fiber with an amazing whitener. Even restores body. In Europe where sheers are big, CURTAIN WHITE® is famous. Anti-static, so dirt doesn't cling to synthetics. A $3.95 bottle turns 4-5 pairs of curtains bright & white

CURTAIN WHITE®



CURTAIN WHITE
Box 4007, Kansas City, MO 64101

Rush me ___ bottles of Curtain White concentrate each $3.95 ppd. (check or M.O.) Money-back guarantee

Name _____

Address _____

City _____ State _____ Zip _____

3B82

MONTGOMERY WARD

Drop-leaf table 29.99



Real oak veneer over wood products. 24-in. wide with leaves up; 8-in. wide with leaves down. 23-in. high. Send for FREE catalog below.

Offer ends June 1, 1982.

Mail coupon to: MONTGOMERY WARD
P.O. Box 6778 Chicago, IL 60680

☐ YES! Send _____ drop-leaf tables (77MA37892M) @29.99 each plus 3.25 ship. & handling, plus state/local taxes (if any).

☐ **YES! Send a FREE Wards '82 Furnishings Catalog.**

☐ Check ☐ MasterCard ☐ VISA ☐ Wards Charg-all

Account # _____ Exp. _____

Name _____

Address _____

_____ Zip _____ **BH**

36,000 SIZES SHUTTERS

FURNITURE QUALITY PANELS UP TO 96" H — 36" W

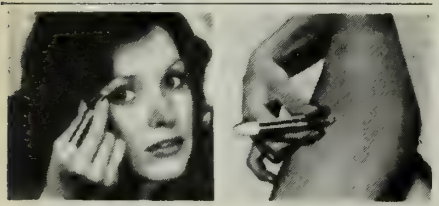


- Plantation Shutters with 2½" · 3½ · 4½" Louvers
- Traditional Shutters with 1¼" Louvers
- Stationary Louvers
- Windows, Doors, Dividers, etc.
- Finished or Unfinished

Now you can have proper fitting premium shutters at never before prices. Save energy with shutters. Wood is your best insulator.

Brochure $1.00. Credited on your first order.

Country Shutters
BOX 12384 - 1255 OLD HIGHWAY 8
NEW BRIGHTON, MN 55112



REMOVE HAIR FOREVER

Perma Tweez® is the **ONLY** home electrolysis instrument recommended by 4 medical textbooks (titles on request). 'Tweezer-like' action **permanently** removes hair from face, arms, legs and body. Save hundreds of dollars over salon electrolysis. **14 DAY MONEY BACK GUAR.**

$16.95—*ADVERTISED ELSEWHERE AT $19.95*

Cal. residents add 6% sales tax.

LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

☐ I enclose $16.95.
☐ MasterCard/Visa # /Exp. date
☐ COD requires $4.00 deposit. Pay balance plus COD charges and $1.00 handling. COD in U.S. only.

GENERAL MEDICAL CO., Dept. BH-198
1935 Armacost Ave., W. Los Angeles, CA 90025

Learn FLOWER ARRANGING

Quickly and Easily at Home



Learn to make Professional corsage arrangements, wedding and remembrance designs. *Study and earn your certificate at home.* Unusual spare or full time money making opportunities or hobby. Send for FREE BOOK . . . "Opportunities in Floristry."

LIFETIME CAREER SCHOOLS Dept B-922
2251 BARRY AVE . LOS ANGELES, CA 90064



COLOR PHOTOS

YOUR CHOICE **$1.95** FULL COLOR

24 Wallet Photos or 3 — 5 x 7 or 1 — 8 x 10 Enlargement

Send any photo or polaroid, 8 x 10 or smaller, (returned) Add 55¢ per selection for postage and handling and an additional 50¢ for 1st class service. Satisfaction guaranteed or money back.

COLOR LAB P.O. Box 230 M Irvington, N.J. 07111

SUPER SCRAPS



"Super Scraps" shows you scads of fascinating things that you can make out of all kinds of fabric left over bits and pieces. Turn those seemingly worthless odds and ends of cloth, ribbon, yarn and other scraps (that seem too good to throw away) into wonderful things you can use—or lovely gifts to give away. Each issue packed with patterns. Published quarterly. Just $4.00 per year.

Super Scraps, Box 337-E, Seabrook, NH 03874

MAKE YOUR OWN TIFFANY SHADE



Send for our full 16 pg. color brochure - hundreds of designs to choose from. Lampshades 8" to 30" diameter, wall or window panels, terrariums, mirrors, ceiling panels, suncatchers, clocks. All kits come with pre-cut genuine stained glass pieces and simple instructions. THE LARGEST!

Send $2.00 to :
RAINBOW ART GLASS
Dept. BH3, 49 Shark River Rd., Neptune, N.J. 07753

THE ORIGINAL

BASEMENT TOILET

Genuine Porcelain



FLUSHES **UP** TO SEWER OR SEPTIC TANK

-No Digging Up Floors-

INSTALLS EASY. ANYWHERE!

Write McPHERSON, Inc., Dept. BH
Box 15133 Tampa, Florida 33684

FREE TO DOG OWNERS

Colorful catalog showing models of top quality Kennel-Aire collapsible, plated steel crates, exercise pens, and car barriers. Kennel-Aire products have been sold direct to dog owners for over 20 years. **MONEY BACK GUARANTEE**

Kennel-Aire

KENNEL-AIRE MFG. CO.
725 N Snelling Ave . Dept 17
St Paul, MN 55104 Ph 612-645-3633



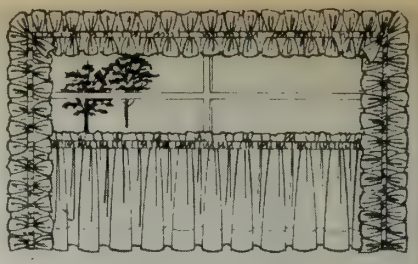
Mr. Zip Speeds Your Mail

You'll get better service when you include your zip code as part of your address when shopping by mail.



Half & larger sizes

Perfect pair-ups from Phyllis Sidney of Shaker Sport. Kahki jacket has a wide red stripe, red buttons and big red zipper; utility pockets and inverted back pleat. Sizes 36-46, $36. Matching khaki fly front pant; sizes 30-40 waist $28. Please add $2 for postage. Send for Free Catalog of well tailored clothes. Beloff's Woman's World, Dept. BHG-A, 192 West Main St., Meriden, Connecticut 06450. (800) 243-3966.



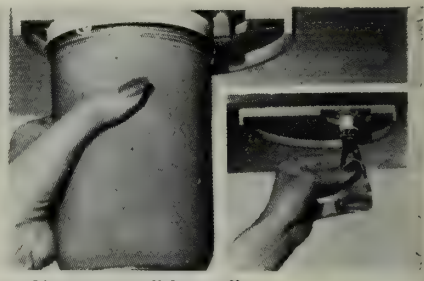
Stretch ruffles fit every window

No rods necessary; they stretch from 100" to 250". They're simple to install (hooks and instructions are included). No iron polyester/rayon. Choose white, natural, red, wheat, med. blue, dusty rose. Ruffle, $12.50. 30" or 36" Tiers, $12. Please add $2.50 post. Free 56-pg. color catalog. Order from Colonial Maid Curtains, Dept. BH3, Mamaroneck, NY 10543.



The Kenya® Gem

It rivals the finest blue-white diamond with a scintillating brilliance that never fades; no one but your jeweler will know the difference. To enjoy yourself or a gift for someone very special. Women's and men's styles set in 14K white or yellow gold (specify). Priced from $75 a carat. Free color booklet. Kenya Gem, Dept. BH-3, 1760 North Howard St., Philadelphia, PA 19122.



Un-Skru opens lids easily

No more twisted wrists! No more frustration! Just slip your jar lid into the Un-Skru until it wedges; then turn the jar . . . quick, one-hand operation for lids ranging in size from ½" to 5" wide. Made of plastic with a steel "gripper." $6.95 plus 85¢ postage; 2/$13.50 plus $1 postage. Order from Holst, Inc., Box 370, Dept. BH-382, 1118 West Lake, Tawas City, MI 48763.



Brighten your kitchen

With these cheery European Style Electric Range Burner Covers. Many lovely-to-look-at colorful designs. Fine porcelain enamel is dishwasher safe. Protects burners from spills and provides smooth work surface. Small 8", $7.95 each; Large 10", $8.95 each; 9"x9" sq. for gas stove, $9.95. Free color brochure. Max Burton Inc., Dept. BH-3, 502 Payallup Ave., Tacoma, WA 98421.

100% pure silk—impeccable styling



Fine lines accented with topstitching. Button barrel cuffs. Pair with an evening skirt, brighten up daytime separates with these beauties. Dry clean or hand wash separately. In jewel-like tones of mauve, emerald, pearlized white or azure blue. Misses sizes 8-18. $19.95 + $1.95 post. Old Pueblo Traders, Dept. BD3SH, Palo Verde at 33rd, Box 27800, Tucson, AZ 85726.



Baby baskenette

The perfect portable traveling sleeper! Sturdy natural handwoven Banana and Palm construction. When it's too small to carry the baby, it's perfect to carry the toys. Easy lining instructions included. 28" long x 16" wide x 16" high, $27.95 + $4 postage. Color Portfolio 50¢. MC/Visa/EX. Tropical Island Imports, Dept. C3, 901 N.W. 8th Ave., Ft. Lauderdale, FL 33311. 800-327-3729.

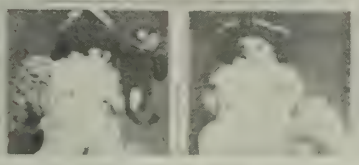


Lovable musical Dachshund

Darling doggie is a pedigreed pup of genuine bisque procelain. He plays "EDELWEISS" the beautiful and sentimental melody from The Sound of Music. He's so realistic you expect him to lick you and wag his tail. Makes a delightful table adornment or fireside companion. 9", $17.98, please add $1.75 postage. Order from Harriet Carter, Dept. BHG-14123, North Wales, PA 19454.

Crochet World's

Clothespin Dolls "Little Kids"



Clothespin dolls "Little Kids"

Booklet includes directions on how to make at least 15 different Clothespin Dolls. A most unique collection created by New Hampshire designer Brenda Le Bel. These dolls have movable arms and legs. Use the books or dolls as wonderful gifts or make them to sell for your favorite charity. $3 per copy. Order from Clothespin Dolls, Box 337-A, Seabrook, New Hampshire 03874.



Medicare Approved

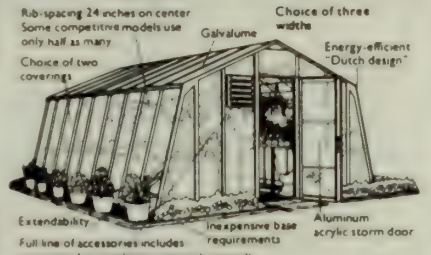
EASY-LIFT® Cushion Lifting Chair

- Power cushion gently lifts you to a standing position
- Full, power recline feature
- Simple switch control
- Runs off household current
- Variety of colors, models and fabrics

AMERICAN STAIR-GLIDE CORP.

4001 East 138th Street, Dept. BHE-032
Grandview, Missouri 64030

Nine Good Reasons for Choosing a Turner Greenhouse.



These same outstanding features can be found in the Turner 7 ft. Lean-To and the 8 ft. Free-Standing Greenhouse. Write for FREE catalog.

TURNER GREENHOUSES
Highway 13 Bypass, Goldsboro, NC 27530



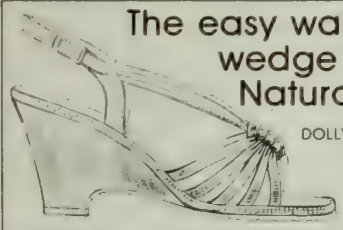
TOPICAL STAMPS—10¢

Wow! Fantastic collection of strange and unusual genuine postage stamps only 10¢! Collection contains stamps from all over the world jumbo, peewee, crazy coin issue, triangles, seldom seen parallelogram and action packed 3D. You'll receive a big catalog of stamp bargains, plus Fine Stamps from our approval service. Buy only what you like. Return balance promptly. Order now! Bargain too good to miss

Jamestown Stamp Co., L32BH, Jamestown, NY 14701

MEMBER ASDA • ASP • SPA

The easy walking wedge from Naturalizer



Naturalizer features the return of your favorite easy-going wedge styling. Comfortable, versatile fashion footwear that pairs up perfectly with lots of fashion options. In navy, natural or red fabric.

$33 Price $2.00 Postage. Size-cover 10, add 22pr. KS residents add 3% sales tax

To order DOLLY or a copy of our free catalog, write

NATURALIZER® Shoes

Dept. BH, 504 Main, Newton, Kansas 67114
Phone (316) 283-8561

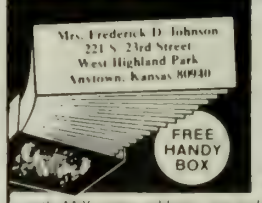
Visa ☐ MasterCard
Account Number _____
Expiration Date _____
☐ Check Enclosed

A MAGAZINE FOR YOUR PIANO



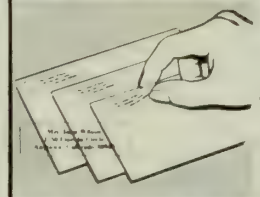
Keyboard Classics Magazine takes up where ***The Etude*** *magazine left off. Filled with musical treasures, fancies and delights to be played on your piano, it is truly the one magazine you will enjoy again and again.*

Available only by subscription. Write To: Keyboard Classics, Dept. A1-24-32, 352 Evelyn Street, Paramus, NJ 07652. Enclose $9.97 for a full year's subscription (6 issues). Completely refundable if you are not delighted with your first issue.



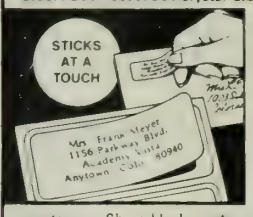
1000 RETURN ADDRESS LABELS **$1.00**

1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) . . $1.00



250 Crystal-Clear RETURN ADDRESS LABELS **$1.98**

The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $1.98



250 Self-Stick WHITE GLOSS LABELS **$1.98**

Glossy white self-stick labels cling to any smooth surface - no moistening. Sharp black printing up to 4 lines.
Order P6030 Set of 250 White Gloss Labels (boxed) $1.98

Walter Drake 3053 Drake Bldg. Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
____S717 1000 Labels @ $1 each $_____
____P2031 Crystal-Clear Labels @ $1.98 ea $_____
____P6030 White Gloss Labels @ $1.98 ea $_____
Add 20¢ per set for shipping & handling $_____
SATISFACTION GUARANTEED Total $_____

The Man Next Door®

Chris says she's delighted to see so many of our town's old houses being restored, but she'd be even happier if the old prices could be restored, too.

Dale Noble says he prefers bowling to golf for a number of reasons, one of which is that he's never lost a bowling ball.

The Rev. George Hall says people should remember that children follow in the direction parents lead, rather than in the direction they point.

The vernal equinox aside, my friend Lee Bayless holds that spring officially arrives when his furnace blower kicks off and his sump pump motor kicks in.

Dottie Knickerbocker suggests that it might be a good public relations idea for the IRS to print income tax forms with cents-off coupons to make taxpayers feel they're getting a better deal from Uncle Sam.

Lee Bayless says he refuses to believe computers are smarter than people until he sees one refold a road map on the first try.



". . . It's not a parking space if you can't open the doors . . ."

Our teacher friend Nell Brooks observes that the best poems about spring were written before the introduction of the income tax.

"There are two kinds of helpers," Isabel Norman said at our church supper. "Those who give advice and those who peel potatoes."

Buried treasure: Ken Floyd reports that the snowmelt on his lawn has yielded three mittens, a purple crayon, two soggy homework papers, and a muddy white sale catalog.



"Mr. Watkins won't be in today. First, his computerized alarm clock didn't go off. Then the programmable microwave oven burned his breakfast. After that, his electronic biorhythm calculator went on the fritz. To top it all off, his car's onboard computer indicated he'd have a blowout within three blocks . . ."

Newspaper editor Earl Reeves confidently predicts a dramatic upturn in housing starts this spring—just as soon as the robins come home to feather their nests.

These days there's a new "face" at the Hillis household—a frisky little brown puppy who's about three months old (our best estimate).

We'd been without a family pet for over a year when Judy convinced Chris and me that it was time for a trip to the animal shelter.

Judy said she had no problem picking out the puppy when he looked up at her with his "big, sad eyes." (To be truthful, I'm still wondering if it wasn't the puppy who singled Judy out.)

Until now, I'd almost forgotten the trials of housebreaking a puppy—the chronic shortage of newsprint around the house . . . the incriminating dribbles on the living room carpet . . . the early morning rush to get the pup outside to answer nature's call.

Chris says it's really the puppy who's training us, and I'm inclined to agree with her.

The process of selecting a name for our new arrival has been another major milestone. The subject sparked a lengthy family discussion at our dinner table. Suggestions ranged from the predictable to the offbeat—everything from Duke to Flaubert (Chris' favorite 19th-century author).

We tried to give the pup a say in the matter by reading the list of names and noting his reaction.

Unfortunately, he responded to all the alternatives with equally enthusiastic yelps, which left us right where we started.

Then Chris suggested that we draw names from a hat, which is how we finally resolved the matter.

The winning entry?

It was Judy's choice—"Shamrock." We all agreed it was a natural for a friendly, high-spirited pup christened during the month of March.

Burton Hillis

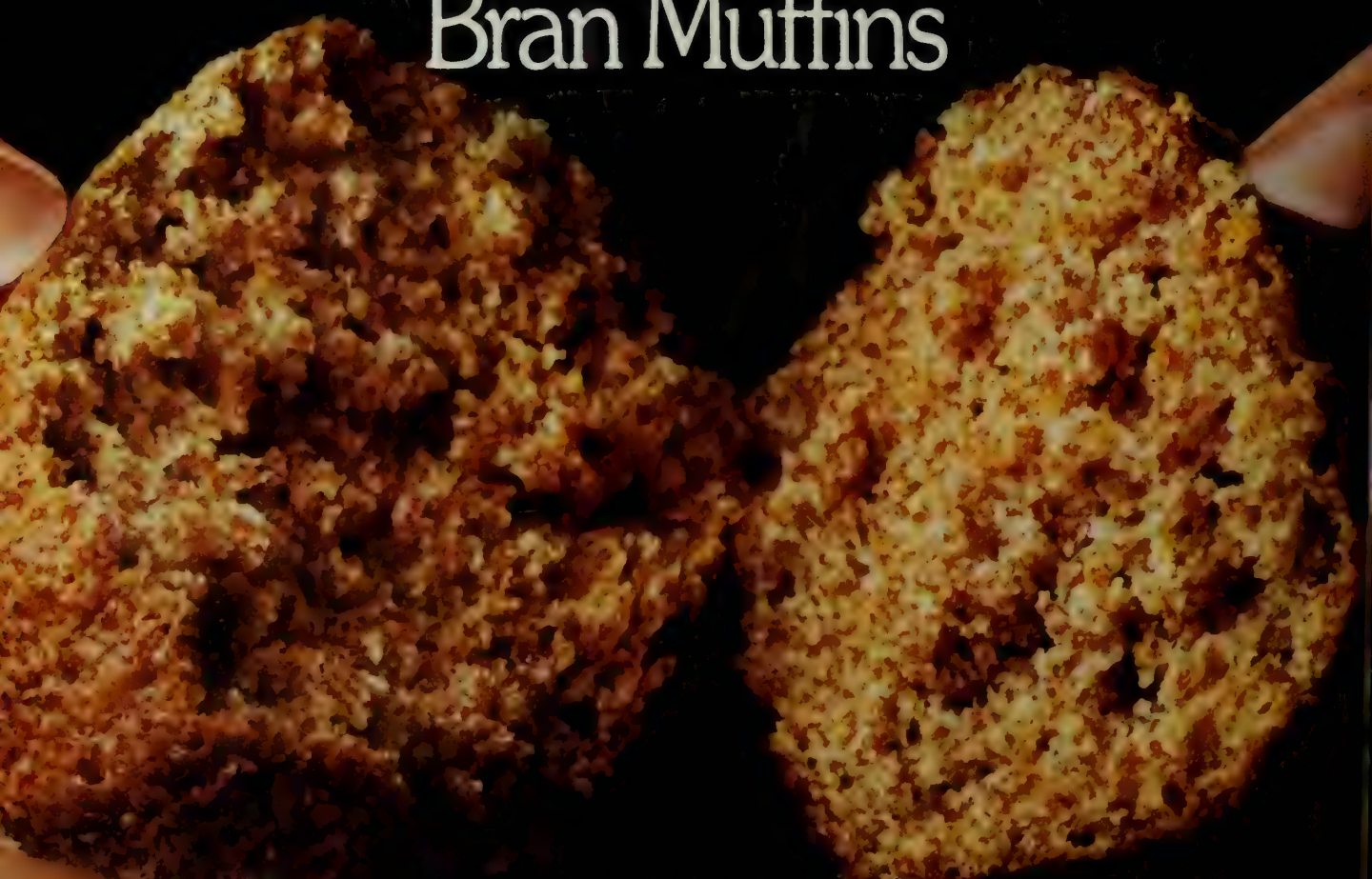
THE LEADING DRY CAT FOOD NOW TASTES BETTER THAN EVER.



© R.P.Co., 1982

For your pets health... see your veterinarian regularly.

Introducing New Duncan Hines Bran Muffins



So moist and delicious you may forget to butter 'em.

Now there's a delicious new taste from Duncan Hines. Bran Muffins that bake up so irresistibly moist and delicious, you may not wait to butter 'em.

We make 'em with wholesome, country-good ingredients. Like natural bran, unbleached flour, a touch of real molasses.

They join our Wild Blueberry Muffins as the newest member of the Duncan Hines Muffin family.

Try 'em. See if you don't forget to butter 'em.



w treatments for depression–our number one mental health problem

Family Travel: Appalachian Vacations en route to World's Fair '82

Better Homes and Gardens®

l 1982 • $1.50



GARDENING
Vegetable crop season-stretchers

REMODELING
How to light up your house with the sun

DESIGNER BATHS
Four roomfuls of great ideas you can adapt

WONDERFUL ONE-POT MEALS

Recipes for range top, oven, microwave, crockery pot

MONEY
How to figure your own Consumer Price Index

KIDS COOKING
A small-fry's guide to fun-to-fix food

DECORATING
Big style for small rooms

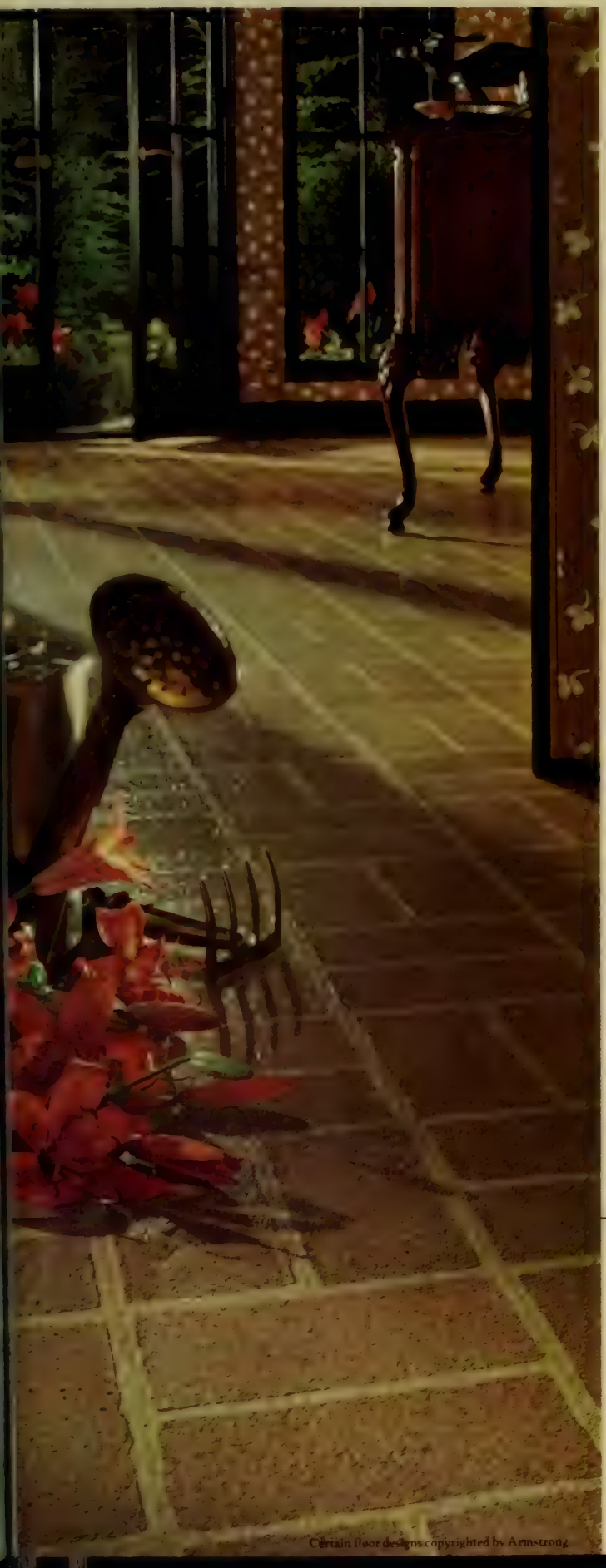
40055

Armstrong's newest creation is ou





nost remarkable re-creation. Ever.



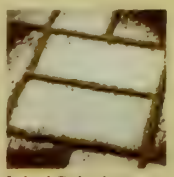
Certain floor designs copyrighted by Armstrong

Introducing the new naturals in Designer Solarian® II.

Quarry tile. Glazed tile. Brick. What could be more natural or more beautiful in a floor? And what could be nicer to come home to? Our new no-wax floors capture the warmth of these natural materials in our most realistic re-creations ever.

The richness of Inlaid Color™.

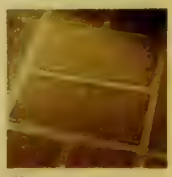
The remarkable realism begins with Inlaid Color — the exclusive Armstrong process that builds up the design with thousands of varicolored vinyl granules, creating a richness of color and a uniquely "crafted" look no printed floor can match.



Inlaid Color begins with the precise placement of vinyl granules onto the backing...



...gradually building up the design — color by color, shade by shade.



The pattern is fused into a solid inlaid vinyl, and then sealed with our Mirabond finish.

Natural surface texture.

Harland Court, Willow Lane, and Boston Common (left to right) look so real because they incorporate the subtle variations of brick and tile floors — right down to the natural irregularities and grout lines.

Natural satin luster.

For still greater realism, Armstrong developed a new kind of Mirabond® no-wax surface to re-create the soft glowing satin luster of brick and tile floors.

The extra-durable Mirabond surface resists scuffs and scratches, so it keeps its like-new look without waxing far longer than vinyl no-wax floors. Just sponge mop with detergent, and rinse well. Or better yet, use Armstrong Once 'n Done® No-Rinse Cleaner, developed especially for Solarian floor care.

See the remarkable new naturals in Designer Solarian II at your Armstrong retailer, listed in the Yellow Pages under "Floor Materials."

For a free color brochure, send in the coupon below. Or just call the toll-free Armstrong Consumer Line, 800-233-3823 (in Pennsylvania, call 800-732-0048).

Armstrong, Dept. 24FBH
P.O. Box 3001, Lancaster, PA 17604

Name _____

Street _____

City _____ State _____ Zip _____

Armstrong
so nice to come home to™

Yesterday you hoped nobody would notice your ceiling.

Today you couldn't wait.

Oak Plank

Cork Tile



Marble Panels



Armstrong Masters Collection™: beautiful to look at, easy to install.

What a transformation! One day, an old or damaged ceiling. The next, a dramatic ceiling with the warm look of oak. Armstrong Masters Collection also includes great-looking ceilings with the natural look of pine, cork, and marble.

Whether you're covering up a problem or creating a new room, installation has never been easier. Use Armstrong Easy Up™ Installation Kits, and snap on your new tile ceiling. Or simply drop suspended ceiling panels into an Armstrong metal grid system. What's more, all the materials for a 10′x12′ Masters Collection Ceiling come to less than $200*.

Nothing could be easier. Nothing could be more beautiful. And nothing could be nicer to come home to than a Masters Collection Ceiling.

Armstrong so nice to come home to™

*Estimate based on manufacturer's survey of retail pricing.

See next page for special rebate offer!

You can get a $20 rebate on selected Armstrong ceilings and installation materials.

The retailers listed below are featuring a special offer from Armstrong on purchases made from March 8 through April 17, 1982.

Buy 150 square feet or more of an Armstrong Chandelier®, Headliner®, or Masters Collection™ Ceiling, and you'll receive a $10 rebate from Armstrong.

And when you buy Armstrong ceiling grid or Easy Up™ Tile Installation Kits to install the ceiling, you'll get an *additional* $10.

For complete details, see one of these participating Armstrong retailers.



New Easy Up Installation Kits make putting up an Armstrong tile or plank ceiling easier than ever. Simply nail up tracks, position tile, and snap into place.

CALIFORNIA

Auburn
LUMBERJACK STORES INC
200 Palm Avenue

Cambell
BONANZA BUILDING CENTER
1750 S. Bascome Avenue

Cupertino
MINTON'S LUMBER COMPANY
1505 Saratoga Road

Fowler
WICKES LUMBER
8191 South Temperance

Fremont
WICKES LUMBER
43962 Fremont Blvd

Fresno
HANDYMAN
All Locations

LONG'S BUILDING SUPPLY
2380 North Clovis Avenue

Madera
BOISE CASCADE
1505 Madera Avenue

Merced
BOISE CASCADE
16 and K Street

Milpitas
MINTON'S LUMBER COMPANY
905 Los Coches Road

Modesto
PLY-PAC BUILDING MATERIAL
1507 Ninth Street

WICKES LUMBER
4237 Murphy Road

Morgan Hill
SCARBOROUGH LUMBER
600 Tennant Avenue

Mountain View
MINTON'S LUMBER SUPPLY
455 West Evelyn

Oakland
C. MARKUS HARDWARE
301 Jefferson Street

Orangevale
LUMBERJACK STORES INC.
8711 Greenback Lane

Petaluma
WICKES LUMBER
5400 Petaluma Blvd. North

Rancho Cordova
LUMBERJACK STORES INC.
2730 Sunrise Blvd.

Rohnert Park
BOISE CASCADE BLDG. MTLS.
5300 Commerce Boulevard

Sacramento
HANDYMAN
All Locations

LUMBERJACK STORES INC
5289 Auburn Blvd

LUMBERJACK STORES INC
8380 Florin Road

LUMBERJACK STORES INC
936 Arden Way

Salinas
HANDYMAN
15 West Bernal

WICKES LUMBER
1250 Abbott St

San Francisco
ALLSTATE PLYWOOD
401 Bayshore Boulevard

J. BORG COMPANY
2300—16th Street

FLOORCRAFT HOME CENTER
470 Bayshore Boulevard

GOODMAN LUMBER COMPANY
445 Bayshore Boulevard

San Jose
BONANZA BUILDING CENTER
1775 Story Road

BONANZA BUILDING CENTER
865 Blossom Hill Road

SOUTHERN LUMBER COMPANY
1402 South First

San Mateo
HANDYMAN
All Locations

Santa Cruz
SANTA CRUZ LUMBER COMPANY
235 River Street

Santa Rosa
YAEGER AND KIRK LUMBER
2875 Santa Rosa Avenue

Scotts Valley
SCARBOROUGH LUMBER
20 El Pueblo Road

Seaside
H & H HOME CENTER
1550 Canyon Del Rey

Stockton
WICKES LUMBER
4350 N. Newton Road

Sunnyvale
BONANZA BUILDING CENTER
761 E. Camino Real

Ukiah
YAEGER AND KIRK LUMBER
901 South State Street

Vallejo
WICKES LUMBER
150 S. Napa Junction Rd.

NEVADA

Carson
HANDY HANDS
1959 Highway 50 East

Gardnerville
HANDY HANDS
395 Highway South

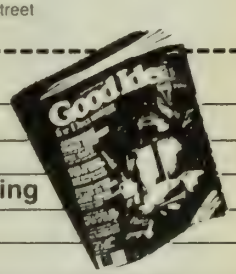
Las Vegas
HOME LUMBER COMPANY NORTH
311 West Bonanza Rd

HOME LUMBER COMPANY SOUTH
1220 South Commerce Street

North Las Vegas
WICKES LUMBER
2860 Losee Road

Sparks
HANDY HANDS
1555 South Stanford Street

SAVE on a new kind of decorating and remodeling magazine.



Good Ideas™ brings you imaginative, yet practical, help from interior design professionals. Discover this new source of doable ideas. It's easy, and there's no risk. Simply return this coupon. We'll enter your $9.95 introductory subscription for six issues at a savings to you of $1.75 under the newsstand price. Your satisfaction is guaranteed. Just one of our useful ideas could be worth more than the price of your subscription. Send today!

Armstrong **Good Ideas**™
FOR DECORATING AND REMODELING YOUR HOME

Department 5DBH8
P.O. Box 303, Montchanin, DE 19710

Name

Street

City State Zip

(Offer good only in U.S.A.)

The KitchenAid Food Preparer.

Takes over where the food processor leaves off.



The KitchenAid Food Preparer with attachments does more than any food processor. You can make pasta, extract juice, grind meats, and more.

It's all there for the making with our powerful K45SS Food Preparer that includes a 4½-quart Stainless Steel Bowl, Flat Beater, Stainless Steel Whip, and Dough Hook. Plus a variety of optional attachments:

Food Grinder. Grinds meats, firm vegetables, and fruits.

Rotor Slicer/Shredder. Slices or shreds crisp vegetables, firm fruits, and cheeses.

Fruit/Vegetable Strainer. For pureeing and juicing. Makes sauces, tomato juice, and preserves.

Spaghetti/Noodle Maker. Makes thin or thick spaghetti, flat noodles, macaroni, and lasagna.

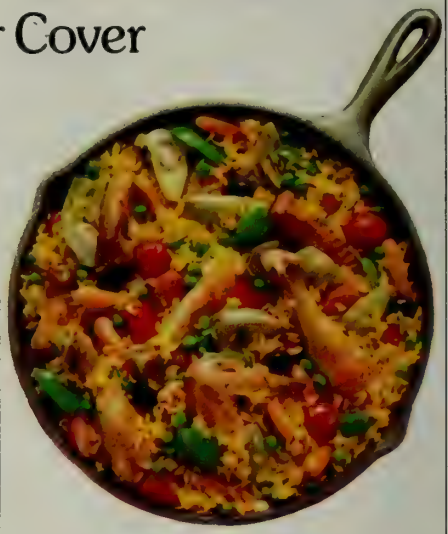
Grain Mill. Grinds corn, wheat, rye, oats and other low moisture, non-oily grains.

With KitchenAid quality and versatility, you'll have it made with the KitchenAid Food Preparer.

KitchenAid.®
Don't settle for less.
Hobart Corporation, Troy, Ohio 45374

How to Make the ONE-POT PAELLA On Our Cover

Our Chicken Paella is delectable proof that you can prepare a superb meal in just one pot. Besides being tasty and colorful, this special paella is surprisingly low-cost. Make it atop the range, in the oven, or in a microwave oven. For more one-pot meals, turn to page 114.
Buying information, page 169



SPANISH-STYLE CHICKEN PAELLA

Cooking Times:
Range top—1 hour, 25 minutes
Oven—1 hour, 25 minutes
Microwave—40 minutes

- **4 ounces chorizo *or* Italian sausage, sliced**
- **8 chicken legs and wings (4 each)**
- **1 medium onion, chopped (½ cup)**
- **1 small sweet red *or* green pepper, cut into chunks**
- **1 clove garlic, minced**
- **¾ cup long grain rice**
- **1½ teaspoons instant chicken bouillon granules**
- **¼ teaspoon ground turmeric**
- **3 cups hot water**
- **4 baby carrots *or* 3-inch carrot chunks**
- **1 10-ounce package frozen peas**
- **1 10-ounce package frozen artichoke hearts (optional)**
- **¼ cup pitted ripe olives**
- **6 cherry tomatoes, halved *or* ½ cup tomato wedges**

Range-top method: In a 12-inch skillet or 4-quart Dutch oven brown sausage over medium heat about 10 minutes. Drain, reserving drippings in pan; set sausage aside. Season chicken with salt and pepper. Brown chicken in reserved drippings; remove chicken, reserving *1 tablespoon* drippings in pan. Add onion, red or green pepper, and garlic to pan; cook till onion is tender. Stir in uncooked rice, bouillon granules, turmeric, and water; bring to boiling. Add sausage and carrots. Arrange chicken atop. Reduce heat; cover and simmer 20 minutes.

Meanwhile, rinse peas and artichokes under hot tap water to separate. Arrange peas, artichokes, and olives atop chicken. Cover and cook 15 to 20 minutes more or till rice and chicken are tender. Just before serving, add tomatoes; heat through. To serve, toss mixture gently together. Serves 4.

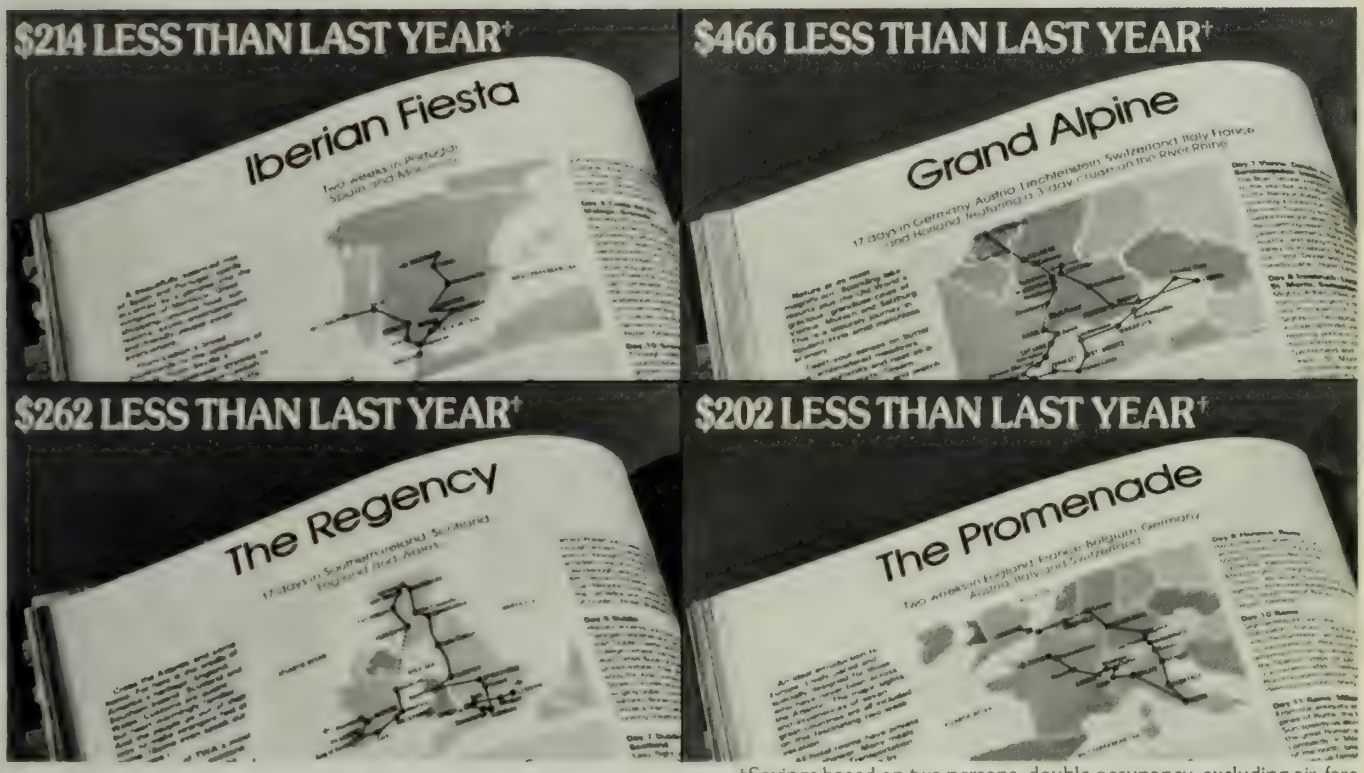
Oven method: Using an ovengoing skillet or Dutch oven, follow the steps for the range-top method through placing chicken pieces atop rice mixture. Cover and bake in a 375° oven for 20 minutes. Rinse peas and artichokes as directed; place atop chicken along with tomatoes and olives. Bake, covered, for 15 to 20 minutes longer or till chicken and rice are tender. Serve as directed for range-top method.

Microwave method: In a 2-quart nonmetal casserole micro-cook sausage, onion, pepper, and garlic, covered, on HIGH for 4 to 5 minutes, stirring once. Drain sausage mixture, reserving *1 tablespoon* drippings in dish. Set mixture aside. Place chicken in casserole; cook, covered, for 5 minutes. Drain off fat; set chicken aside. In same dish combine the uncooked rice, bouillon granules, turmeric, and *2½ cups* hot water. Cook, covered, for 5 minutes or till boiling. Stir in the sausage mixture and carrots. Arrange chicken pieces atop. Cook, covered, on MEDIUM for 10 minutes. Rinse peas and artichokes under hot tap water. Arrange peas, artichokes, and olives atop chicken; cover and cook on MEDIUM for 8 to 10 minutes or till chicken and rice are tender. Top with tomatoes; cook 2 minutes more. Serve as directed for range-top method.

Food stylist: Mable Hoffman

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $12 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. April, 1982, Vol. 60, No. 4.

This year, TWA Getaway® Europe gets you more Europe for less.*



†Savings based on two persons, double occupancy, excluding air fare.

This year, TWA's European Vacations are better buys than they have been in years. So if you're wondering whether you can afford a trip to Europe, you probably can. And if you're already planning one, now you can get more vacation for your money.

For 1982, TWA offers a wider selection than ever. There are 68 Getaway Vacations ranging from 8 days to 4 weeks. And they're priced up to $233 less than last year. Imagine spending 8 days in London for under $300, plus air fare.** And our 12 Super Saver Vacations start as low as $449, plus air fare, for two weeks.◇ They're a great way to get the most out of Europe for less.

TWA lets you choose the type of travel that suits you best. From the flexibility of our Freestyle vacations to our professionally guided Escorted vacations, we have something for everyone.

And all TWA European Vacations are famous for their high quality. Expert tour directors, fine hotels, private motorcoaches and more make our vacations a memorable experience for any traveler.

So if you're looking for a great way to see Europe, you don't have to look any further than TWA. Take a Getaway or Super Saver Vacation. For more information, call your travel agent today, or send in the coupon below for one of our free 1982 brochures.



FREE TWA GETAWAY® AND SUPER SAVER BROCHURES

Getaway Europe ☐ (H) Super Saver Europe ☐ (Z)

Just check the appropriate box and mail to:
TRANS WORLD AIRLINES, P.O. Box 625,
Rockville Centre, N.Y. 11571.

Name_____

Address_____

City_____ State_____ Zip_____

You're going to like us TWA

*10 out of 80 packages cost the same or slightly more than 1981.

**Packages range from $269 to $395 per person based on double occupancy for London.
◇$449 to $849 per person based on double occupancy for Super Saver Vacations.



American Tourister.
No matter where you take it, it can take it.

Our soft-sided American Tourister luggage is built to survive any trip, tumble or fall.

To be flung around, in all the far-flung corners of the world.

That's because we make it with a rugged steel frame, a tough durable exterior and wheels that roll with the punches.

Of course, we also make it look good.

We style it in rich colors like navy, camel and mahogany, and give it handsome stitched panels and strong clean lines. The result of all this is luggage worthy of the name American Tourister.

Luggage you can take anywhere.

Even downstairs.

It's not just how good it looks.
It's how long it looks good.

American Tourister

© 1981 AMERICAN TOURISTER INC., WARREN, R.I. — A HILLENBRAND INDUSTRIES COMPANY

CONTENTS

April 1982 Vol. 60, No. 4

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

FOOD

How to make the one-pot paella on our cover 4

My turn to cook: Beer pancakes 32

Light and sassy sauces 62

WONDERFUL ONE-POT MEALS 114

Cover photograph: George de Gennaro

KIDS COOKING 118

- *This how-to cooking feature is specially designed for aspiring cooks aged seven through 12. Six kids demonstrate how to make easy yeast breads, vegetable snacks and salads, and fruit desserts. Plus, they show young chefs how to put together a variety of great-tasting snacks.*



Win money for your recipes 125

Prize Tested Recipes 141

- *Easy breads*
- *Puddings and custards*

BUILDING

A problem-solving family room addition 40

DESIGNER BATHS WITH IDEAS YOU CAN ADAPT 42

The 1982 *Better Homes and Gardens* Home Improvement Contest 64

Tips, tools, and techniques 72

LIGHT UP YOUR HOUSE WITH THE SUN 99

- *Lift your spirits and lower your lighting bills by bringing bright, glare-free daylight into your house. We'll show you how five families banished dark, dismal living spaces in houses ranging from a stately Victorian to a modern California ranch house.*



An efficiency apartment from an expendable garage 104

Plan-as-you-go kitchen storage 171

CONTENTS CONTINUED ON PAGE 9

This issue is published in multiple editions. **Subscription Prices:** One year $12 in the United States and its possessions. Canada, add $6 per year. Other countries, add $10 per year. Trademark registered in Canada and Australia. Marca Registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them.

© Copyright Meredith Corporation 1982. All rights reserved. Printed in U.S.A.

VIVARIN® KEEPS YOU GOING



WHEN THE GOING GETS ROUGH.

Are late-night shoppers getting you down?

Are you beginning to feel the strain?

Take a Vivarin.

Vivarin is a medically tested stimulant tablet. Taken as directed, it's safe and effective. Its active ingredient is caffeine.

It's like two cups of coffee squeezed into one little tablet. Whether you're studying, driving, or working late, take Vivarin. You'll stay alert for hours.



Read label for directions



Cool 'n creamy pasta salads...

exciting new twist on a main dish!

Creamy pasta salads are an exciting main dish idea. And Best Foods® Real Mayonnaise makes them taste deliciously fresh and creamy. Let Best Foods help you create a Creamy Tuna Twist or Garden Fiesta. Or invent your own pasta salad! When you make it with Best Foods, it's a creamy cool treat.

Best Foods makes it better!



Creamy Garden Fiesta

- 1 cup BEST FOODS® Real Mayonnaise
- 2 Tbsp chopped green onions
- 1 Tbsp lemon juice
- 1 tsp dried basil leaves
- 1/2 tsp salt
- 1/4 tsp pepper
- 4 oz thin spaghetti, cooked
- 1 1/2 cups seeded, chopped cucumber
- 1/4 lb green beans, cooked, cut in 1" pieces
- 1 cup thinly sliced carrots
- 1 cup thinly sliced zucchini, halved
- 1/2 cup thinly sliced radishes
- 1/2 cup chopped green pepper
- 1/2 cup chopped parsley (optional)

In large bowl stir together first 6 ingredients until smooth. Add remaining ingredients; toss to coat well. Cover; chill. Makes 8 servings.

Creamy Tuna Twist

- 1 cup BEST FOODS® Real Mayonnaise
- 2 Tbsp cider vinegar
- Dash pepper
- 4 oz twist macaroni, cooked
- 1 can (7 oz) tuna, drained, flaked
- 1 cup cooked peas
- 1 cup sliced celery
- 1/2 cup chopped red onion
- 1/4 cup snipped dill or 1 Tbsp dried dill weed

In large bowl stir together first 3 ingredients until smooth. Add remaining ingredients, toss to coat well. Cover; chill. Makes 4 servings.



© 1982 Best Foods
CPC International Inc.
Englewood Cliffs, N.J. 07632

CONTENTS

continued

MONEY

HOW TO FIGURE YOUR OWN CONSUMER PRICE INDEX 17

HEALTH

DEPRESSION: NEW TREATMENTS FOR OUR NUMBER ONE MENTAL HEALTH PROBLEM 23

GARDENING

Gardener's log 46

VEGETABLE GARDEN SEASON STRETCHERS 50

- *Extend your gardening season and grow bumper crops of vegetables with cloches, cold frames, and/or a greenhouse. All of these structures are designed to take full advantage of the sun's rays so you can garden earlier in the spring and continue to produce harvests after the first frost.*



DECORATING

Mail-order closet organizers 66

Antiques and collectibles 96

SMALL SPACE/BIG STYLE 106

- *Even if a room lacks size, it need not fall short in style and livability. In this six-page section, we'll show you how careful planning and a few space-expanding tricks can make even cramped quarters look and work great. Be sure to try out our ideas in your own home—you'll be surprised how much a small space can do!*



Design for entertainment gear 112

PETS

Overweight pets: How to pick a shape-up diet 74

CARS

Safeguarding your child in the car 79

FEATURES

Good news 89

Better Homes and Gardens baby-sitting guide 94

TRAVEL

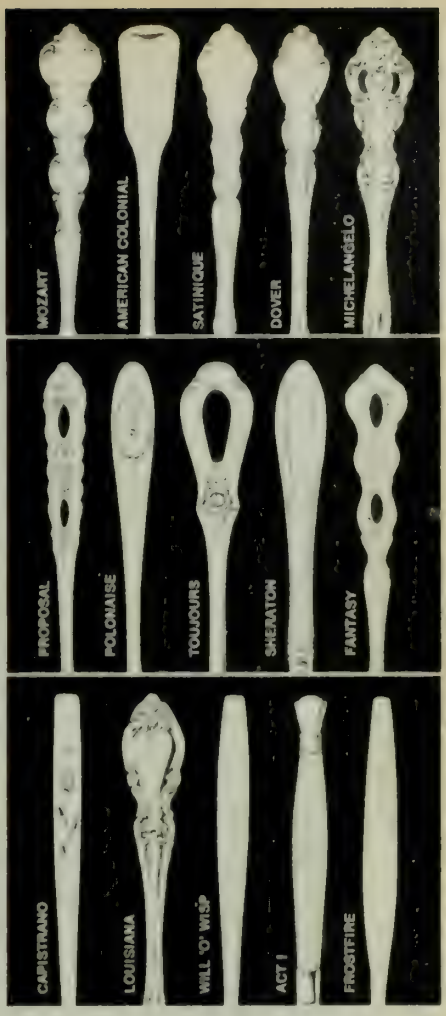
APPALACHIAN VACATIONS EN ROUTE TO WORLD'S FAIR '82 156

SHOPPING

Buying information 169

Shopping editor's choice 172

CUSTOMER SERVICE:
For service on your magazine subscription, including change of address, write to Robert Austin, P.O. Box 4536, Des Moines, IA 50336. Please enclose an address label from a recent issue.



Stainless sample$1.

Oneida Sample Center
P.O. Box 9777, New Brighton MN 55197

Great beginnings start with Oneida stainless. Please send me a sample stainless teaspoon in the pattern(s) I have checked. I am enclosing $1. for each spoon ordered. Complete services can be purchased at fine stores everywhere. Offer is limited to a choice of up to three spoons, one spoon per pattern.

- ☐ ACT I
- ☐ AMERICAN COLONIAL
- ☐ CAPISTRANO
- ☐ DOVER
- ☐ FANTASY
- ☐ FROSTFIRE
- ☐ LOUISIANA
- ☐ MICHELANGELO
- ☐ MOZART
- ☐ POLONAISE
- ☐ PROPOSAL
- ☐ SATINIQUE
- ☐ SHERATON
- ☐ TOUJOURS
- ☐ WILL 'O' WISP

Name _____
(Please Print)
Address _____
City _____
State _____ Zip _____

Add sales tax for N.Y. & Calif. Offer valid only in U.S.A. & P.R. Allow 4-6 weeks for shipment. Expires 12/31/82. BG042

ONEIDA
The silver cube. Our silversmiths' mark of excellence



Fine French crystal you can afford to enjoy.

Patterns begin at $6 a stem. Shown, Ancenis.
Catalogue upon request.
Write: J.G.Durand, Millville, N.J.08332

cristal d'arques

AMERICA DESERVES CLEAN AIR, CLEAN WATER, & A CLEAN CLEANSER.



Trust Bon Ami® to do your cleaning. The 96-year-old cleanser with the chick on the can.

WHAT'S IN IT?

1. Feldspar & Calcite. These natural ingredients polish away stubborn soil & stains.

2. Biodegradable Detergent. Cuts grease fast.

3. Oxygen Bleach. Attacks tough stains.

4. Sodium Carbonate. Conditions your water.

WHAT'S NOT IN IT?

No noxious gases to pollute the indoor air you breathe, especially in the winter when your home is sealed tight. No chlorine. No phosphorus. No irritating fragrance.

WHAT'S IN IT FOR YOU?

It means Bon Ami® cleans clean. Doesn't scratch the way rough silica cleansers like Ajax® and Comet® do.

It doesn't pollute. It's the cleanser recommended by such famous names as Corning®, Corelle®, Pyrex®, West Bend®, Farberware®, Tappan®, Rival® and many others.

Bon Ami takes care of the things you care about. Your stainless steel appliances. Your cookware. Your sinks. Your tubs. Your tile. Your environment.

Yes, your environment.

We believe that America deserves a clean cleanser. On that, we shall never compromise. Even though we're still a small company competing with giants.

We need your support. Even your moral support. If you're with us, please send a note or card to our president. Write to Gordon T. Beaham III, Faultless Starch/Bon Ami Company, 1025 West 8th St., Kansas City, MO 64101.

Bon Ami®



Enjoy smoking longer without smoking more.



Low tar Saratoga 120's

© Philip Morris Inc. 1982

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

15 mg "tar," 1.1 mg nicotine av. per cigarette, FTC Report Mar '81.

Better Homes and Gardens®

Editor GORDON G. GREER
Managing Editor KATE KEATING Art Director GERALD PREATOR

Food and Nutrition Editor DORIS EBY
Senior Food Editor NANCY BYAL *Senior Food Editor—Books* SHARYL HEIKEN
Senior Food Editor—Special Interest Publications SALLY PEDERSON
Recipe Development Editor MARION VIALL
Associate Editors ELIZABETH WOOLEVER ROSEMARY HUTCHINSON
SANDRA GRANSETH SANDRA DAY PAT TEBERG JOY TAYLOR
MARCIA STANLEY DIANA McMILLEN JULIA MARTINUSEN DIANE YANNEY
JILL BURMEISTER NANCY WALL JANET FIGG ALETHA SPARKS

Building and Remodeling Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor DAVID R. HAUPERT
Senior Building Editor—Special Interest Publications DOUGLAS M. LIDSTER
Senior Building Editor—Books LAWRENCE D. CLAYTON
Kitchens and Bath Ideas Editor JOANNE JOHNSON
Associate Editors CAROLANN SHINDELAR PAUL KRANTZ
LINDA JOAN SMITH JIM HARROLD WILLIAM L. NOLAN

Furnishings and Design Editor SHIRLEY VAN ZANTE
Interior Design Editor ROBERT E. DITTMER
Senior Furnishings Editor DENISE L. CARINGER
Senior Furnishings Editor—Books PAMELA WILSON CULLISON
Senior Furnishings Editor—Special Interest Publications PATRICIA POLLOCK
Associate Editors HEATHER SCHRADLE KAROL BROOKHOUSER

Garden and Outdoor Living Editor BEVERLY GARRETT
Senior Garden Editor STEVEN COULTER
Senior Garden Editor—Special Interest Publications DOUGLAS A. JIMERSON
Associate Editor LINDA DALLIMONTI

Money Management and Features Editor MARGARET DALY
Travel and Pets Editor BARBARA HUMESTON
Health and Education Editor DAN KAERCHER
Automotive and New Products Editor KIM GARRETSON
Associate Editors JUDY CRAWFORD MELL MEREDITH
Special Assignments Editor GEORGE S. BUSH

Crafts Editor NANCY LINDEMEYER
Senior Crafts Editor DEBORAH DUGAN
Senior Crafts Editor—Special Interest Publications JOAN CRAVENS
Senior Crafts Editor—Books ANN LEVINE
Associate Editors COLEEN DEERY GARY BOLING
LAURA HOLTORF REBECCA JERDEE

Copy Chief MARY ANN ROBERTSON *Makeup Editor* KATIE NORRIS
Associate Makeup Editor DOROTHY GRANT *Assistant Makeup Editor* NANCY HALL

Associate Art Director (Creative) BRYAN E. McCAY
Associate Art Director (Managing) DON NICKELL
Assistant Art Director KRISTIN FRANTZ
Graphic Designer (Covers) SUSAN MAHER *Graphic Designers* CHRIS GRECO
JUDY H. NEIGHBOR SUSAN KOCH KEVIN S. LUDGATE
Art Production Director RAY WOODS *Art Production Manager* JOHN BERG
Art Production Associates JOE HEUER KATHRYN DAVIDSON

New York—Associate Editor STACEY SMITH *Shopping Editor* ANN LIVELY

Group Editorial Services Director **DUANE L. GREGG**
Executive Art Director **WILLIAM J. YATES**

Special Interest Publications: *Editor* RICHARD W. ROYER
Art Director JON SNYDER
Associate Art Director (Creative) KAREN HUBER
Assistant Art Director TOM WEGNER
Senior Graphic Designer MARISSA CONNER
Graphic Designers JACK YOUNG JILL CAREY RHONDA BLACK
DOUG BYERS CHRISTOPHER J. DAVIA
Copy Chief ELIZABETH BROOKS *Copy Editor* JIM WIGDAHL

Books: *Editor* GERALD KNOX *Managing Editor* DAVID A. KIRCHNER
Art Director ERNEST SHELTON *Associate Art Director (Managing)* RANDALL YONTZ
Associate Art Directors (Creative) NEOMA ALT WEST LINDA FORD
Assistant Art Directors HARIJS PRIEKULIS FAITH BERVEN
Graphic Designers ALISANN DIXON LYNDA HAUPERT LYNE NEYMEYER
BILL SHAW GREG THOMPSON MIKE EAGLETON MIKE BURNS DEB MINER
Copy and Production Editors DAVID WALSH LAMONT OLSON
NANCY NOWISZEWSKI MARY HELEN SCHILTZ TRISH PODLASEK

Meredith Publishing Services: *Editor* DOUGLAS A. HOLTHAUS
Managing Editor SYLVIA MILLER
Special Projects Editors MIKE HOLMBERG DON JOHNSON
GREG ERICKSON MARJORIE GROVES
Art Director ROGER IHLENFELDT *Associate Art Director* C. L. GATZKE
Assistant Art Director DEETRA LEECH
Graphic Designers LINDA BENDER ROBERT RILEY STEVE LUEDER

Director, Editorial Research C. RAY DEATON *Associate* CAROLYN A. HAMILTON
Administrative Editor ROSE ANDERSON *Art Business Office Manager* CECILEE LEWIS
Test Kitchen Director SHARON STILWELL *Photo Studio Manager* DON WIPPERMAN
Manager, Editorial Planning and Development DON DOOLEY

PUBLISHING GROUP PRESIDENT **JACK D. REHM**
Publishing Group Vice-Presidents: JAMES A. AUTRY General Manager, Magazines
NEIL KUEHNL Editor-in-Chief
JAMES R. NARBER General Manager, Publication Marketing Services
ROBERT E. GERHARDT Administration
FRED STINES General Manager, Books and Newspapers

Publisher and Advertising Director J. WESLEY SILK
Publishing Services Director AL NEY
Associate Advertising Sales Director LENNOX E. H. STUART

CORPORATE OFFICERS: **Chairman of the Board E. T. MEREDITH III**
President ROBERT A. BURNETT
Group Presidents JACK D. REHM, Publishing JOHN GREGG, Printing
JAMES CONLEY, Broadcasting JAMES A. RIGGS, Real Estate
Vice-Presidents DONALD L. ARNOLD, Corporate Relations
THOMAS G. FISHER, General Counsel and Assistant Secretary
HERB SCHULTE, Corporate Planning WILLIAM H. STRAW, Finance
GERALD D. THORNTON, Administrative Services WALTER A. VOSS
Secretary BETTY CAMPBELL MADDEN Treasurer MICHAEL A. SELL

Improving on the French.



It isn't easy to improve on a great French dish like crepes.

But Stouffer's did it.

By taking all the work out.

And putting a lot of delightfully different things inside.

Like Ham and Asparagus, Spinach, with Cheddar Cheese Sauce. Or any of six other delectable varieties.

They're just right for lunch or dinner, brunch or late supper. And all you do is heat. And enjoy.

Stouffer's Crepes.



Part French.
Part American.
Totally delicious.

C'est Stouffer's.®

©1981 Stouffer Foods Corporation



To locate your Congoleum Studio Showcase of Floors™ retailer, call toll-free 1-800-447-2882; in Illinois, 1-800-322-4400.
Or, for the Congoleum retailer nearest you, see the Yellow Pages under "Floors—Materials." Shown here: Ultraflor® Esteem,® style 62004.

Congoleum. Collect it room by beautiful room.

Discover timeless beauty.
Discover the Congoleum difference in vinyl flooring.
A special sense of style.
Marvelously rich color and texture.
Luxuriously easy care.
Quality that will always shine through room after beautiful room.
Discover the complete collection at your Congoleum Studio Showcase of Floors™ retailer.



Congoleum

FLOORS OF TIMELESS BEAUTY.™

Sizzl-icious!



The Crisco® Oil sizzle means no greasy taste.



Margaret Daly

HOW TO FIGURE YOUR OWN

Consumer Price Index

For years, the Consumer Price Index (CPI) has dominated the headlines as a red flag of inflation. But the official CPI may not reflect your family's finances accurately. Here's how to determine your own CPI so you'll know how you're really faring against inflation and where you might control costs.

What is the CPI?

The U.S. government's official CPI measures the price change in a fixed "market basket" of a broad range of goods and services. Each item has a fixed weight in the index, based on a survey of urban family expenditures in 1972. New cars, for example, account for 4 percent of the index, while shoes are less than 1 percent.

Monthly and annual price changes in the CPI are reported around the 24th of each month. Your newspaper may also break down the CPI by major categories and by region.

The CPI is currently calculated so that 1967 equals 100. The national CPI was 280.7 in November 1981 (the latest figures available when we went to press). That would mean average prices had risen 180.7 percent from the base year of 1967. However, the official CPI figure may not match your family's experience for several reasons:

- National CPI figures reflect the spending patterns of an urban family of 2.8 persons that was making about $12,000 in 1972. Your family may have more or fewer people.
- The weights of items in the CPI are based on 1972-73 spending patterns. Even if you're an average family, it's unlikely that your spending pattern today is the same as ten years ago.
- Where you live, and where you shop, can make a big difference. For example, the government figured that in the fall of 1980 (latest available numbers at press time) a family of four needed $27,000 for a moderate life-style in Boston, but only $21,000 in Atlanta.
- The CPI is calculated as if everyone's housing costs go up with rising mortgage rates and home prices. Fixed mortgage payments, however, have protected many families from a big jump in housing costs. (The government proposes to adjust this factor in the CPI in upcoming years.)
- One-month changes in the CPI are "annualized"—compounded for the next 12 months—each time they're announced. But actual changes vary from month to month.
- The CPI is particularly ineffective as a planning tool when your life-style is changing. The addition or cutback of a major expense like college tuition cannot be captured by the CPI.

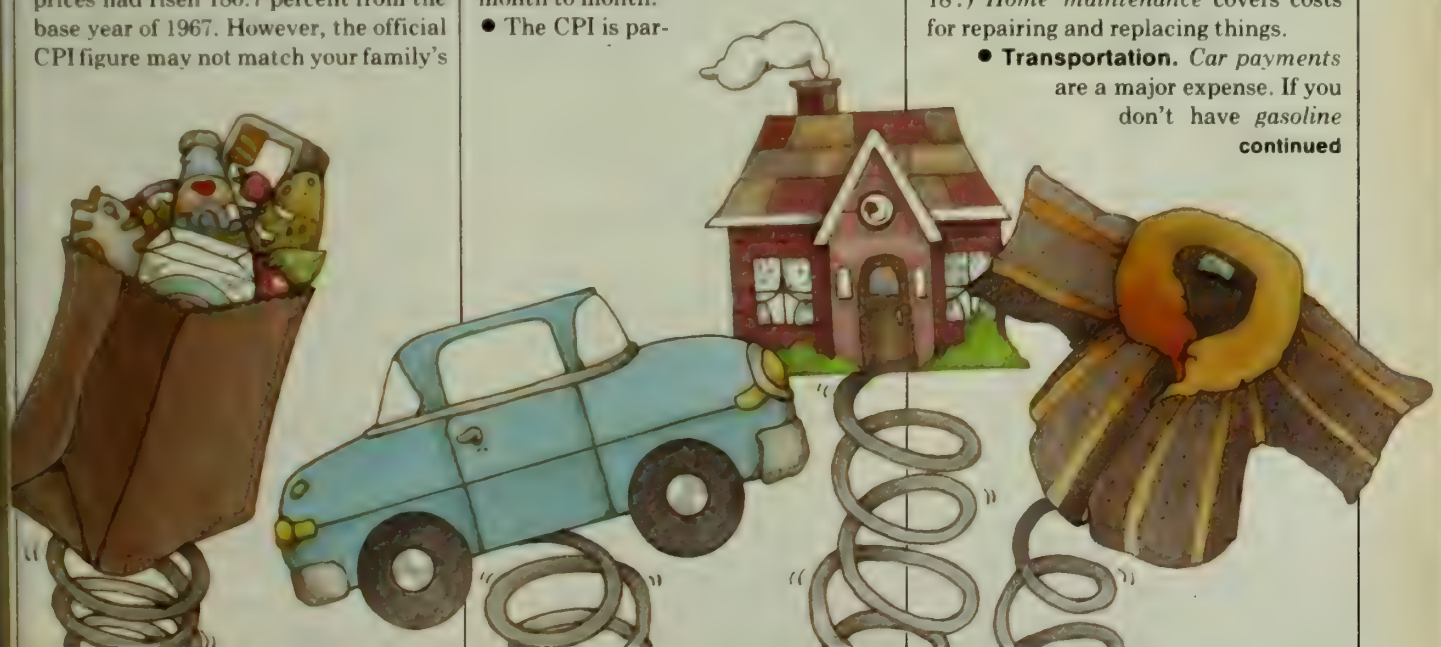
Using the government's CPI as a framework, we've devised a Personal Price Index to help you analyze and manage your budget realistically (see table, page 18). Our six categories are similar to the government's, with slight modifications.

Step One: Look at past expenses

Your bill records and checkbook should tell you where you spent your money in 1981. In certain instances, you might want to spread your review over a couple of years. Keep the categories specific enough to clearly indicate where your money goes, but broad enough to accommodate minor changes in spending patterns. Round off numbers and use annual figures.

- **Housing.** Start with *mortgage* payments or *rent*, plus *homeowners insurance*. *Regular household expenses* should include electricity, heating fuel, phone and cleaning services. (*Property taxes* are figured elsewhere—see page 18.) *Home maintenance* covers costs for repairing and replacing things.
- **Transportation.** *Car payments* are a major expense. If you don't have *gasoline*

continued



continued

HOW TO FIGURE YOUR OWN Consumer Price Index

receipts, estimate on the basis of your mileage. For *travel,* include commuting fare and parking fees.

- **Food.** Estimate both your *grocery* bills and the cost of *lunches* bought at the office or school.
- **Clothing.** Don't forget cleaning and other upkeep, plus new purchases.
- **Personal Expenses.** Include only *medical* expenses that are not reimbursed by insurance. Also, don't forget health insurance premiums. *Entertainment* should include dinners out, movies, sporting events, and special excursions. *Education* can cover newspaper and magazine subscriptions, books, tuition, and school supplies.
- **Other Expenses.** Gifts, stationery, and postage can all be covered here.

Step Two: Anticipate price rises

Two good sources of information are the Bureau of Labor Statistics (202/272-5160; there also are regional offices) and the Bureau of Economic Analysis (202/523-0836). The Bureau of Labor Statistics' CPI report of December, 1981, will give you the annual inflation rate for many different items for all of 1981. Your personal experience also will provide some sense of specific prices in your area. If you have trouble projecting certain increases, simply use the prior year's inflation rate.

Write down an estimate for inflation in each expense category. In some categories, such as mortgage and car payments, your expenses might not change, so your inflation rate is zero.

Step Three: Figure your 1982 inflation rate and expenses

Increase the amount of each 1981 expenditure by the rate of inflation you expect for that category in 1982. A fast way to do this with a calculator is to multiply each item by one plus the inflation rate (see chart). When the inflation rate is 9 percent, you'll write down 1.09. When you anticipate no rise in costs, write down 1.0. In the sample table, mortgage payments in 1982 remain unchanged, so $3,400 x 1.0 = $3,400. Clothing rises to $1,155 ($1,100 x 1.05 = $1,155).

Step Four: Calculate your overall 1982 inflation rate

With your new spending estimates for 1982, add up the categories to find your total anticipated expenditures. Then you can calculate your 1982 inflation rate by dividing your 1982 expenditures by your 1981 expenditures.

SAMPLE PERSONAL PRICE INDEX

	Step One 1981 Expenses	Step Two 1982 Inflation Rate	Step Three 1 + 1982 Inflation Rate	Estimated Expenses 1982
HOUSING				
Mortgage	$ 3,400	0%	1.0	$ 3,400
Homeowners Insurance	375	9%	1.09	409
Regular household expenses	2,000	6%	1.06	2,120
Home maintenance	425	9%	1.09	463
TRANSPORTATION				
Car payments	3,500	0%	1.0	3,500
Car insurance	450	12%	1.12	504
Gasoline	1,250	5%	1.05	1,313
Car maintenance	150	10%	1.10	165
Travel	750	7%	1.07	803
FOOD				
Groceries	5,400	8%	1.08	5,832
Lunches out	1,200	8%	1.08	1,296
CLOTHING	1,100	5%	1.05	1,155
PERSONAL EXPENSES				
Medical	300	10%	1.10	330
Entertainment	1,700	8%	1.08	1,836
Education	200	6%	1.06	212
Life insurance	500	0%	1.0	500
OTHER EXPENSES	300	10%	1.10	330
	1981 Total $23,000			1982 Total $24,168

Step 4: 1982 Personal Price Index: $24,168 ÷ $23,000 = 5%

Using the example shown in the table, $24,168 divided by $23,000 gives an answer of 1.05. Since you are interested in the percentage increase, subtract one. To convert .05 to a percent, multiply by 100. Your answer will be an inflation rate of approximately 5 percent.

Don't overlook taxes

Like the CPI, the Personal Price Index includes only expenditures for things you buy. Income taxes are not counted since they are not directly related to purchases. By using your income level, however, you can estimate taxes separately. Use the IRS tables and talk to an accountant.

The IRS reports that, on the average, about 16 percent of income will go to income taxes. If you are single, if you rent rather than own your own home, or if you anticipate a large increase in income, a higher percentage may be more realistic for you. On the other hand, if you bought your home recently and have a hefty interest expense, you may find a lower percentage is more appropriate.

To your estimate for income taxes, add social security taxes. The personnel department at your office should be able to tell you approximately how much you will owe in social security. The rate in 1982 is 6.7 percent on the first $32,100 of earnings. In 1983 it is expected to be 6.7 percent on approximately the first $35,400. Property taxes, capital gains taxes, and state income taxes also should be considered.

Estimating both taxes and your inflation rate will show you how much more money you'll need to maintain your life-style—or where you'll need to cut back expenditures.

—Amabel James

Marlboro Lights



The spirit of Marlboro
in a low tar cigarette.

Also available in King Size Flip-Top box.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

11 mg "tar," 0.8 mg nicotine av. per cigarette, FTC Report Mar.'81



Our neighbors recommended a HOWMET Skylight Patio Cover. Because we entertain a lot . . . we're glad they did.

We do entertain a lot and our friends naturally gravitate to our patio. Everyone falls in love with the beautiful Howmet woodgrain patio cover but they are positively intrigued with the soft light coming through the skylights.

There are three beautiful woodgrain patterns to choose from . . . Rich Walnut, Golden Oak and White Birch. One will blend nicely with any home style. Howmet Patio Covers can be enclosed with screens or left open.

With the Howmet Skylight Patio Cover, our patio is cooler so we spend much more time outdoors.

Of course, we would recommend a Howmet Skylight Patio Cover to our friends. Look for your nearest authorized independent Howmet Dealer in the Yellow Pages or write to Howmet for a free full color brochure showing a variety of patio cover ideas.

HOWMET ALUMINUM CORPORATION
A Member of The Pechiney Ugine Kuhlmann Group
BUILDING SPECIALTIES DIVISION
P.O. Box 66, Mesquite, Texas 75149

BETTER HOMES AND GARDENS 1982 HOME IMPROVEMENT CONTEST BETTER HOMES AND GARDENS

HOWMET
Skylight Patio Covers . . . quality you can see.

© Howmet Aluminum Corp. 1982

LET US DO YOUR DIRTY WORK.



Let the Scrubbing Bubbles in Dow Bathroom Cleaner make short work of your toughest job.

Let them scrub your tub, foam your chrome and make your tile smile.

And don't worry about scratched surfaces or leftover grit. They won't let that happen.

So let the Scrubbing Bubbles take a shine to your bathroom.

And you can take it easy.

Myadec® has something for every part of your body

Vitamin B_6. Helps in the proper functioning of the nervous system, including brain cells. ***Myadec*** *supplies 250% of US RDA.**

Vitamin A. Essential for good vision, healthy skin and hair. ***Myadec*** *supplies 200% of US RDA.*

Iodine. Necessary for thyroid hormones, which regulate cell metabolism. ***Myadec*** *provides 100% of US RDA.*

Zinc. Necessary for tissue repair and normal skeletal growth. ***Myadec*** *provides over 100% of US RDA.*

Vitamin C. Helps keep bones, teeth, and blood vessels healthy. ***Myadec*** *supplies 417% of US RDA.*

Vitamin D. Necessary for strong teeth and bones. ***Myadec*** *supplies 100% of US RDA.*

Vitamin B_{12}. Helps prevent certain forms of anemia. Aids health of nervous system. ***Myadec*** *assures you of 100% of US RDA.*

Magnesium. Necessary for proper function of muscles and nerves. ***Myadec*** *provides 25% of US RDA.*

Thiamine (B_1). Necessary for proper function of the heart and nervous system. ***Myadec*** *provides over 600% of US RDA.*

Folic Acid. Important fo red-blood-cell maturati ***Myadec*** *gives you 100% of US RDA.*

Pantothenic Acid. Needed for the body's use of carbohydrates, fat, and protein. ***Myadec*** *gives you 200% of US RDA.*

Manganese. Needed to maintain strong bones. ***Myadec*** *supplies 1.25 mg. No US RDA has been set.*

Copper. Needed in red blood cells. Present in liver, heart, and kidneys. ***Myadec*** *supplies 100% of US RDA.*

Riboflavin (B_2). Important to healthy skin and for building and maintaining body tissues. ***Myadec*** *gives you over 500% of US RDA.*

Vitamin E. Helps for normal blood cells a muscle. ***Myadec*** *giv you 100% of US RDA*

Niacin (B_3). Necessary for healthy skin, gastrointestinal tract and central nervous system. ***Myadec*** *supplies 500% of US RDA.*

Iron. Needed for hemoglobin, which carries oxygen to all body cells. ***Myadec*** *gives you over 100% of US RDA.*

from **PARKE-DA**



**Recommended Dietary Allowance. Read and follow label directions.*

©1981 Warner-Lambert Company

If you don't eat right today, your body may not notice it tomorrow. But in the long run, failure to maintain a balanced diet can deprive your body of the vitamins and minerals it needs for good health.

Vitamin supplements can help. But they can also vary widely in potency: some give you less, some give you more.

Myadec, with 11 vitamins and 6 minerals, the highest potency formula among the leading vitamin-and-mineral supplements based on cumulative US RDA* percentage.

Myadec	
	Theragran-M
	Centru

So if you want more for your body, don't s for anything less than Myadec.

Myadec. If you want more.

The Bissell Carpet Cleaning Kit Gives Wall-to-Wall Beauty.

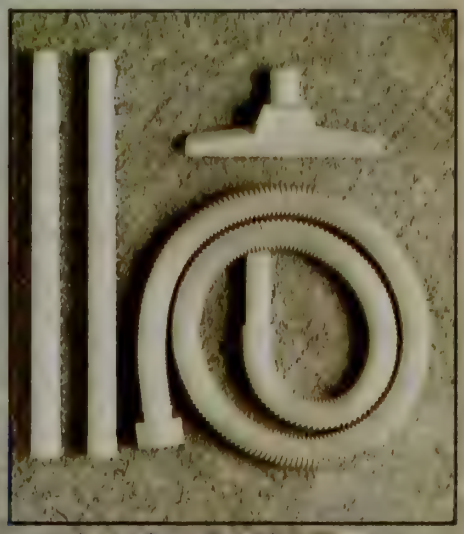
And your Shop-Vac provides the power!

It's a match made in heaven — the Bissell Carpet Cleaning Kit and your Shop-Vac . . . combining to create a powerful, convenient carpet cleaning machine. The Bissell Kit hooks up to your hot water faucet, and it power sprays hot cleaning solution deep into carpeting. It uses the powerful suction of the Shop-Vac to lift out liquid and dirt and restore clean, fresh wall-to-wall beauty. Forget the cost and bother of renting expensive carpet cleaning machines! The Bissell Carpet Cleaning Kit and your Shop-Vac are ready when you are. On sale March 29 through April 17 at larger K mart stores across the U.S.A.

The Bissell Carpet Cleaning Kit includes wand, nine-inch suction foot with spray nozzle, six-foot flexible hose, 50-foot hot water hose, and a bottle of Bissell Four-in-One Carpet Formula.

The eight-gallon Shop-Vac has a double filtration system to pick up both wet and dry material, and an automatic shutoff to prevent overflow. If you already own a Shop-Vac, you need only the Bissell Kit to turn it into a professional carpet cleaning machine!

$49.87
Shop-Vac





$46.87
Carpet Cleaning Kit

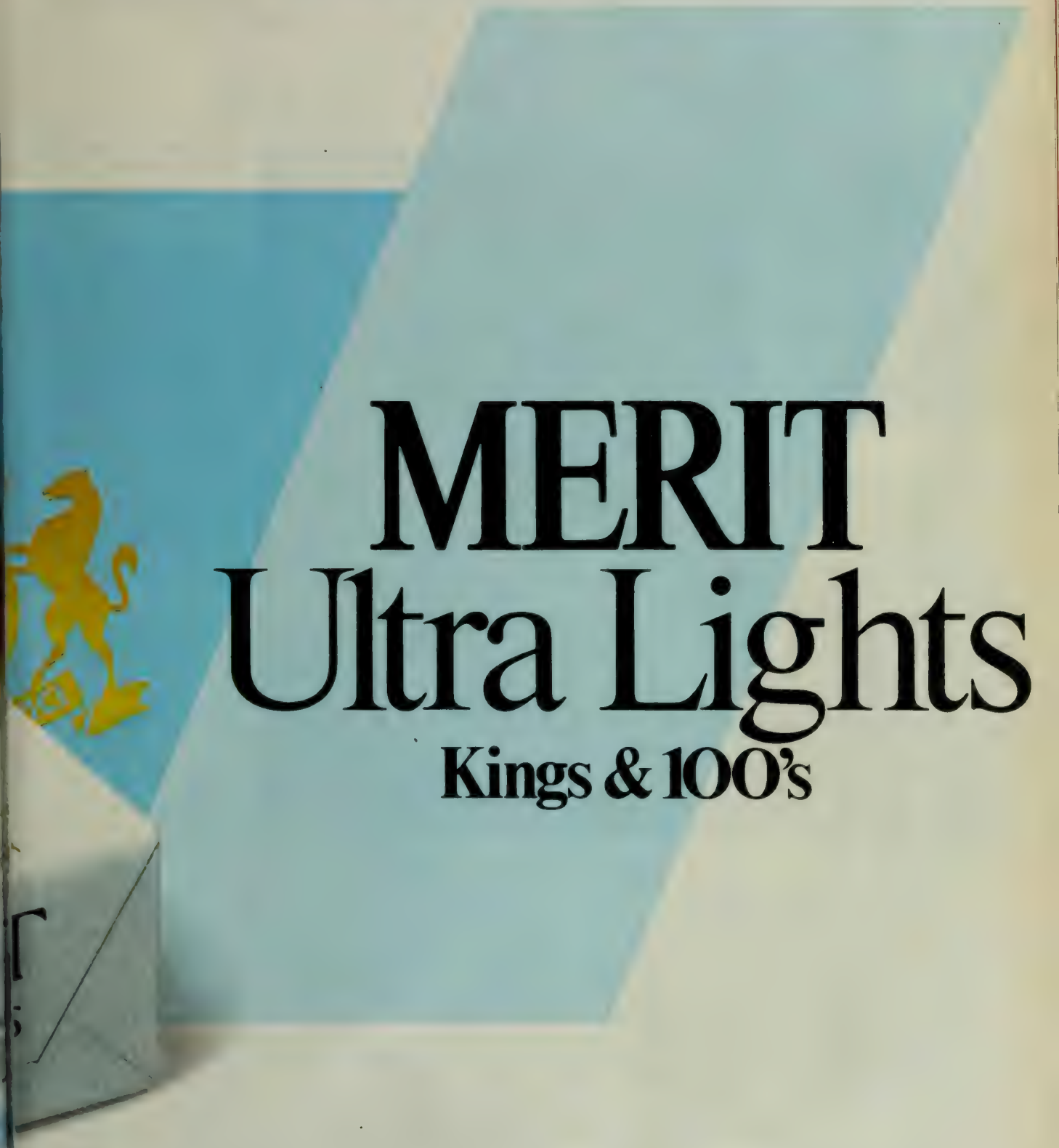
Quality at a K mart price. Nice.

Kmart®
The Saving Place®

Only one ultra light cigarette



gives you the Merit taste idea.



MERIT
Ultra Lights
Kings & 100's

© Philip Morris Inc. 1982

Reg: 4 mg "tar," 0.4 mg nicotine—100's: 5 mg "tar," 0.5 mg nicotine av. per cigarette by FTC method

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

MY TURN TO COOK

Beer Pancakes





Photographs: Mike Dieter (above), Jim Hertz (left)

Gaylord Stidham works as a building contractor in a farm and recreation area of Washington State known as the Columbia Basin. That's the perfect site for his free-time diversions, too: golfing and hunting in the spring and fall; then camping, boating, and fishing during the summer. On any of the Stidhams' outdoor excursions, it's apt to be Gaylord who does the cooking, particularly for breakfasts and barbecues.

It was on one of those camping trips that Gaylord came up with his favorite Beer Pancakes. "Before that trip, my pancakes were nothing out of the ordinary—I'd just stir them up on the spur of the moment," he recalls. "But on that particular trip, we ran out of milk, so I substituted beer in the batter. The pancakes were such a hit that now whenever we camp, I'm asked to make my famous Beer Pancakes."

Among their fans are Gaylord's wife, Ruth, and their six children and eight grandchildren. And his daughter-in-law Randee thought so highly of his pancakes that she sent the recipe to us so we could share it with our readers. We think you'll find these pancakes equally delicious outdoors and indoors—with sausage or crispy bacon on the side.

Buying information, page 169.

BEER PANCAKES

These pancakes will hold up well for a buffet-style brunch or a big breakfast. You can make the cakes a few hours ahead, then reheat them, covered, in a 300° oven till hot. Serve them with a variety of fruit syrups, jam, powdered sugar, and whipped butter—

2 cups packaged biscuit mix
2 tablespoons sugar
½ teaspoon ground cinnamon
Dash ground nutmeg
5 beaten eggs
½ cup beer
2 tablespoons cooking oil
Butter *or* margarine
Maple syrup

In a large mixing bowl stir together the packaged biscuit mix, sugar, ground cinnamon, and ground nutmeg. Stir together the beaten eggs, beer, and cooking oil. Add dry ingredients, stirring just till moistened. (Batter will still be lumpy.) Add a little additional beer if thinner pancakes are desired.

Use ¼ cup batter to make each pancake. Cook on a hot lightly greased griddle, for about 2 minutes per side or till pancakes are golden. Serve with butter and maple syrup. Makes 10 to 12 (4-inch) pancakes.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. Send in your favorite original recipe. If yours is selected for the "My Turn to Cook" feature, we'll pay you $100 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "My Turn to Cook," P.O. Box 7, Des Moines, IA 50336. No recipes will be returned. We reserve the right to edit recipes. If your recipe is purchased, you give Meredith Corp. the right to use it in any manner as long as we wish.

The Master Blend® Difference:

It unlocks great flavor other coffees leave behind...to save you money.

1. We make it differently.

Maxwell House® Master Blend® found a way to unlock flavor ordinary coffees leave behind. A special and expensive blend of beans is quick-roasted—hotter and faster—to puff up and have more surface area, thinner walls. That way, as the coffee brews, it's easier for hot water to get out the rich flavor.





2. To unlock more flavor.

Ordinary ground coffees leave good flavor behind during brewing. Master Blend unlocks more of this flavor and gets more of it out of each and every bean.



3. But you measure it the same way.

Make Master Blend the same way as ordinary coffee. Use the same number of scoops; get the same number of cups.



4. Why 13 ounces?

That's all it takes for a pound's worth of flavor.

5. How do you save money?

Since more flavor is unlocked, we can use fewer beans. Fewer beans cost less...and we pass those savings on to you.

GF
GENERAL FOODS

© 1982 General Foods Corporation

Master Blend.® It only tastes expensive.

RAGU' INTRODUCES PERFECT HOMEMADE PIZZA. SIMPLE AS PIE.

With new RAGU'® Pizza Quick® Crust Mix and new Pizza Quick® Chunky Style sauces, it's simple to make perfect homemade pizza.

Pizza Quick Crust Mix has everything you need to easily make the trickiest part — the crust. Even a scoop to measure out the Mix for a crust that's thin and crispy or thick and chewy.

Just spoon on either new Chunky Style sauce — "The Works" or "The Big Combo" — complete with chunky toppings like peppers, mushrooms and tasty meats. Add fresh cheese, and bake.

In minutes you'll have hot homemade pizza with taste you can't get from a freezer, or a boxed pizza kit.

New Pizza Quick Crust Mix, in your store's boxed pizza section. And new Pizza Quick Chunky Style sauces, in the RAGU' Sauce section.

The Ragu' pizza. No matter how you slice it, you'll get perfect homemade pizza, simple as pie.

New Ragu' Pizza Quick Crust Mix and new Chunky Style sauces.





Ragu and Pizza Quick are registered trademarks of Ragu Foods Inc.



WIN A FREE MOVE



ANYWHERE IN THE U.S.A. 10 GRAND PRIZE WINNERS!

Planning a move? Better Homes and Gardens® Real Estate Service wants to make it easier.

We'll pay the bill. You relax and let the movers do the work. Just tell them where to put the furniture. It could be worth thousands of dollars.

Register at any Better Homes and Gardens® member firm "Open House" or sales office before June 30, 1982. Or send your name and address on a post card to: "Free Move", Box 10677, Des Moines, Iowa 50336.

1000 SECOND PRIZES—BETTER HOMES AND GARDENS® NEW DECORATING BOOK



From the editors of Better Homes and Gardens®, 432 pages. A beautiful idea for your new home. $29.95 Retail value.

PLUS 10,000 THIRD PRIZES—
"WAYS TO FINANCE YOUR NEXT HOME" from Better Homes and Gardens®.

The Real Estate Members of

Better Homes and Gardens®

EQUAL HOUSING OPPORTUNITY

IT'S LIKE MOVING WITH SOMEONE YOU KNOW.

CONTEST RULES

Register anytime between April 1, 1982 and June 30, 1982. No purchase necessary. Mail entries must be postmarked by June 30, 1982. Drawing will take place July 15, 1982.

Better Homes and Gardens® Real Estate Service will pay to move all your household goods from point to point inside the U.S.A. including Alaska and Hawaii. Moving company will be determined from three estimates. Prize includes packing and moving, but not storage and insurance. Recreational vehicles or autos not included. Prize is not transferable.

Equivalent cash prize only if the winner's move is corporately paid. Move must take place between April 1 and December 31, 1982. Odds will be determined by number of entries. For a list of winners write "Free Move" Box 10677 Des Moines, Iowa, 50336. Contest void where prohibited by law. Employees of Meredith Corporation, its real estate members and its advertising agency are ineligible.

A new and original work in porcelain
by the world's foremost portraitist of butterflies

T·H·E MEADOWLAND BUTTERFLY VASE

BY JOHN WILKINSON

In fine porcelain,
hand-decorated with pure 24 karat gold.

Your commission must be entered by
April 30, 1982.

The British artist, John Wilkinson, has been described as "the most outstanding portraitist of butterflies in the world today." And he is widely regarded as one of the foremost nature artists of our time.

Now this celebrated artist has designed his *first* work of art *in porcelain*: The Meadowland Butterfly Vase. This new work is a significant contribution to the porcelain medium, and is certain to be a source of lasting pleasure to any collector who possesses it. Furthermore, it will be a magnificent accent to any room in the home.

The Meadowland Butterfly Vase will be crafted in fine white porcelain—ideal for portraying the rich colors and graceful lines of Wilkinson's art. For his subject, the artist has chosen the loveliest butterflies that are seen in a sunny spring meadow. The Admiral, with its golden wings and distinctive black markings. The Painted Lady, softer in tone and elegantly graceful in flight. The Mourning Cloak, dramatic in tones of deep rust, blue and yellow. And the Purple Wing, aptly named for the shimmering beauty of its colors.

The artist has not only depicted the variety of shades and tones of the butterflies—using 16 different colors—but has captured the atmosphere of the American meadowland as well. The height of the vase (11¼") provides ample room for this superb depiction. And, to add the final touch of refinement, the vase will be *hand-decorated* with a band of *pure 24kt gold* surrounding the crown and the base.

The Meadowland Butterfly Vase will be issued exclusively by Franklin Porcelain, and the responsibility for its creation has been entrusted to Franklin Porcelain of Japan, where there is a thousand-year-old tradition of crafting vases in fine porcelain.

A LIMITED EDITION. Advance orders for the vase are being accepted until April 30, 1982. A later announcement of this work will be made, but no orders will be accepted after the end of 1982. The issue price is $120, payable in three monthly installments of $40 each. The vase will be accompanied by specially written reference information and a Certificate of Authenticity.

To enter your commission, be sure to mail your order to Franklin Porcelain, Franklin Center, PA 19091, by April 30th.



Vase shown smaller than actual size of 11¼" high. Hardwood stand included.

© 1982 FP

ADVANCE ORDER FORM

The Meadowland Butterfly Vase

Valid only if postmarked by April 30, 1982 • Further limit: One vase per person.

Franklin Porcelain, Franklin Center, Pennsylvania 19091

Please send me The Meadowland Butterfly Vase by John Wilkinson, to be crafted for me in fine porcelain and hand-decorated in pure 24kt gold. The hardwood stand will be included.

I need send no money now. Bill me for the vase in three equal monthly installments of $40.* each, the first installment due in advance of shipment.

**Plus my state sales tax*

Signature _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Mr. / Mrs. / Miss _____
PLEASE PRINT CLEARLY

Address _____

City, State, Zip _____

It's here!
The new, soft undie in Undie-Leggs.®

PANTY PANTYHOSE IN ONE

Now Undie-L'eggs® panty 'n hose in one has a new, softer panty. It's so soft, so comfortable ...more like a real panty! But no ugly panty lines, of course.

You'll love the new undie in Undie-L'eggs. Try it. In Control Top Undie-L'eggs, too!

NOTHING BEATS A GREAT PAIR OF L'EGGS.™



© 1981 Leggs Products, Inc.

BUILDING

A Problem-Solving Family Room Addition

Some add-ons do more for a house than just make it bigger. They also remedy flaws in the original scheme. Here's an example.

Before the Hunts added their new family room, the kitchen was isolated in a wing at the back of the house. But now it's the hub of activity because the new addition literally wraps itself around the kitchen counter *(right)*. To magnify this wraparound effect, the Hunts combined the living room, dining room, kitchen, and new family room into one large area. Family and guests now can migrate to the kitchen and keep the cook company without getting underfoot. And the cook can enjoy a wide-angle view of the garden or the activities around the fireplace.

The Hunts' addition also solves certain problems that had plagued the rear elevation of the house *(far right)*. Before, the narrow two-story kitchen wing had jutted out, and steep steps—often treacherous in winter—provided the only access to the garden. Now the main floor stretches full width in back and projects four feet, balancing the tall, narrow jut-out with a strong horizontal element. Also, the second-floor cornice on the jut-out extends to the new chimney, providing another horizontal element and completing the basic outline of the house. And those treacherous back steps have been replaced by new steps indoors that lead from the family room to a new ground-level rear entry and terrace.



Photographs: Jessie Walker. Designer: Lou Narcisi



Field editor: Jessie Walker

NEWEST RELEASE!

U.S. GOV'T REPORT



CARLTON IS LOWEST.

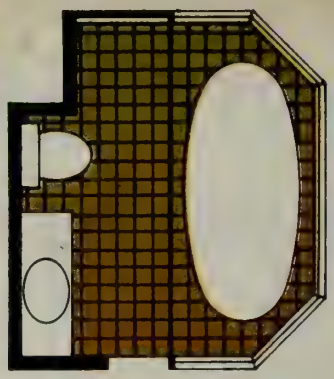
Box—
less than
0.01 mg. tar,
0.002 mg.
nicotine.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Box: Less than 0.5 mg. "tar", 0.05mg. nicotine av. per cigarette, FTC Report Dec. '81.

DESIGNER BATHS

WITH IDEAS YOU CAN ADAPT



By CarolAnn Shindelar

Baths just aren't what they used to be. Once bathrooms were little more than bathing cubicles, but now many are luxurious havens where busy people (aren't we all?) can retreat and recoup. To show you how to turn your bath into a private refuge, we teamed up with the Kohler Company to produce these four idea-filled baths. You can adapt your favorite design for a remodeling project now, or save the idea until you're ready to build a new house.

Bump out for a vintage bath

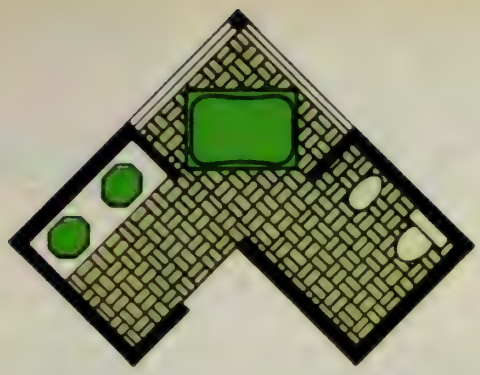
One of the easiest ways to expand a standard-sized bath is to push out the exterior wall. But instead of just bumping out the wall, why not create some architectural interest by turning the addition into an old-fashioned bay window? This one adds five feet of width and lots of charm to the original room. The floor of the bump-out is one step higher than the floor of the existing bath. You can see the stenciled windows in the five-sided bay reflected in the mirror over the vanity. A vintage-style bathtub perched in the center of the bump-out gives the room an authentic turn-of-the century look. And when you really want to soak away your cares, a small library is close at hand on display shelves built between the wall studs.

The walls and floor in the bath provide a fitting backdrop for the vintage theme; the walls are painted dark brown and covered with strips of oak plywood, and the floor is tiled with beige and brown ceramic squares. Oak plywood strips cover the front of the vanity, too. The wood look is also carried out in the pull-chain toilet with a wall-hung oak tank.



Photographs: Jim Hedrich, Hedrich-Blessing. Design: Roy Smith, AIA

Buying information, page 169





Use shutters to divide an L-shaped space

More than likely, most bathrooms you've seen are square or rectangular. But this bath is L-shaped, which makes it as adaptable as it is unusual. You can wrap the bath around the corner of your house next to the master bedroom, or you can convert an existing room (such as an unused guest room) and use the leftover square of space for a dressing area. Floor-to-ceiling plantation shutters divide this bath into three square parts: a grooming area with his-and-her lavatories, a corner for bathing, and a toilet and bidet compartment.

The hexagonal lavatories are built into a suspended vanity that's covered with brick pavers. The same brick is used on the floor and around the tub. Hidden fluorescent lights ring the mirror over the vanity, which makes the mirror look as if it's floating on the wall.

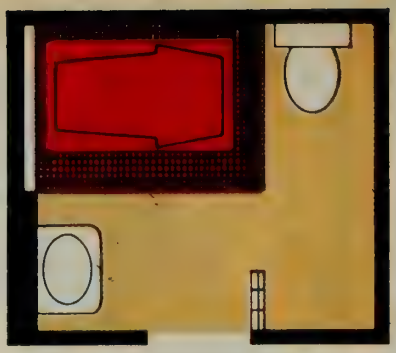
In the corner of the room, the tub is surrounded by six plantation shutters: two shutters serve as dividers between the vanity area and toilet compartment, and four others cover the windows around the tub. The shutters can be adjusted to let in light, while ensuring bathing privacy.





DESIGNER BATHS

WITH IDEAS YOU CAN ADAPT





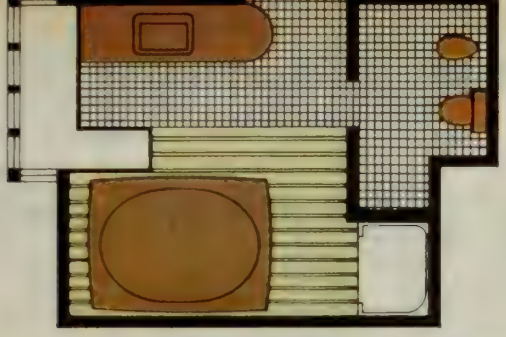
Make a small space elegant

A band of glass block and a tile-covered tub surround make this 9x7½-foot bath more elegant than many bathrooms twice its size. Glass block is enjoying a renaissance as more and more builders and architects incorporate it into their designs. The block is no more difficult to work with than brick, and in this windowless bath, the strip of glass is the only source of natural daylight.

If you're remodeling, you'll probably want to install the glass block only in an interior, non-load-bearing wall. Simply cut away a strip of drywall at the desired wall height (this idea won't work for plaster and lath walls) and cut the studs away behind the drywall you've removed. Then nail a 2x4 to the bottom of the studs hanging from the ceiling and to the top of the studs attached to the floor. Install the glass block in the framed cavity.

The extra-deep tub gives the illusion of being sunken, but it's actually wrapped in a tile-covered enclosure. The enclosure also forms a divider that separates the tub from the toilet. Shelves opposite the toilet store towels and extra toiletries, and the ledge at the head of the tub holds everyday grooming items.









Design: Brookgood Architects PC



Create a luxurious greenhouse bath

This elegant master bath is just what the doctor ordered for unwinding after a hard day's work. The bath is big enough for two and boasts a supersize whirlpool tub and a greenhouse bump-out.

Grooming is never a chore with the generous built-in vanity. The large mirror provides plenty of viewing room for shaving or applying make-up, and the greenhouse windows supplement the vanity lights with natural daylight. The white ceramic tile floor in the grooming area continues into the toilet and bidet compartment. A pocket door closes off the compartment for total privacy.

The rest of the bath is separated from the grooming area by a pair of steps that lead to the tub and shower. You can run a tub of hot water when you want a luxurious soak or use the shower compartment for a quick cleanup. The floor surrounding the whirlpool tub is oak stained to match the vanity and woven wall covering.

Gardener's log



Cup-and-saucer vine

"May never was the month of love,
For May is full of flowers;
But rather April, wet by kind,
For love is full of showers."

—Love's Servile Lot,
by Robert Southwell (1561-1595)

IN THE NORTH

Plant annual vines

Annual vines have been labeled the quick-change artists of the garden, and rightly so. In a single season, these vigorous and quick-growing plants can screen out an unpleasant view, shade a too-sunny patio, or simply enliven a dull corner with color.

Rely upon annual vines to provide temporary foliage while your newly planted perennial vines mature. Annual vines expend most of their energies producing lavish blooms their first and only season. Woody perennial vines grow less quickly and often have fewer flowers when young.

Most seed packets contain more seeds than you'll need so you can afford to gamble on an early planting. If an unexpected late frost nips your first seedlings, plant again. And if you still have surplus seeds, plant them in a place where you can use a trailing ground cover, preferably in full sun.

All annual vines climb by twining, so give yours strings or nets to twine upon. If you set the supports at the same time you plant, you can sow the seeds right where they're to grow. Vines don't like to be moved, especially morning glories. To hasten germination, soak the hard-shelled seeds overnight in warm water or shake them in a glass jar that has been lined with a piece of sandpaper. The scraping will wear down the tough cover and is easier than hand-notching the seeds.

One of the fastest growing annual vines is *Cobea scandens,* often called cup-and-saucer vine. Its bell-shaped flowers are two to three inches long and change from green to purple-blue as they mature. Given a rich spot, cobea can reach heights of 25 feet. The seeds are flat and should be planted edgewise, as if you were dropping coins into a pay phone.

The most popular of the annual vines are the morning glory and the climbing nasturtium. Others worth trying include the black-eyed susan vine, the night-blooming moonflower, and the cardinal climber, which is also known as the scarlet star glory.

Two other rewarding vines are sweet peas and scarlet runner beans. Sweet peas are good as a blooming cover and for cutting bouquets, and runner beans are both flowery and edible. Start both when the weather is still cool. Sweet peas will reach six feet; scarlet runners, 12.

Get ready for dahlias

Prepare the ground in your dahlia beds now so that early sprouting weeds can be grubbed out before you plant the tubers next month.

IN THE WEST

Timely gardening tips

- Take three- to four-inch cuttings of chrysanthemums now and root them so they'll be ready for transplanting to their permanent positions next month.
- Keep on planting vegetable seeds.
- Scatter powdered lime or coarse wood ashes on the ground to keep slugs away from delphiniums.
- Divide pampas grass now.

IN THE SOUTH

Plant vines here, too

Reliable vines that you can plant now include balloon vine (cardiospermum), balsam-apple (momordica), butterfly pea (clitoria), bougainvillea, clock vine (thunbergia), moonflower, morning glory, queen's-jewels or coral-vine (antigonon), and Spanish jasmine.

Sow dahlias

If you sow dahlia seeds now, you'll get very interesting and possibly unexpected results late in the summer. The plants' flowers may not be large, but they'll be decorative in your home as well as your garden. BH&G

Illustration: Steven Schindler

Graduate To Myers's Famous Flavor! The First Collection of Luxury Rums.

Myers's Original Dark
The deep, dark ultimate in rich rum taste. The beginning of the Myers's flavor legend.

Myers's Golden Rich
A uniquely rich taste inspired by Myers's Original Dark. Superbly smooth and beautifully mixable.

Myers's Platinum White
Exquisitely smooth and born to mix. With a subtle richness that could only come from Myers's.

Myers's. The First Collection of Luxury Rums.

MYERS'S RUMS, 80 PROOF. FRED L. MYERS & SON CO. ORIGINAL DARK IMPORTED AND BOTTLED IN BALTIMORE, MD. PLATINUM WHITE AND GOLDEN RICH PRODUCED IN ARECIBO, P.R.


More you


Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
8 mg. "tar", 0.7 mg. nicotine av. per cigarette by FTC method.
More
Lights
100s
TWENTY CLASS A CIGARETTES
More
Lights
100s
FILTER-LOW TAR 8 mg
Box
8mg
It's beige.
It's slender. It's more you.

By DOUGLAS A. JIMERSON

Growing vegetables outdoors the year round is easy, even in northern climates, when you extend your growing season with a cloche, cold frame, or greenhouse. All of these structures are designed to take full advantage of the sun's rays so that you can start gardening earlier in the spring and continue to produce harvests well after the first frost. In some cases, you may even be able to grow crops in midwinter when the rest of the garden is covered with snow. None of the units shown here costs much to set up, and the long-range savings could be considerable—with luck, you can wipe fresh vegetables off your grocery list next winter.

VEGETABLE GARDEN SEASON STRETCHERS







David and Tracy Goudy recycled old warehouse windows, barn siding, and railroad ties to make this attractive and functional solar greenhouse, *right*. Its original purpose was to rid the couple's Missouri acreage of a lot of "junk," but the finished greenhouse soon became the focal point of family activities. The north wall of the 10x18 greenhouse extends into the side of a hill, 18 inches below grade level, which helps insulate the structure year around.

Railroad ties stacked six high make an economical retaining wall/foundation for the structure. The Goudys use their greenhouse to start flowers and vegetables for their large outdoor garden. And, in the fall and winter, the family grows an assortment of cool-season vegetables inside the greenhouse.

In the early spring, David and Tracy Goudy move their young vegetables and flowers from the greenhouse into a 6x4 cold frame to harden off the plants, *top left*. The cold frame walls are made from bales of straw stacked on top of railroad ties partially buried in the soil. Old window frames form the top of the structure. Each window can be propped up with a board for ventilation when temperatures within the cold frame begin to rise. In the fall, the Goudys plant leaf crops like lettuce and spinach in the structure for early winter harvests.

During the summer, the Goudys turn their cold frame into a protected growing bed by replacing the windowpanes with a length of old snow fence, *bottom left*. The fence allows for adequate ventilation, but

Photographs: Hopkins Associates. Field editor: Mary Anne Thomson

still provides enough shade to keep cool-weather crops like lettuce, celery, and spinach healthy during hot midsummer weather. In fact, the system works so well that the family is able to make continuous sowings of these crops all summer long. When temperatures start to drop at the end of the season, the windowpanes are put back in place.

The Goudys' interest in their greenhouse blossomed once they realized that the structure was capable of producing vast quantities of produce out of season, when the same crops in the grocery store were priced extra high. Now, for example, the family can start harvesting vine-ripened tomatoes and peppers from their greenhouse as early as April or May; prices for these crops in local markets usually don't drop until July or August. David Goudy, *top right,* especially enjoys growing tomatoes inside the greenhouse.

To help keep temperatures within the greenhouse stable during the winter, the Goudys added a row of black, water-filled, 50-gallon drums along the north wall of the unit. When sunshine strikes the barrels, it heats the water so the greenhouse is automatically kept warm. Pieces of two-inch-thick plastic foam insulation are tacked to the north and east walls of the greenhouse for added protection from the elements.

The greenhouse windows are whitewashed during the summer to prevent the structure from overheating; in the fall the whitewash is removed so maximum sunlight can penetrate during the winter. The floor of the structure consists of a half-and-half mixture of soil and pea gravel. Two vents ensure adequate ventilation.

Whenever the temperature within the structure goes above 85 degrees Fahrenheit, two openings in the greenhouse walls are automatically opened by solar vents for air circulation. One opening on the lower part of the east wall, *bottom right,* allows cool air to enter along the floor of the greenhouse. As the cool air enters, it forces the hot air out the other vent which is located on the upper part of the west wall. Each opening is partially boarded up during the winter so the greenhouse won't cool down too suddenly. When the temperature in the greenhouse falls, the vents close.

continued







A GOOD HUSBAND SHOULD PREPARE HIS WIFE TO END UP ALONE.



Even if you have insurance on your life, you could be leaving your wife and children only half protected.

Here's what often happens: Upon the husband's death, a wife receives the proceeds of his Whole Life Policy. Now she should have insurance on her own life as new head of the family. However, she may not want to spend that money now. Or she may find insurance unaffordable because of her age, or unavailable because of her health. She's uninsured and the children now are unprotected.

But Metropolitan and you can keep that from happening to your wife.

We are introducing a "Surviving Spouse" rider available with Metropolitan's Whole Life *Plus* policy. So your wife would not only get the full proceeds of your policy, she would then automatically receive term coverage on her own life equal to what you had on yours. She would have that coverage until age 65, at no extra cost to her and regardless of her state of health.

You can take this step for only about $15 a year, plus a premium of generally less than a dollar for each thousand dollars of term coverage.

Call a professional Metropolitan representative soon. Let Metropolitan make sure your wife is better prepared than most.

Metropolitan Insurance Companies

METROPOLITAN REALLY STANDS BY YOU.

Life/Health/Auto/Home/Retirement

©1982 Metropolitan Life Insurance Co., New York, N.Y.



SEASON STRETCHERS



CLOCHES

DEFY WEATHER EXTREMES WITH VEGETABLE COVER-UPS

In gardening terminology, a cloche is any transparent structure designed to give crops a head start in the early spring or to prolong the growing season in the fall. Generally, cloches are made to fit over a single row of vegetables; some cloches protect individual plants. Used in the early spring, a cloche can give you a three- to six-week jump on the growing season. In the fall, a cloche often can help extend harvests of cool-weather crops right through the winter.

To get crops like broccoli and cauliflower off to a good start, you can buy row-long plastic tents, *top.* Each tent is made from two sheets of thick plastic, one clear and one black. The black plastic absorbs heat and helps keep the soil underneath warm; small slits are made in the plastic so the seedlings can be planted. The clear sheet protects the plants from the elements and fits snugly over a series of sturdy hoops. To allow moisture to reach the plants and to ensure good air circulation, the clear plastic sheet is vented along each side.

In the tents young tomato plants were set out on April 15, a full month before the normal planting time in this area. At first, the plants did not grow rapidly, but as nighttime temperatures became gradually warmer, the plants soared. By May 15, the normal time for setting out tomatoes, the young plants had already grown to the top of the structure. At this time the clear plastic was removed; the black plastic was left in place as a permanent mulch. It's important to cover the tents with a sheet or light blanket on nights when frost is expected if you plan to grow tomatoes and peppers.

With good protection, some cold-hardy crops like kale, Swiss chard, mustard, leeks, and spinach can be grown almost the year round. The photo, *right,* which was taken in New Hampshire during the month of February, shows how a commercial fiber glass cone can be used to grow crops while the rest of the garden is covered with snow. The cones, which were designed by Leandre Poisson of Solar Survival, are 30 inches wide at the base with a small hole at the top for air circulation. As the warm air within the cone heats up, it rises to the top of the structure where it condenses on the fiber glass walls

Buying information, page 169
continued



SEASON STRETCHERS

Photographs: Peter Krumhardt, Hopkins Associates. Field editor: top, Mary Anne Thomson



CLOCHES

SHIELD EARLY CROPS FOR TOP PRODUCTION

Seeds of crops like parsley, carrots, and celery are often slow to germinate. That's why it's a good idea to install a mini-greenhouse over the bed after you sow the seeds.

In the raised-bed vegetable garden, *above,* newly germinated celery plants are sheltered by a glass tent formed by panes of glass held together with aluminum clips. The glass tent accelerated the celery's germination time by raising the soil-temperature and moisture levels of the planting bed.

Lengths of clear plastic, reinforced with wire netting make economical, easy-to-assemble growing units for extra-early plantings of cool-season crops, *left.* All you have to do is cut the plastic from the roll it comes in, bend it into an arch, and anchor each edge to the soil with wire clips. We made our clips from U-shaped pieces of wire coat hangers. The finished structures do an excellent job of protecting cool-weather crops from late winter frosts. When it's windy, you may want to block one end of the structure with a piece of board.

continued

Any soap will clean your skin. Yardley Liquid Soap will clean it, soften it, moisturize it, smooth it and make it smell nice.

Introduce your skin to Yardley Liquid Soaps, the soft luxurious liquid soaps that do much more than just clean. Without the mess and waste of ordinary bars.

Yardley Liquid Soaps save you money, too. One large bottle equals 10 bars of soap. No other soap gives you more for your money.

English Lavender combines one of the world's best loved scents in a neutral PH formula that contains special emollients to help leave your skin silky-smooth. And leave you wonderfully refreshed.

Cocoa Butter provides extra softening benefits for dry, chapped skin. And helps protect the natural moisture level of your skin.



Two New Yardley Liquid Soaps.

Liquid Baby Soap pampers and caresses with pure lanolin to guard against dryness and irritation. For your baby's delicate skin, and yours.

Aloe Vera contains natural moisturizers, extracted from the exotic aloe vera, the plant that has helped famous beauties keep their skin young, healthy and glowing since Cleopatra's time.

Yardley of London Liquid Soap.

We took the cake and made it better.



YARDLEY of London.

And costs less, too.

YARDLEY OF LONDON INC., 875 North Michigan Avenue, Chicago, [illegible]



There's only one way to play it.

There's only one sensation this refreshing. Low 'tar' Kool Lights. The taste doesn't miss a beat. Kings and 100's.



KOOL LIGHTS

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kings, 9 mg. "tar", 0.8 mg. nicotine; 100's, 10 mg. "tar", 0.9 mg. nicotine av. per cigarette by FTC method.

© 1981 B&W T.Co



Photographs: Hopkins Associates, Ozzie Sweet. Field editor: top, Mary Anne Thomson

SEASON STRETCHERS



COLD FRAMES AND GREENHOUSES

HARNESS THE SUN AND GROW VEGETABLES YEAR ROUND

A well-designed cold frame can add weeks of valuable growing time to your gardening season. In fact, many cold frames are easily converted to growing beds that can extend your harvests clear through the winter.

Without proper ventilation, crops growing in a cold frame can suffer during the heat of the day. But you won't have to worry about overheating if you install a commercial automatic solar vent on the lid of your cold frame. The 6x3 cold frame, *top,* is made from lengths of weather-treated 1x6 pine boards nailed to 2x2 corner posts. The structure is eight inches tall in front and 18 inches high in back. A hinged sheet of clear polyurethane makes an unbreakable, long-lasting lid for the cold frame; the thermostatically controlled solar vent is attached to the underside of the lid. When the temperature inside the cold frame goes above 85 degrees Fahrenheit, the solar vent opens the lid several inches so air can circulate. And if the temperature drops below 85 degrees within the frame, the solar vent automatically closes the lid before the plants can become chilled.

Even if you live in the far North, you can still enjoy homegrown lettuces, collards, radishes, carrots, scallions, garlic, parsley, leeks, salsify, parsnips, and kale during the winter. Just plant them in a cold frame like this one, *right,* which is called a Solar Pod by its designer Leandre Poisson of Solar Survival. The cold frame has a double-glazed fiber glass top that's curved to take full advantage of the sun's rays and allow plenty of growing room for the crops. A 55-gallon drum, painted black and filled with water, absorbs heat from the sun and helps keep temperatures stable.

For best results, place the frame over a highly organic garden bed. Then extra heat will be generated by the decomposition.

Buying information, page 169

SEASON STRETCHERS



Photographs: Karlis Grants, George de Gennaro. Field editors: Cathy Howard, Sharon Haven



COLD FRAMES AND GREENHOUSES

PROTECT TENDER PLANTS FROM THE ELEMENTS

This handy, portable cold frame, *top,* is easy and inexpensive to build. Its 3x4-foot frame is made of pieces of 1x2 redwood lumber and is light enough to be moved around the garden with ease. Clear plastic sheeting forms the walls. During cold weather, a plastic cover can be unrolled over the top of the unit to protect tender plants. You can use the cold frame to start early-season vegetables, or set it over plots of lettuce or chard to keep these vegetables producing through the fall and early winter months.

Wintry weather won't stop you from growing plenty of fresh produce when you build this portable greenhouse, *left.* The 10x5-foot structure can be put together in an afternoon for less than $100 dollars. Bolt 2x4s together to form the base of the greenhouse. Then add a five-foot 2x4 support post to each end of the greenhouse. Next, connect the support posts at the top with a three-inch galvanized pipe. When the pipe is secured to both posts, bend lengths of one-inch PVC tubing over the top of the pipe to form the "ribs" of the greenhouse. Be sure to attach the PVC securely to the inside of the greenhouse's base.

Fit the heavy clear plastic over the entire structure; grommets in the plastic help you fasten the plastic to the frame. A thin aluminum pipe attached to each side of the plastic sheet makes it easy to roll or unroll the plastic as needed for ventilation.

You can use your completed greenhouse to start vegetable crops for your garden, or you can plant crops directly in the soil underneath the structure. Warm-weather crops like tomatoes, peppers, and melons often grow better in the greenhouse than they do in the garden. During really cold weather, you might add a heat lamp for extra protection.

The entire unit is easily disassembled and stored if you don't need greenhouse space during the summer months.

On the backyard trail, over hill and dale, it's the Fisher-Price Hiking Set.



Flashlight batteries not included

Your boys and girls don't have to roam to feel like real trailblazers. Even if their backwoods are the backyard bushes, they'll feel like real explorers when they buckle on our hiker's belt.

Hanging from the belt hooks are: a whistle, a compass that really works, a 4-power telescope that brings the neighbor's cat into view, a flashlight for after dark, and a real canteen. (There's a colorful 20-page Field Guide, too.)

And when the other kids are trailing behind, a good blast on our hiker's whistle brings everyone back to civilization. And cookies.



Facts about our chips and your shortstop



©Frito-Lay, Inc., 1982

nd nutrition that you should know.

She's a hero. Bottom of the seventh, tie re, two outs, and she hits a homerun. Now 's home. Hot, happy, and humble, but most all hungry. What will you do if she asks for ato chips?

How will you feel as a mother, knowing v hard you try to get your family eat the right things?

The more you know, the better you'll feel.

Right off, we're going to tell u that our snack chips are not answer to total nutrition, but y can be part of it.

No food provides all the trients in all the amounts uired for good health. That's y a balanced diet's important. d when your family enjoys our ps as part of that balanced t, they're getting beneficial rients in every ounce.

ake Lay's® Brand Potato Chips for example.

A one ounce serving (about 20 good-sized chips) is a good rce of Vitamins C and B_6. In total, Lay's ato Chips contain at least 13 widely gnized nutrients. Because they're sliced n fresh potatoes and quick-cooked to help p the natural nutrients in.

Kids don't watch calories, but you do.

That same one ounce serving contains y 150 Calories. That's a surprising figure to t of people. They expect much more from potato chips.

So even if your family eats more than one ce, and sometimes that's easy to do, they'll l get fewer calories than you thought.

Lay's

Potato Chips

NUTRITION INFORMATION

(Per Serving) Serving Size 1 ounce Number of Servings 8

Calories	150	
Protein	2	grams
Carbohydrate	14	grams
Fat	10	grams
Cholesterol* (0 mg/100 g)	0	milligrams
Sodium (925 mg/100 g)	260	milligrams
Potassium (720 mg/100 g)	205	milligrams

Percentage of U.S. Recommended Daily Allowances (U.S. RDA)

Protein	2
Vitamin A	**
Vitamin C	10
Thiamine	2
Riboflavin	**
Niacin	4
Calcium	**
Iron	2
Vitamin B_6	10
Phosphorus	4
Magnesium	4
Copper	6

*Information on cholesterol content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of cholesterol.

**Contains less than 2% U.S. RDA for this nutrient.

What about salt?

One ounce of Lay's Potato Chips has less sodium than a lot of foods you'd never think of. Like a ½ cup of cottage cheese. Two slices of bread. Or an 8 ounce glass of tomato juice. But it's easy to explain. Potato chips *taste* salty because the salt is on the outside. The same goes for our corn chips. And they have even less salt.

The facts about cholesterol and preservatives.

The regular flavor Frito-Lay chips shown below contain no cholesterol. None. Because they're fried only in vegetable oils that are high in polyunsaturates. The chips flavored with cheese or sour cream are fried in the same oils but contain the small amount of cholesterol that comes from real cheese and sour cream.

And there are no preservatives in any of these chips, regular or flavored.

All this is on the back of the bags. No one said we had to have nutrition labeling. But we like to play fair.

Frito Lay

GOOD THINGS TO KNOW ABOUT GOOD THINGS TO EAT.



For more information about nutrition and our chips, write: Frito-Lay P.O. Box 35034 Dallas, TX 75235

IF YOUR SCOURING PAD ISN'T PANNING OUT, MORE SCOUR TO YOU.

What you need is something that doesn't leave you in a tight spot, something that turns corners with the greatest of ease and polishes off those leftovers in nooks and crannies. You need the Chore Boy scouring cloth. Flexible yet durable it goes where scouring pads fear to tread.

Airwick Industries, Inc. Carlstadt, New Jersey CHORE BOY

Note: **This recipe was tested in a counter-top microwave oven. The timings are approximate since oven settings vary by manufacturer.**

Microwave directions: In a 2-cup glass measure combine



FOOD

Light and Sassy Sauces

Who says creamy sauces have to be high-calorie? These two delicious sauces disprove that notion. They contain little or no fat, and they're thickened with pureed vegetables or a modicum of cornstarch.

TANGY MUSHROOM-WINE SAUCE

This sauce gets its creaminess from low-fat yogurt—

½ cup sliced fresh mushrooms
¼ cup sliced green onion
2 tablespoons dry white wine

• • •

½ cup beef broth
¼ teaspoon Worcestershire sauce
1 tablespoon cornstarch
1 teaspoon sugar
¼ cup plain yogurt

In small saucepan combine mushrooms, green onion, and wine. Cook, covered, 2 to 3 minutes or till onion is tender. Stir beef broth and Worcestershire sauce into cornstarch and sugar; add to mushroom mixture. Cook and stir till mixture is bubbly; cook 2 minutes more. Stir about *half* of the hot mixture into yogurt; return all to pan. Stir over low heat till hot. Serve with meat, fish, or broccoli. Makes about 1 cup.

IF YOUR BAKE-OFF TURNS INTO A BAKE ON MORE SCOUR TO YOU.

Chore Boy Plastic Puffs can't help you finish first, but they can help your finish last. Because they're plastic they take off baked on food without taking off fine finishes. So they're ideal for glass, Teflon, Corning Ware and oven tops. Chore Boy Plastic Puffs. For a finish that really takes the cake.

CHORE BOY

mushrooms, onion, and wine. Microcook, covered, on HIGH 2½ minutes. Stir broth and Worcestershire into cornstarch and sugar; add to mushroom mixture. Cook, uncovered, 1½ minutes more or till thickened, stirring several times. Stir *half* of the hot mixture into yogurt. Return all to glass measure. Cook 30 seconds or till heated.

CAULIFLOWER SAUCE

Here the sauce is spooned over ham cubes and spinach noodles, but you also can use it over poached eggs on toast, or cooked vegetables. Or add cooked shrimp or cubed cooked chicken and serve the sauce over biscuits or patty shells—

1 10-ounce package frozen cauliflower
1 teaspoon instant chicken bouillon granules
About 1 cup milk
¼ teaspoon dried basil, crushed
Dash pepper
¼ cup shredded Swiss cheese (1 ounce)
1 tablespoon snipped parsley

Cook cauliflower, covered, in a small amount of boiling water with the chicken bouillon granules about 10 minutes or till very tender. Drain, reserving cooking liquid. Add milk to the cooking liquid to measure 1⅓ cups.

In blender container or food processor bowl combine the cauliflower, milk mixture, basil, and a dash pepper. Cover and process or blend till smooth. Return to saucepan. Stir in cheese and parsley; blend till cheese is melted and mixture is heated through. Makes 2½ cups sauce.

Photographs: Mike Dieter







START NOW

THE 1982 BH&G® HOME

YOU COULD WIN OUR TOP PRIZE

Now's your chance to make that next remodeling effort *really* pay off. Simply fill out and return the entry blank on the opposite page, then get started on your project. In the meantime, we'll send you details on how to submit your final entry. When your project is finished, send us your official entry (see "HOW TO ENTER"). All projects completed in 1982 will be eligible, regardless of scope or expense. In fact, each of the six divisions (see "DIVISIONS") has three classes, so entries only compete against comparable projects.

All 18 classes will have a $1,000 winner. In addition, a grand prize of $10,000 and two runner-up prizes of $4,000 each will be selected from among the 18 division winners. And 54 Merit Award winners w receive an Award Plaque and a copy of th *Better Homes and Gardens Complete Guic to Home Repair Maintenance and Improv ment.* Not only are we offering cas awards, but many manufacturers also a providing prizes (see opposite page).

HOW TO ENTER

Print your name, address, and phone number clearly on the preliminary entry blank, *and check the box for which you think your improvement qualifies.* When we receive your preliminary entry blank, we'll send you an information packet to help you complete your final entry. Entry packets include detailed contest rules and participating manufacturers' product information. We'll ask to see your before-and-after photos and floor plans where applicable, plus a written description of project objectives, approximate cost of the completed project, a list of materials and brand names, and the number of hours it took you and your family or your contractor/architect/designer to complete the task. You may enter more than one project in the contest. However, each project may be entered in only one division.

All material submitted for the competition will become the property of Meredith Corporation, which will assume publishing rights for all the material. Entries will not be returned. Winners' names will be published in our July, 1983, issue.

DEADLINES

Initial entry form (opposite page) must be postmarked no later than September 1, 1982.

Final entry package must be postmarked no later than February 1, 1983.

BH&G® HOME IMPROVEMENT CONTEST

DIVISIONS

1 Exteriors: Lot line to lot line projects including any improvements to the exterior of the house (roofing, siding, painting); landscaping activities involving structural changes or additions; erection of outdoor structures (garage, utility building, playhouse, greenhouse, deck, or patio).

2 Kitchens: Any kitchen remodeling project designed to improve traffic flow, storage, and/or efficiency. Examples include installing new cabinets, counter, or flooring; constructing an island; adding a planning center, an eating area, or a laundry; building a pantry or pot rack.

3 Bathrooms: Any remodeling project that encompasses the bath, such as adding a bath; replacing old fixtures; resurfacing walls and floors; adding storage and counter space; enlarging the bath with a bump-out or with space from an adjoining room.

4 Interiors: All improvements within the confines of an existing house excluding the kitchen and bathroom. Examples might oe converting an unused attic into a bedroom or playroom; turning an unfinished basement into a family room or workshop; resurfacing walls and floors; adding architectural details such as alcoves or bays; dividing one large room into two; removing partitions to combine small rooms into one large space.

5 Additions: Enlarging a house by adding a new enclosed space, such as a bedroom/bath wing, a family room, an eating area.

6 Energy conservation: This division encompasses those improvement projects primarily designed to conserve energy or reduce the heating/cooling load on a house. Examples might include the addition of an entry air-lock vestibule; installation of a Trombe wall or waterwall; projects that camouflage the addition of thermal mass (glass jugs, barrels, or other containers filled with water, phase-change materials, etc.); installation of wood-burning stove or fireplace insert; addition of overhang extensions, movable insulation (homemade pop-in shutters or panels), passive air collectors, solar hot water system, sunspace; incorporation of passive cooling improvements such as a solar chimney or radiative cooler. We'd also like to see any available data such as utility bills, in order to judge the energy efficiency of the home improvement project.

PRIZES

DIVISIONS	CLASSES*
Exteriors	A 1 $1,000 Winner B 1 $1,000 Winner C 1 $1,000 Winner 3 Merit Awards in each class
Kitchens	A 1 $1,000 Winner B 1 $1,000 Winner C 1 $1,000 Winner 3 Merit Awards in each class
Bathrooms	A 1 $1,000 Winne B 1 $1,000 Winne C 1 $1,000 Winne 3 Merit Awards in each class
Interiors	A 1 $1,000 Winne B 1 $1,000 Winne C 1 $1,000 Winne 3 Merit Awards in each class
Additions	A 1 $1,000 Winn B 1 $1,000 Winn C 1 $1,000 Winn 3 Merit Awards in each class
Energy Conservation	A 1 $1,000 Winn B 1 $1,000 Winn C 1 $1,000 Winn 3 Merit Awards in each class

**Your entry will be judged with other comparable scope and expense. For ex ple, in the kitchen division we'll put tostuds kitchen remodeling in the class A c gory, counter-floor-walls resurfacing impr ments in class B, and storage projects for kitchen in class C. Details for the other divisions will be in the information packet.*

MPROVEMENT CONTEST

$10,000

SPECIAL AWARDS—CASH AND PRODUCTS

Allied Corporation and Anso® IV offer a 6x9-foot design rug as second-place award for best use of product.

American-Standard to refund cost of American-Standard fixtures and fittings used by a winning bathroom division entry.

Armstrong World Industries, Inc., to award cash for use of their product categories: floors, carpets, ceilings, Thomasville furniture. $10,000 Grand Prize winner to win $5,000 for each product category used; $20,000 for all four. $4,000 Best of Contest winners to win $2,000 per category; $8,000 for all four. $1,000 kitchen, bathroom, interior and addition divisional winners to win $500 per category; $2,000 for all four.

Black & Decker-Consumer Products Division offers a WORKMATE® Work Center to all 75 *BH&G* award winners, including Grand Prize winner, two Best of Contest runners-up, all divisional and honorable mention winners.

Congoleum Corporation to refund purchase price of Ultraflor, Prestige, and Spring flooring used by kitchen division winners and purchase price of Highlight, Prestige, and Supreme flooring used by bathroom division winners.

Eljer Plumbingware will refund cost of Eljer fixtures and fittings (installation not included) used in winning bathroom division entry. Will refund cost of Eljer sink and fittings used in winning kitchen division entry.

Farberware offers kitchen division winners choice of a Farberware Convection Oven *or* Advantage Collection cookware set. All entrants using Farberware products eligible for Special Awards: first place, $500; second, Farberware Food Processor; third, Farberware Electronic Coffee Maker.

Flair Squares® offers their $500 cash award winner a 7-piece set of Regal Cast Aluminum Cookware; a 5-piece set of Mirro Heavy Weight Creative Bakeware; and a Sunbeam Deluxe Multi Cooker Electric Frypan, all with Silverstone® non-stick surface.

Georgia-Pacific Corporation will award $500 worth of real wood plywood wall paneling (retail value) to an interior division winner using Georgia-Pacific products.

Imperial Wallcoverings to award $100 to a contest entrant from each state, using their products to best advantage. Their $500 award selected from these 50 winners.

Intertherm Inc. to award $500 to Best of Contest winners if they use Intertherm Softheat® baseboard heater. If no qualifiers, award goes to divisional winners using product. If more than one qualifier, $500 divided equally among them.

Jenn-Air Corporation will refund purchase price of Jenn-Air products used by one kitchen division winner.

La Culinaire Sinks by Jensen-Thorsen—Kitchen division winners using a La Culinaire sink to be refunded purchase price. Entries using La Culinaire UltraSink model to win stainless steel hospitality/bar sink; entries using copper UltraSink model can purchase copper hospitality/bar sink at 50% off regular price.

Kero-Sun, Inc. will award one Kero-Sun Monitor 20 vented heating system to an energy conservation division winner.

Kirsch Company to award $500 worth of Kirsch merchandise to three divisional winners: addition, interior, and energy. To qualify, winners must use a Kirsch product.

Kohler Company to award $1,000 to a bathroom division winner using all Kohler faucets and plumbing fixtures; $2,000 to the winner if the Kohler plumbing products included a Kohler Whirlpool bathtub and faucets. Will refund full purchase price (installation not included) of Kohler sink and faucet used in a winning kitchen entry.

LouverDrape, Inc. offers $1,000 worth of vertical blinds (retail value) to an interior division winner.

Marvin Windows will refund purchase price (maximum $2,500) of Marvin Windows used by winner of their $500 cash award.

Maytag offers one Maytag product of choice to the Grand Prize Winner. Winner may choose a Jetclean Dishwasher, Heavy Duty Washer, or Big Load Dryer.

Minwax Company, Inc. to refund purchase price of any Minwax Wood Finishing Products used by interior division winners.

The Tappan Company to provide all-expense Caribbean cruise to winner of their $500 cash award. Includes round-trip air fare from nearest gateway city to Miami.

Tru-Test Paint—All divisional winners using Tru-Test Paint to be refunded purchase price.

White-Westinghouse to award microwave oven to winner of their $500 cash award. If winner used microwave in project, will refund purchase price instead.

$500 CASH PRIZES

Each of the following companies will provide one $500 cash prize to the Home Improvement Contest entrant using their product to best advantage.

Alcan Building Products
Alcoa Building Products, Inc.
Allied Corp., Fibers and Plastics Company
Amana Refrigeration, Inc.
American-Standard
Andersen Corporation
Armstrong World Industries, Inc.
Bird & Son, Inc.
Black & Decker-Consumer Products Division
California Redwood Association
Congoleum Corporation
Eljer Plumbingware
English Greenhouse Products Corporation
Ethan Allen Inc.
Farberware
Flair Squares® "wallcoverings"
Franklin Chemical Industries
Georgia-Pacific Corporation
Howmet Aluminum Corporation
Imperial Wallcoverings
Intertherm Inc.
Jenn-Air Corporation
Jensen-Thorsen Corporation
Kero-Sun, Inc.
Kirsch Company
KitchenAid
K mart Corporation
Kohler Company
Levolor Lorentzen, Inc.
LouverDrape, Inc.
Lowe's Companies, Inc.
Marvin Windows
Maytag
Minwax Company, Inc.
Naugahyde Brand Fabrics
Northrup King Company
Panasonic
Pella/Rolscreen Company
The Tappan Company
Tru-Test Paint—True-Value Hardware
White-Westinghouse

ENTRY BLANK

Better Homes and Gardens®
Home Improvement Contest
P.O. Box 10218
Des Moines, IA 50336

Name_____ Telephone_____

Address_____

City_____ State_____ Zip Code_____

Be sure to check the box below which best describes the project you're entering.

☐ Exteriors ☐ Kitchens ☐ Bathrooms ☐ Additions ☐ Interiors ☐ Energy

Karol Brookhouser

MAIL-ORDER CLOSET ORGANIZERS

Creating order out of a chaotic closet is much easier than it used to be. Simply by "shopping" mail-order catalogs, you can acquire all sorts of storage helpers like stacking baskets, rolling bins, and adjustable shelving. You can mix and match them to fit your needs and closet space. And installation usually requires nothing more than a screwdriver.

To get started, take a look at the closets shown here and on page 68. We've purposely pared down their contents to give you a clear view of all the storage products.

Subdivide a Closet for Two

When two people share a 2x6-foot closet like this one, every inch counts. So to increase usable hanging space and decrease wasted overhead space, we moved the clothes pole and shelf up seven inches higher than the usual five feet nine inches. This gave us room to suspend a rod from the clothes pole with link chain for a second tier of blouses, skirts, and slacks. (You could make your own suspension rod as we did, or buy a similar ready-made product from a mail-order firm.)

Photographs: Bob Calmer



To organize the top shelf for out-of-season or seldom-used clothing, we combined plastic boxes (around $13 for five small boxes or three large ones) with large milk carton crates (about $12 each). Rub-on letters from an art supply store spell out the contents of the plastic boxes, and slip-in metal shelves (about $5 each) subdivide the cartons.

Smaller milk cartons (about $9 each) with removable shelves (around $4 each) and plastic baskets (around $13 for three) take advantage of vertical space beneath hanging jackets and shirts. Shoes, as well as lingerie and socks, can be stored in the baskets. The tiered milk cartons neatly hold folded tops and sweaters.

A three-basket bin on casters (about $30) stores socks, scarves, and shirts and rolls out so other items can be stowed behind it.

Don't overlook the backs of doors, which can serve as storage spots too. The door-mounted wire grid system (about $12) with snap-on hooks (about $3 per package of eight) shown here holds belts and other accessories.

(Storage products on this page are from Sears, except the plastic baskets on the floor from Spiegel.)

Buying information, page 169
continued



Introducing the Andersen box bay. Space-savings, energy-savings and work-savings... in one beautiful package.

Come home to quality.

Come home to Andersen.™



This Andersen box bay is ideal for space-conscious new homes, remodeling and window replacing because it takes up as little as 3' of wall space, yet a high wide view still comes home. It's made of naturally insulating wood and energy-efficient double-pane insulating glass. Outside, the wood is covered with thick, durable, extremely hard vinyl that won't need painting. The vinyl is available in white or earthy Terratone color. See an Andersen dealer for details. They're in the Yellow Pages under Windows.

Andersen® Windowalls®

ANDERSEN CORPORATION BAYPORT MINNESOTA 55003

Come home to more information on the Andersen® box bay. Mail coupon to Andersen Corp., Box 12, Bayport, MN 55003.

©2002 Copyright © 1982 Andersen Corp., Bayport, MN

Name_____

Address_____ City_____ State_____

Zip_____ Phone (_____) _____
Area Code

002-0482

continued

MAIL-ORDER CLOSET ORGANIZERS

Make More of a Utility Closet

It's easy to organize a catchall utility closet when you plug in space-saving storage aids like these.

On the second shelf is a vinyl-coated wire basket (Spiegel; about $15) that not only stores, but also can tote cleaning or shoeshine supplies. Plastic stacking baskets (Spiegel; about $14 for three) turns the shelf below into a "double-decker" and holds multiple storables.

Small-stuff storage is provided by an under-the-shelf wire basket (Sears; about $6) and a wall-mounted swing bin (Spiegel; about $11). The basket, which is held in place with two metal prongs that slip over the top shelf, can hold brushes, shoe polish, or small household tools. The multilevel bins organize all those easily lost items, like rubber bands, nails, screws, and tacks.

A fold-up step stool for reaching goods on upper shelves is hung from the bottom shelf with bicycle hooks (JCPenney, about $2 for two). A three-basket bin on casters (Sears; around $30) rolls pet and plant supplies right to the task.

And a metal door rack with adjustable shelves (Spiegel; around $11 for the 18-inch rack, $20 for the 35-inch rack) corrals anything from cleaning products and kids' paints to wrapping paper and ribbon.

Customize a Kid's Closet

A child's closet should be scaled down to his or her size and be adaptable so it can meet new storage needs as the child grows. To make this 2x3-foot closet perfect for a child, we mounted adjustable vinyl-coated steel shelves low on the sidewall for easy-to-reach storage of stackable clothing, toys, and books (shelves from JCPenney; each 12x24-inch shelf around $10; each 12x26-inch shelf about $13). Then we added more shelves along the back wall to provide child-height hanging space and higher storage for out-of-season clothing, luggage, and games.

A youngster can reach the higher tiers with the help o a sturdy milk carton crat (Sears; about $12) that ca double as a shoe stash.

A yellow roll-out cart with four baskets and a remov able tray top (Sears; about $20) can keep socks, T shirts, and school supplies in order. Red wire baskets (Spiegel; about $15 each store as well as tote books and toys. And on a highe shelf, a yellow milk carton (JCPenney; about $10) provides storage for sweaters.

A wire hook rack on th door (JCPenney; around $4 supplies hang-up space fo coats and hats. And a bat tery-operated closet ligh (Sears; about $5) is hung a an easy-to-reach level t brighten the space.





Two pictures are worth a thousand words.

Atari vs. Intellivision?
Nothing I could say would be more persuasive than what your own two eyes will tell you. So compare for yourself. Game for game, feature for feature, I think you'll find Intellivision is clearly superior.
– George Plimpton –



MATTEL ELECTRONICS®
INTELLIVISION™
Intelligent Television

For your nearest dealer call 1 (800) 323-1715
In Illinois 1 (800) 942-8881

*Trademark of and licensed by Major League Baseball Promotion Corp
©Mattel Inc 1981 All Rights Reserved

ATARI
HOME RUN™ BASEBALL

INTELLIVISION
MAJOR LEAGUE BASEBALL™

Kings: 2 mg. "tar," 0.3 mg. nicotine; 100s: 4 mg. "tar," 0.5 mg. nicotine av. per cigarette, FTC Report December 1981.



Come to Taste C

KINGS	100s
2 mg	4 mg

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



where taste and ultra low tar come together. Kent III. Taste City!

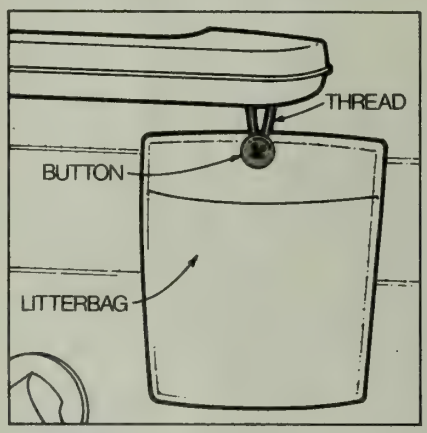
Tips, Tools, and TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem-solver we publish. See the box below for submission details.

PROBLEM: One of the few places you can hang a litter bag in your car is on the window crank, but the bag becomes a nuisance when you use the crank.

SOLUTION: Loosen the armrest next to the window crank and loop a short length of nylon cord behind the armrest. Then run the cord through a large button and knot the ends of the loop together. Now you have a place to hang your litter bag where it will be handy yet out of the way.

J.D., Homewood, Ill.



PROBLEM: When you fertilize your lawn in the spring, you tend to miss some spots and fertilize others twice because you can't see the path you've taken.

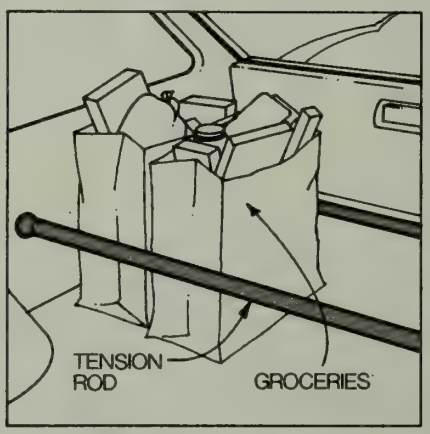
SOLUTION: Mix a couple of handfuls of flour with every load of fertilizer. The flour will show where you've fertilized and will wash away easily.

J.M., Bolingbrook, Ill.

PROBLEM: You tend to misplace your screwdriver, pliers, and other small tools as you work. And if you keep them in your pockets, the edges of the tools wear holes in the fabric.

SOLUTION: Store the small tools in an old eyeglass case and keep the case in your pocket when you're working. That way, the tools will always be within reach as you work and won't damage your clothing.

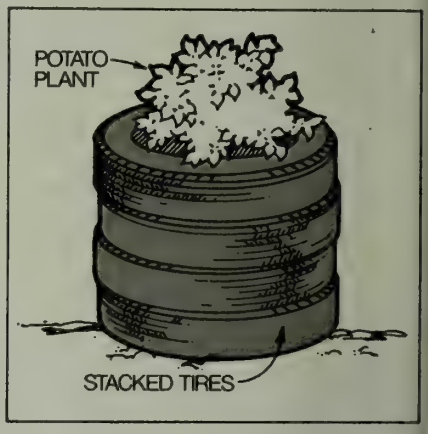
G.S., Grinsby, Ont., Canada



PROBLEM: Grocery bags, packages, and spillables often slip, slide, or tip over when you're transporting them in the back of your station wagon or pickup truck.

SOLUTION: Buy one or two spring-tension rods that fit the width of your car or truck. Suspend the rods above the floor of your cargo space, near the back, to hold small loads in place. The rods can be removed easily when you want to haul larger loads.

S.S., San Antonio, Tex.



PROBLEM: You'd like to grow your own potatoes but there isn't enough space in your garden.

SOLUTION: Lay a used tire in a corner of your garden and plant your potatoes in the center hole of the tire. When the plants have grown higher than the tire rim, fill the center hole with dirt and add another tire. As the plants grow, add more tires and dirt. When the plants are mature, remove the stack of tires and harvest your high-rise potato crop.

D.M., Eugene, Ore.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, and Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.

Special Introductory Offer

Presenting Fine Dinnerware by Nitto



Hanover



Ming Garden (in popular coupe shape)



Orleans



Cluny Lace



Cool Seas



Country Cottage



Now, for the first time, we are pleased to offer fine china and stoneware from the Nitto Division of Noritake, one of the most respected names in dinnerware. You can choose from three luxurious patterns of translucent porcelain china or three elegant patterns of stoneware. Whichever you choose, this handsome dinnerware will surely enhance your table for years to come. Take this opportunity to start a set from this exquisite selection.

Betty Crocker®

uggested retail price for a four-piece place setting is $22 for the oneware and $28 for the fine china. Begin your set with a ur-piece place setting (dinner plate, salad plate, cup, saucer) for nly $12.95 in stoneware or $15.95 in fine china. Order two ace settings if you like, then complete your set with additional ace settings and serving pieces from open stock in the Betty rocker Coupon Catalog, which will be sent with your order. You n realize even greater savings from the catalog by saving Betty rocker coupons found on more than 200 General Mills prod- :ts such as Big G cereals, Betty Crocker Dessert Mixes, and old Medal flour. If you are not completely satisfied, return your der within 10 days for a full refund. Offer expires June 16, 1982.

ONUS! 100 Betty Crocker coupons will be sent with each ace setting ordered to help you begin your coupon saving or ld to your collection.

General Mills, Inc.
Box 5314, Minneapolis, MN 55460

Name_____

Address_____

City_____ State_____ Zip_____

Daytime Phone No.: ( ) _____
Area Code

In case we have a question regarding your order.

METHOD OF PAYMENT:

( ) Check or Money Order ( ) MasterCard ( ) VISA

Credit Card No. | | | | | | | | | | | | | | | | |

Signature _____ Expiration Date (Mo / Yr)
(Charge not valid unless signed)

I enclose (1) $15.95 for one 4-pc. place setting or (2) $31.90 for two 4-pc. place settings of *fine china* in the pattern checked below:

(1) Hanover (2) Orleans (3) Cluny Lace

I enclose (1) $12.95 for one 4-pc. place setting or (2) $25.90 for two 4-pc. place settings of *stoneware* in the pattern checked below:

(4) Ming Garden (5) Cool Seas (6) Country Cottage

Limit: Two place settings per family please. Send check or money order with order form. Do not tape or staple. Please allow up to six weeks for shipment. Offer expires June 16, 1982. Good only within U.S.A.

© 1982 General Mills, Inc.

Judy Crawford

Overweight Pets

HOW TO PICK A SHAPE-UP DIET

If your pet looks a bit paunchy, he'd probably benefit from a cut in rations. A dog or cat that's overweight not only is short on vim and vigor, but he could be courting some serious health problems as well. Here's how you can keep your pet's weight in check, and if necessary, slim him down to size.

Weighing in your pet

A couple of easy tests can tell you whether your dog or cat is overweight. First, stand over your pet and look down at his back. An animal that's fit should have a "waistline" where his abdomen curves in behind his rib cage (this is more pronounced in dogs than in cats).

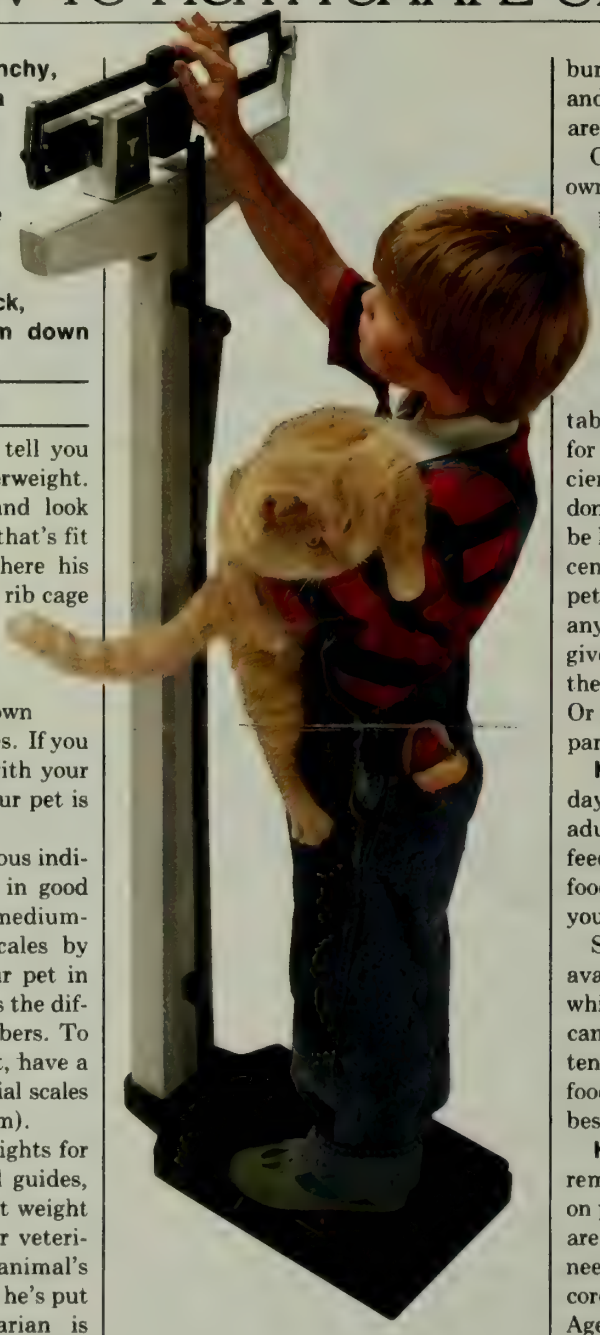
Next, run your hands along your pet's rib cage, moving down the spine and over the hipbones. If you have to press into the flesh with your fingers to feel those bones, your pet is too portly.

Body weight is another obvious indicator of whether your pet is in good shape. To weigh a small to medium-sized animal, step on the scales by yourself, then again with your pet in your arms. Your pet's weight is the difference between the two numbers. To determine a large dog's weight, have a veterinarian weigh him on special scales (not all veterinarians have them).

Charts that give "ideal" weights for various breeds can be helpful guides, but the best judge of the right weight for your particular pet is your veterinarian. He or she knows the animal's habits and conformation (how he's put together). And the veterinarian is aware of any health problems that may be aggravated by excess weight.

Feeding routine

What you feed your pet, as well as how much and how often, will determine his chances of becoming a "fatty."



What to feed: Some researchers believe that tastier pet foods are a major reason for the growing number of overweight pets, particularly cats. Indeed, tests have shown that pets prefer canned rations or moist foods like burgers, chunks, etc., to dry products and tend to eat larger quantities than are needed.

Other experts say the pudgy pets' owners are to blame because they simply feed their pets too much, regardless of whether the food is canned, moist, or dry. Often these well-meaning owners feed their pets as much as they'll eat, so it's not surprising the animals get paunchy.

If you feed your dog or cat mostly table scraps, he's a prime candidate for both obesity and nutritional deficiencies. These calorie-filled rations don't provide a balanced diet and should be limited to no more than 10 to 15 percent of an animal's total intake. And pets don't need between-meal snacks any more than people do. But if you do give your pet occasional treats, choose the no-calorie kind, like rawhide bones. Or you can figure the treats' calories as part of your pet's daily calorie quota.

How to feed: One or two meals a day generally is considered ideal for adult dogs and cats. But as long as you feed your pet the same total amount of food daily, the number of times that you feed him won't affect his weight.

Some pet owners prefer to make food available to their pets all the time. But while cats and outdoor dogs generally can adapt to self-feeding, pets that tend to overeat often gain weight when food is always around. Dry rations are best suited to self-feeding programs.

How much to feed: Be sure to remember that feeding amounts listed on pet food containers and in pet books are only guidelines. You'll probably need to modify your pet's rations according to his individual requirements. Age (young animals need up to three times more calories per pound of body weight than adults and aging pets), activity, even the season (most pets need fewer calories during summer months), all can make a big difference.

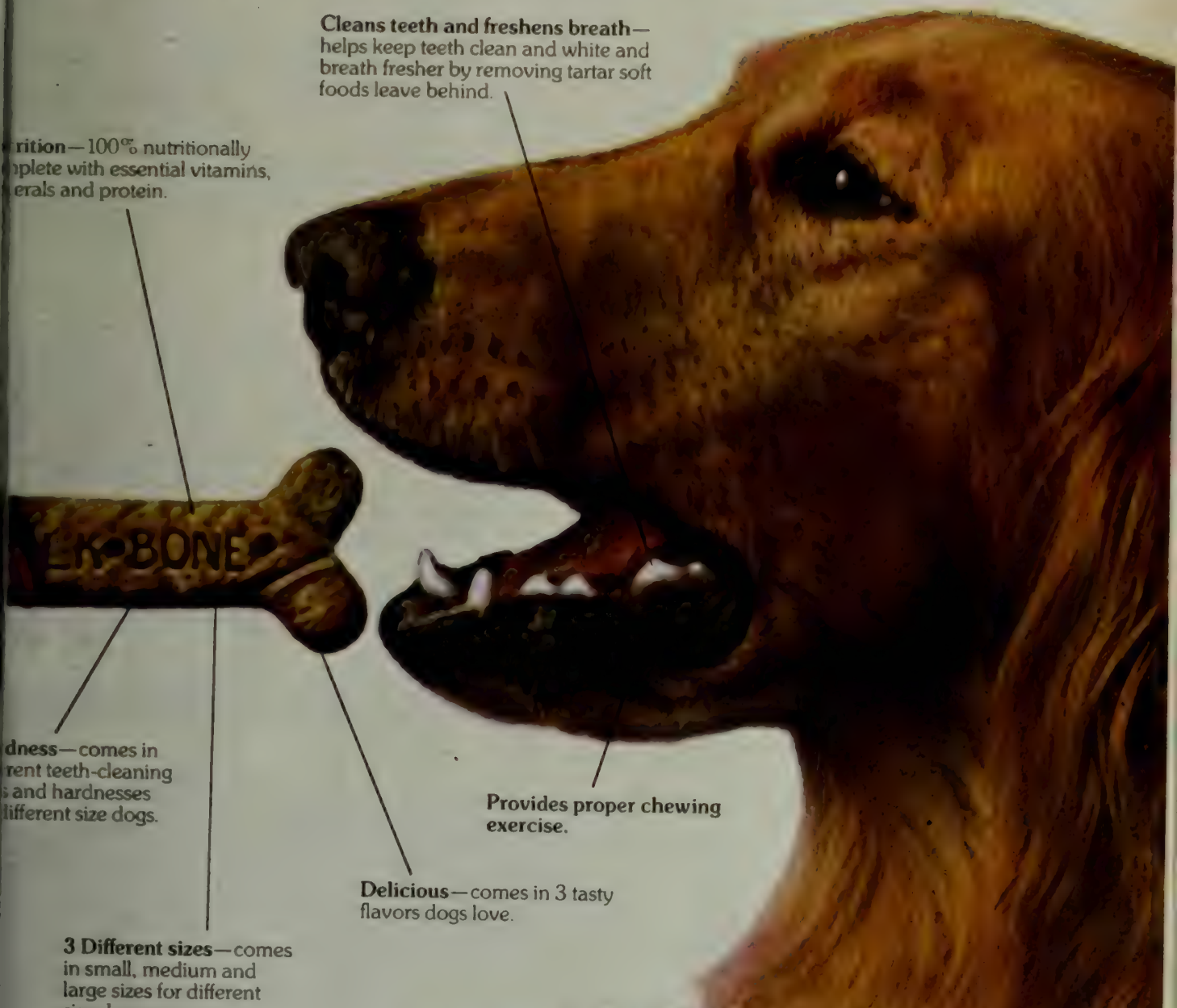
continued

Photograph: Mike Dieter

Let your dog CRUNCH his way to cleaner, whiter teeth.

Cleans teeth and freshens breath—helps keep teeth clean and white and breath fresher by removing tartar soft foods leave behind.

rition—100% nutritionally plete with essential vitamins, erals and protein.



dness—comes in rent teeth-cleaning and hardnesses ifferent size dogs.

Provides proper chewing exercise.

Delicious—comes in 3 tasty flavors dogs love.

3 Different sizes—comes in small, medium and large sizes for different size dogs.

3 TASTY FLAVORS!



MILK-BONE BRAND®

MILK-BONE® DOG BISCUITS. THE CRUNCH FOOD.

BISCO, INC. 1982

continued

Overweight pets

Prediet steps

Before putting your pet on a weight-reduction program, be sure to take these two steps:

1. Have your pet examined by a veterinarian. Some diseases are associated with or mimic obesity, so it's important to have a veterinarian check your overweight pet before recommending a weight goal and a reducing plan.

2. Make sure your pet is receiving a balanced diet. The label on commercial pet food should tell you the food inside is "complete and balanced nutritionally" for all life stages or for a certain period in your pet's life, such as puppyhood. That means the food meets or exceeds certain nutritional standards set by the National Academy of Sciences National Research Council and/or specific feeding tests prescribed by the American Association of Feed Control Officials. If your pet is eating one of these foods, he shouldn't need extra vitamins or minerals—even while dieting.

But some pet food manufacturers whose products meet or exceed these nutritional criteria choose not to indicate that fact on their labels. If you have a question about a product's nutritional content, check with your veterinarian or write to the manufacturer and ask specifically if the product in question meets NRC/AAFCO recommendations.

You can expect your pet's nutritional needs to change somewhat during different phases of his life. For instance, more than the normal number of calories are required by growing puppies and kittens, pregnant or lactating animals, and pets that are particularly active (hunting dogs, for example). Aging pets often have special requirements, too: possibly softer foods, extra vitamins, easily digestible forms of protein, etc. Warning: You should *never* put such animals—including pets that are sick—on a reducing diet without first getting a veterinarian's approval.

Setting up a serious diet

If your pet is seriously overweight, your veterinarian may suggest a special diet of prescription food that you purchase through him. These products replace some of the food's fat and digestible carbohydrates with indigestible fiber. This means that the animal receives the same amount of food as he would on his regular rations and feels just as satisfied, but gets about 30 to 40 percent *fewer* calories. Other veterinarians may recommend reduced portions of the pet food you're already feeding or suggest an over-the-counter commercial product for inactive animals.

Slim-down tactics

If your pet is just a bit overweight, you have more options. You can reduce the size of his meals, use a pet food designed for inactive pets (which has about 10 to 20 percent fewer calories than regular pet food), change from self-feeding to hand-feeding, or switch from moist to less appealing dry foods. Always ask your veterinarian before switching the food of a pet with health



problems. A cat with a urinary tract disorder, for example, may have difficulty with a dry-food diet.

Whichever tactics you choose, make changes *gradually*. If you cut back the amount of food, start with a 5-percent reduction and work up to as much as 25 percent if needed. To change from moist to dry food, add a small portion of the dry food to a reduced amount of the moist rations, increasing that ratio until you're feeding dry rations only.

Other pet-slimming pointers include:

Withholding snacks. If you reward your pet with treats, pare down the portions until you've replaced snacks with petting and praise (most pets prefer attention to treats anyway).

Eliminating the practice of feeding your pet table scraps.

Stepping up your pet's exercise routine gradually.

Reducing your pet's rations and feeding him smaller, but more frequent, portions.

Long-range plan

You probably won't notice a change in your pet's appearance for at least three weeks. But after two months, you should see definite results. In most cases, an average dog will reach his proper weight in about eight to ten weeks; cats lose weight more slowly.

Don't be discouraged if your pet loses only a couple of pounds. Two pounds, for example, is one-fifth of a ten-pound pet's total body weight. That's comparable to a 40-pound loss for a 200-pound person. Once the pounds are shed, keep a close watch on your pet, so his weight doesn't get out of hand again. If your pet starts looking pudgy, cut back on his rations or ask your veterinarian to suggest a suitable maintenance diet.

In general, look for a nutritionally complete and balanced pet food that your dog or cat likes, that lets him maintain his proper weight, and that suits you from a cost and convenience standpoint. Then, stick with it. Pets don't need a lot of variety in their diets.

Myths about feeding

A dog that wolfs his food must be starving. For many dogs, this is the natural way to eat. Digestion begins in a dog's stomach and intestines—not in his mouth—so thorough chewing isn't necessary.

Neutering makes pets fat. Neutering isn't the problem. It's the reduction in activity that often follows. You may need to reduce your pet's calorie intake accordingly.

Since dogs and cats are carnivores, they require all-meat diets. Your pet's ancestors not only consumed the flesh of prey but also plenty of bones, internal organs, and intestinal contents which provided certain vegetables, plus vitamins and minerals. Modern-day pets need well-balanced diets, too.

It's OK to feed dogs and cats the same food. Dogs and cats have different nutritional requirements; Cats need far more protein than dogs do, plus a different balance of various vitamins and minerals. It's best to feed dogs and cats products intended for them alone.



Every time you tear into a pouch of Tender Vittles® brand cat food, your cat gets a meal that's fresh, moist and delicious. Never dry or dried out. And it's 100% nutritionally complete. So everytime it's mealtime, tear into Tender Vittles® and let your cat tear into great taste!

Which is the lowest menthol 100's? (Hint: it's not Carlton.)

NOW is the lowest menthol 100s. But it's easy to see why some people aren't sure. They've had a lot of confusing numbers thrown at them for quite a while.

Just look at the chart at the right and see for yourself.

The truth is that NOW 100s Soft Pack Menthol at 2 mg tar contains less than half the tar of Carlton 100s Soft Pack Menthol at 5 mg.

And NOW Menthol 100s is by far and away lower in tar than any other Menthol 100s whatsoever.

Which is the lowest 100s menthol?

No need to guess-NOW.



NUMBERS DON'T LIE. NOW 100s ARE LOWER THAN CARLTON 100s.

	100's soft pack regular	100's soft pack menthol	100's box
NOW	2mg	2mg	Less than 0.01mg
CARLTON	5mg	5mg	1mg

All tar numbers are av. per cigarette by FTC method.

NOW

The Lowest

The lowest in tar of all brands.

©1982 R.J. REYNOLDS TOBACCO CO

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

BOX, BOX 100's: Less than 0.01 mg. "tar", 0.001 mg. nicotine, SOFT PACK 85's FILTER, MENTHOL: 1 mg. "tar", 0.1 mg. nicotine, SOFT PACK 100's FILTER, MENTHOL: 2 mg. "tar", 0.2 mg. nicotine, av. per cigarette by FTC method.

Kim Garretson

Safeguarding Your Child In the Car

Ask the average American parents whether they try to protect their children, and they'll almost certainly answer, "Of course." But statistics prove parents are derelict in one vital area: protecting their children in cars. Auto accidents are the number one killer of children after the first few months of life. Today, 78 percent of infants ride unprotected in cars, and 94 percent of toddlers and small children ride unrestrained. Safety experts say if all of these unprotected children rode in the proper safety seats, the probability of fatal injury in each accident would drop by 90 percent. Here are the facts about children's safety seats, including tips on choosing and using them wisely.

Debunking safety myths

First of all, let's get rid of some common misconceptions that keep many parents from buying and using safety seats:

Myth: "If we stopped suddenly or were in an accident, I could hold on to my baby. He's safe in my arms."

A baby held in your arms is safe in your living room but not in a car. If the car crashes at just 30 mph and you aren't wearing a seat belt, your body would crash forward at a force roughly 30 times your weight and you could crush the child against the dashboard.



Toddler safety seat with shield (does not convert). Size: 20 to 40 pounds.

Even if you're wearing a seat belt, you are not strong enough to keep a baby in your arms during a collision. In a Highway Safety Research Institute study, volunteer adults wearing lap/shoulder belts held 17-pound dummies in simulated crashes at both 15 and 30 mph. Although the volunteers knew that the crashes were coming, no one —male or female—could hold on to the "baby."

Myth: "Babies are small and flexible so they're less likely to be injured than adults."

Small children are, in fact, more vulnerable to head injuries, typically the most serious kind, than adults are. In collisions, 77 percent of injuries to children involve the head. A child has softer bones and a more vulnerable facial structure than an adult has.

Myth: "As long as I put my child in the backseat, he's safe."

There's no question that the backseat—specifically, the center of the backseat—is the safest spot in the car. But if a child is not buckled up, there's nothing to stop that small body from flying over the top of the seat into the window or another person.

Myth: "My child won't put up with being restrained in a car."

A child usually behaves better when he or she is buckled into a safety seat. Studies at the University of Kansas Medical Center show that children in safety seats display 95 percent fewer incidences of disruptive behavior in cars than unrestrained children do. Of course, you can expect some resistance, especially from children not used to being buckled up in a safety seat. Infants who travel in a safety seat from birth generally will accept the seat as the way to travel. But by age eight to ten months, the child may begin to strain a bit in an infant seat that faces the car seat. David Shinn, director of the American Academy of Pediatrics Office of Education, says, "Many parents mistakenly interpret this as a sign the child doesn't want to be buckled up. It's not. The child simply wants to sit up and see what's happening. At that point, it's time for a toddler seat."



Toddler seat with five-point harness (converts to infant seat). Size: 20 to 40 pounds.



Child's booster seat (allows child to use car's seat belt). Size: 20 to 65 pounds.

Myth: "I drive mostly on residential streets at too low a speed to have a serious accident."

Children often are injured in "noncrash" events when a driver simply stops the car suddenly, such as at a traffic light, or makes an unexpected swerve or turn, according to a recent study. Also, if

continued on page 83



Infant safety seat. Size: newborn to 20 pounds. Faces rear; secured by seat belts.

Photographs: William Hopkins


I need someone I can trust to work
on my car.
Mr. Good

Mr. Goodwrench hasn't let me down.



Mr. Goodwrench has GM training to understand GM cars just like mine, and he has the right tools to do the work right. But, that's not all. He has genuine GM parts available ... the kind engineered for my GM car by some of the same people who designed my car.

Mr. Goodwrench is committed to reasonable prices—he has pledged to be competitive with other mechanics I could go to around here. That's great. And the waiting rooms and all of the facilities are nice and clean ... like they respect me and want me to be comfortable.

So keep that great GM feeling with genuine GM parts at participating independent Mr. Goodwrench dealers selling Chevrolets, Pontiacs, Oldsmobiles, Buicks, Cadillacs, GMC and Chevy trucks.

wrench



FROM RAW WOOD TO RARE BEAUTY WITHOUT A RIPPLE



Harry Morgan, television star and proud do-it-yourselfer.

Bare wood. Just-stripped or unfinished wood. Even previously finished wood. There's no easier way to give them rare new beauty than with Carver Tripp stains and clear finishes.

The Rich Color You Want. Carver Tripp offers a wide selection of colors. Choose the color you're looking for from our color chips.

Smooth Uniform Coverage. Lap marks? Raising of the grain? Tripp helps guard against them with deep, even coverage in just one coat.

Fewer Brush Marks and Bubbles. For beautiful clarity and long-lasting protection, use Carver Tripp Liquid Plastic, or one of our other clear finishes.

Even a raw beginner can achieve real beauty with Carver Tripp. We'll provide you with the how-to help and quality products that make it happen.

CARVER Tripp



Free "Complete Guide to Staining and Finishing." Take advantage of our know-how. Write for our free 16-page booklet: Carver Tripp, Dept. BH, P.O. Box 85063, San Diego, CA 92138.



©1981 CARVER

continued from page 79

Safeguarding children

not buckled up, a child can accidentally open a door of a moving vehicle and fall out.

Protecting an infant

Beginning with the ride home from the hospital and until the baby weighs between 17 and 20 pounds and can sit up alone, an infant should ride in an infant safety seat secured with a seat belt. When placed in an infant seat, the baby faces the back of the car and is in a semireclining position so that in a crash, the baby's back—not the more delicate chest and abdomen—would absorb the impact. The seat is strapped to the car with the lap belt; the baby also is secured inside the seat with a harness across the body that is secured at three or five points. For extra support during an infant's first few weeks, place rolled-up receiving blankets around the sides of the baby's head and shoulders.

You'll find two types of safety seats suitable for infants: those that face the rear of the car (these are designed just for infants) and those that convert from rear-facing to forward-facing (for infants and toddlers). The infant-only seats are lighter and easier to use. However, with a convertible model, you won't need to buy a second seat. (The two infant-only seats now on the market are the Infant Love seat from Century and the Dyn-O-Mite Infant Seat from Questor.)

Note: Don't confuse infant safety seats with lightweight plastic feeder seats or "car beds"; retailers often display car safety seats right next to these two types of household carriers.

Protecting toddlers and young children

Three methods are used to protect young riders weighing 20 to 40 pounds. One method uses a five-point harness (which evenly distributes an impact over the child's body). Another uses a large protective shield alone. And the third method uses a harness and shield combination or a harness attached to a pad. Seats employing all three methods are secured to the car with a seat belt. With all three types of seats, the toddler sits upright and faces frontward. The car's rear seat is the preferred spot for a safety seat, but don't hesitate to install the safety seat in the front seat when the rear seat won't do.

Note: Don't confuse the safety seats with old-fashioned car seats designed only to entertain the child. Although car seats are no longer manufactured, you might see them at garage sales. Some old models wedge between the seat back and seat cushion and are held in place by upward pressure.

Protecting older children

When a child has outgrown a safety seat (usually after the child weighs over 40 pounds), he or she should use either the regular lap belt or a new type of auto booster seat with a harness. This booster also can be used to elevate the child so he or she can wear the auto shoulder belt along with the lap belt (provided the shoulder belt does not cross the child's face and neck).

Safety points: Never use a pillow or cushion when the child is using a lap belt; get a booster seat specifically designed for a child's safety. Recent tests have disproved the old notion that any firm cushion will do to elevate the child enough for a lap belt to be used. Now it's known that the pillow or cushion can easily slip out, shifting the position of the lap belt to the child's vulnerable abdomen. To protect the child from whiplash when he or she is sitting on the booster seat, make sure the middle of the child's head does not come above the back of the seat or headrest.

Selecting the best seat

Federal regulations governing the manufacture of child safety seats have been in effect over a decade, but tighter restrictions and requirements went into effect January 1, 1981. If you buy a seat manufactured after that date, you can be confident it's safe. However, many seats built in the late '70s do give good protection if used correctly. To find out about these seats, write AAP, the American Academy of Pediatrics, for their list of new seats as well as pre-1981 seats that performed safely in crash tests (see "For more information" at the end of this article).

Because not every seat will fit every car, be sure to test a seat in your auto

continued



Gravity does the dusting

with LouverDrape Vertical Blinds

Horizontal surfaces collect dust. Think how often you must dust a table compared to how often you dust a wall. Horizontal or pleated surfaces which collect or trap dust at the window, create a major cleaning headache. The surfaces of LouverDrape® Vertical Blinds are all vertical, therefore eliminating the need for dusting.

You will be pleasantly surprised with LouverDrape® Vertical Blinds, "the clean one" they make life a lot easier.

ALWAYS INSIST ON 100% LouverDrape®

LOUVERDRAPE® INC.
1100 COLORADO AVE., DEPT. 48, SANTA MONICA, CA 90401

ENCLOSED IS $1 FOR A COPY OF YOUR 36 PAGE, FULL COLOR VERTICAL IMAGINATION BROCHURE

MOVING? U-HAUL

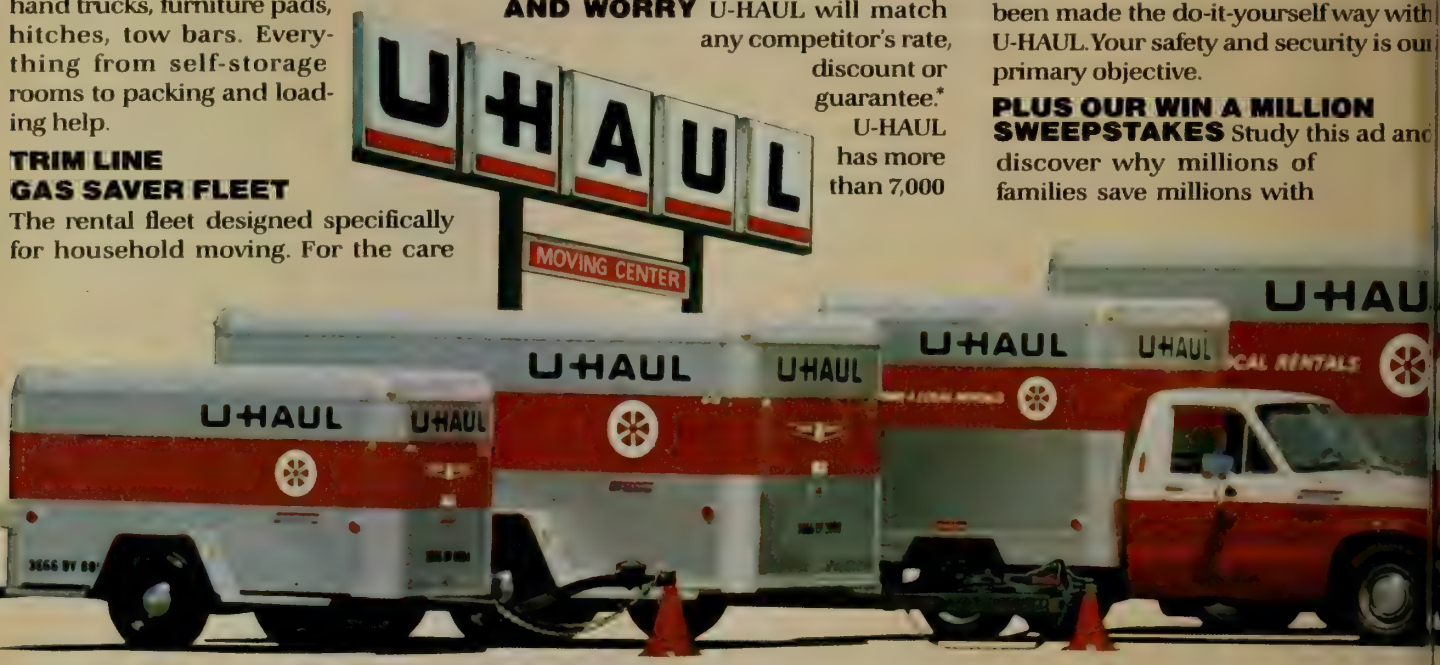
EVERYTHING FOR MOVING Wherever you're going, whatever you're moving, U-HAUL has everything you need. Trucks, trailers, packing boxes, hand trucks, furniture pads, hitches, tow bars. Everything from self-storage rooms to packing and loading help.

TRIM LINE GAS SAVER FLEET The rental fleet designed specifically for household moving. For the care and protection of your personal possessions. U-HAUL moves families, not freight.

SAVINGS IN MONEY, TIME AND WORRY U-HAUL will match any competitor's rate, discount or guarantee.* U-HAUL has more than 7,000 Moving Centers and Dealers ready to support your move.

SAFETY AND SECURITY Over 70 million family moves have been made the do-it-yourself way with U-HAUL. Your safety and security is our primary objective.

PLUS OUR WIN A MILLION SWEEPSTAKES Study this ad and discover why millions of families save millions with



continued

Safeguarding children

before the sale is final. Also, don't buy until you've read the installation instructions for the seat. Some seats are quite simple to install; others aren't. If a seat is difficult to install, moving it from car to car or from car to house will be a nuisance. Try the seat in both back and front seats in both infant and child positions (if it is a convertible model) and put the seat belt in place, following the instructions. You may find some convertible models are too long in the infant position for a small car's seats (or that the belts do not fit through the seat).

Once you've checked for safety and fit, choosing the child seat is mostly a matter of deciding which type is easiest for you to use and most acceptable to your youngster. For example, some children feel secure with a shield in front of them; others say shields block their view or make them feel "trapped" (but not all shields block the view).

If your child wears glasses, consider a seat with a five-point harness rather than a seat with a shield.

Child seats with a top strap correctly anchored will not bend as far forward in a crash as will a seat anchored only with the seat belt. This can be important if you have a small car. If you do choose a model with a top strap, you must anchor the strap to the car in order for the seat to perform as designed. If you use the seat in the car's front seat, you can pull the top strap over the seat back and securely connect the strap to a rear seat belt. But if you use the safety seat in the backseat, you must install an anchor plate behind the car's seat. (Some late-model General Motors, Toyota, and American Motors sedans may have an indentation on the package shelf marking the spot to install the anchor plate.) A proposed National Highway Traffic Safety Administration regulation would make such markings mandatory on all cars. In sedans, the hole for the anchor plate should be drilled through metal in the rear window ledge; in station wagons and hatchbacks, through metal in the cargo area.

Since all safety seats also are held in place by a seat belt, see that your car's belts fit your safety seat and work properly. Inertial reel belts, the kind found in many cars, lock only when the car stops suddenly or collides with another object. So under normal driving conditions, the safety seat could move out of position, rock, or tilt forward (if there's no top strap). You can use a "locking clip" on continuous-loop lap/shoulder combination belts to secure the seat belt around the safety seat. However, these clips will not work on straight lap belts. Most safety seat manufacturers sell locking clips. Check the seat instructions for ordering information.

Remember these tips

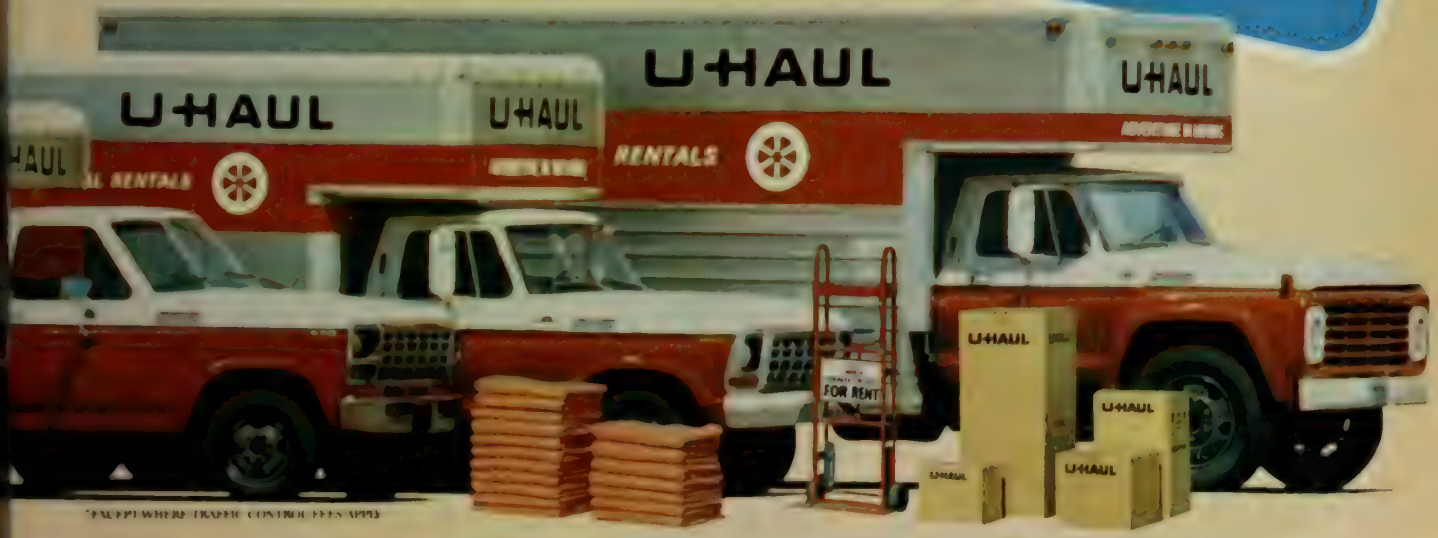
Even after parents buy proper safety seats, a surprising number, estimated at between 50 and 75 percent, don't use the seats properly. The most serious mistake, of course, is failing to use the seat every time the child rides. Here are some other important points to remember, provided by the non-

HAS IT ALL!SM

U-HAUL products and services. And you could win $50,000 a year for 20 years in the U-HAUL "Win A Million" Sweepstakes. Official Entry Forms, rules and full details are available only at U-HAUL Moving Centers and participating Dealers. See the Yellow Pages for your nearest U-HAUL location.

No purchase or rental required. Sweepstakes open to licensed drivers 18 years and over residing in the 48 conterminous United States. Limit one Entry Form per family per visit per week. Void wherever prohibited by law. Sweepstakes ends April 30, 1982. The odds of winning will depend upon the number of entries received. Only residents of Ohio and Wisconsin may receive an Entry Form and details by submitting a separate self-addressed stamped envelope to: U-HAUL Ohio Wisconsin Entry Forms, P.O. Box 21503, Phoenix, Arizona 85036. Requests must be received by March 31, 1982. Limit one request per envelope.

WIN A MILLION DOLLARS!



profit child-safety group, Action for Child Transportation Safety.

- Don't place an infant frontward in a seat. Some parents want to be able to see the baby in the rear seat, so they turn the infant seat frontward. If you must see the baby, you can install the safety seat in the front seat, but remember the rear seat is safer.
- Don't recline an infant seat too far or recline a forward-facing child's seat. Some infant models are adjustable, but you must follow the manufacturer's instructions for the proper tilt. And children's safety seats always should be upright for the best protection.
- Don't bundle a baby in blankets before putting the infant in a harness. It's difficult to position a harness correctly when the infant is wrapped in blankets. Instead, lay the blanket over the baby after he or she is buckled up. (To protect the baby's sensitive skin from the hot vinyl seat in summer, you can put a cover or blanket with holes slit for the belt under the baby.)
- Be sure to use both the harness and the shield if the seat has both. The two are designed to work in conjunction. If you use just one, your child is not safe.

Getting protection for all children

Currently, nine states—Kansas, North Carolina, Tennessee, Rhode Island, Minnesota, West Virginia, Michigan, Massachusetts, and New York—have enacted laws concerning the protection of child automobile passengers. In addition, California and Maine have passed legislation requiring intensive public education efforts. Legislation is pending or has been considered in most other states.

Tennessee's child restraint law has been in effect the longest and has produced some dramatic results—though the majority of Tennessee parents still don't use the safety devices. Between August 1977 and May 1980, use of the safety seats increased from 8 to 29 percent in several Tennessee cities. In adjacent Kentucky during the same period, use increased only from 11 percent to 14 percent.

Tennessee state patrol officers use an effective enforcement technique on the highway: When a driver is stopped for not properly buckling in children, the patrolman tickets the driver and then takes a safety seat from the trunk of the patrol car, buckles it into the car, and then buckles the child into the seat. The offender is asked to return the seat on the court date. If the offender can show evidence in court that he or she has purchased a safety seat, charges are dropped. A similar program now is used in Michigan.

For more information

Check with your child's pediatrician, a hospital, or other health professionals. For a free list of safe seats and/or information about starting educational or seat rental programs, send 50 cents and a self-addressed stamped envelope to: Child Safety, American Academy of Pediatrics, Box 1034, Evanston, IL 60204.

To order *Don't Risk Your Child's Life,* an instructional pamphlet with a list of safe seats, send 50 cents and a self-addressed stamped envelope (business size) to Physicians for Automotive Safety, Communication Dept., Box 208, Rye, NY 10580. BH&G

—Emily Freeman

Virginia Slims remembers when the higher forms of literature were well within a woman's reach.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Regular: 8 mg "tar," 0.6 mg nicotine—Menthol: 9 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Mar.'81



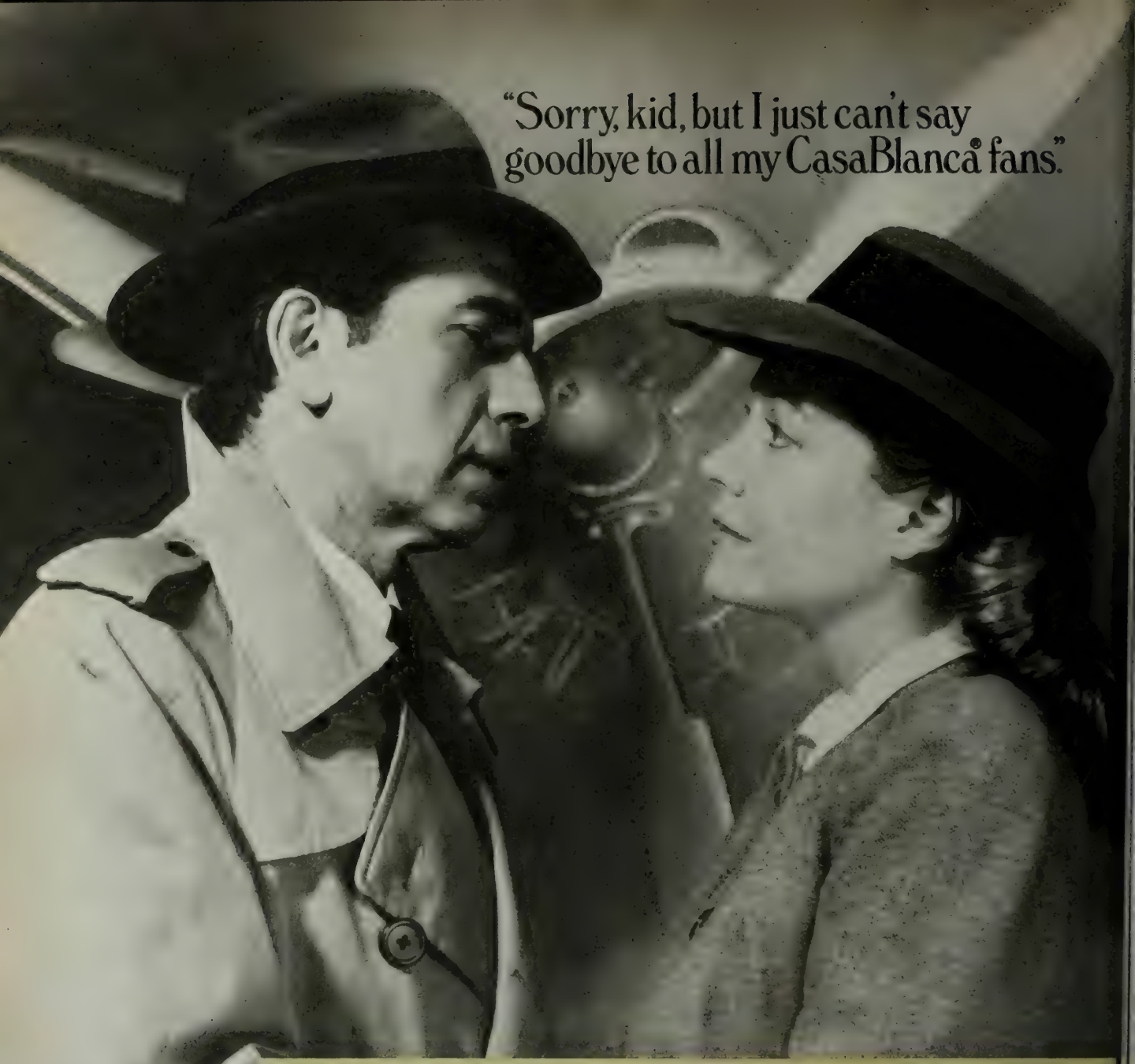
You've come a long way, baby.

VIRGINIA SLIMS *Lights*



In the crush-proof purse pack.

Fashions: Joan Vass



"Sorry, kid, but I just can't say goodbye to all my CasaBlanca® fans."

"Sure, I loved her. Who wouldn't? But I had my CasaBlanca fans to think about. You know the ones I mean. The real classy ones. The ones dames love. Why, every screw and nut and bolt in those fans is a work of art. Anyway, I had a choice. Stay with the fans or go with her. I took the fans. After all, a kiss is just a kiss, but a CasaBlanca isn't just another pretty fan."



CASABLANCA® FAN COMPANY

All the others are just fans, sweetheart.

182 South Raymond Avenue, Pasadena, CA 91109. In California, call (213) 960-6441; elsewhere, call (800) 423-1821 toll free.

Robert Sacchi for the CasaBlanca Fan Company

Kim Garretson

Good News

Look for these new products at your favorite stores or write to the manufacturer for the names of nearby stores. Please don't send money to the company; the prices listed are only suggested retail prices.

Low-voltage lighting



Unlike conventional house lighting that operates on 110 volts, Cool-Lite track lighting uses a transformer to reduce the voltage to only 12 volts. The advantages are threefold: 1.) Energy savings. The fixture replaces a standard lamp of two or three times the wattage. 2.) Small size. The fixture is only 5½ inches long. 3.) Precise control. The Cool-Lite fixture can be aimed more precisely at artwork or walls than standard lights can, and the light won't damage artwork. The fixture is designed to eliminate most color-fading ultraviolet rays and heat-producing infrared rays. Optional "barn door" shutters can be added for even more control.

The transformer for the system is pictured hanging on the track. You also can use the fixture alone on the track and mount the transformer some distance away. Or you can buy the fixture as a freestanding lamp with the transformer in a weighted base.

Cool Lites, about $400 (four-foot track and three fixtures). Capri Lighting, 7020 E. Slauson Ave., Los Angeles, CA 90040.

Bagless vacuum cleaner



With this vacuum cleaner, there's no messy bag to cope with; a series of three filters screens the dirt as it enters a dust compartment, trapping the finest dust particles and catching large objects like coins without damaging the machine or the objects. Emptying the compartment couldn't be simpler. You press a button, and the 16-inch-long, ten-pound machine splits apart; then you press the top button, and the trapdoor drops, dumping the load without your having to touch the dirt. The filters snap out for easy cleaning. Other convenient features include an air-driven brush with powerful suction, an on-off switch on the handle, a carpet/bare-floor switch, and a 16-foot cord that retracts at the push of a lever.

The Whirlwind, about $180. Toshiba America, Inc., 82 Totowa Rd., Wayne, NJ 07470.

Lightweight toilet



You won't need a truck and a helper to haul and install the Delta 4000 toilet; it weighs just 29 pounds and can be installed with standard tools in short order. Despite its light weight, the unit is anything but flimsy. The one-piece tank and bowl are made of a tough honeycomb material that combines polyvinyl chloride, polypropylene, and urethane foam. The toilet is chip, crack, and stain resistant. And the low-silhouette tank is insulated to eliminate sweating and dripping. Another advantage is the low price. The white toilet shown here costs approximately half as much as a vitreous china model. The 4000 saves water too. It uses about 3½ gallons per flush compared to five to eight gallons for other toilets.

Delta Series 4000 Toilet, about $250 in white; $310 in bone and parchment; $360 in antique red. Delta Faucet Co., 55 E. 111th St., Indianapolis, IN 46280.

continued on page 92

FREE Garden Guides!

True Value
HARDWARE STORES®

Make your home a

GARDEN SPOT



"Growing Vegetables" and "Beautiful Flowers". It's Spring, and to help you make your home a garden spot, choose one of the FREE True Value Garden Guides. Gardening tips and information will be helpful in planning your flower or vegetable gardens this Spring.

The Garden Guide "Beautiful Flowers" includes:
- How, when and where to plant
- How to design with flowers
- Most popular plants
- Flower care and more

The Garden Guide "Growing Vegetables" includes:
- How to prepare the soil
- How to insure best methods of planting
- How to avoid pest and disease problems

Choose from either gardening booklet. One per coupon. Bring in the attached coupon to your participating True Value Hardware Store.

Be sure to also look at what True Value Can Do To Help Make Your Home The Garden Spot Of Your Neighborhood.

True Value

FREE Spring Special COUPON

Help Make Your Home A Garden Spot with your free copies of "Growing Vegetables" and "Beautiful Gardens".
This coupon valid until June 5, 1982 or while supplies last.



hudson Top quality FAVORITE®—two-gallon sprayer. Stainless steel tank, brass pump. Easy-reach, 5-foot hose with 18" extension. Adjustable nozzle. 67209 **$48.95** less $5.00 rebate.



WEED EATER Light-weight, high performance electric trimmer/edger with special semi-automatic line advance. Trims a full 14" path with 50 feet of back up line. Adjustable assist handle for easier mobility. 807 **$37.88.**



NELSON Dial 5™ multi-pattern sprinkler. Features five different needed patterns. Includes a handy Twist-Connector™ for easy hose connection. Rugged ABS housing. 2150TC **$5.99.**



SWAN HOSE DIVISION All-weather reinforced 50-foot ⅝" I. D. vinyl garden hose allows for maximum strength and flexibility. Coils easily in the coldest and warmest temperatures. 20286 **$12.99.**



HOMELITE The Waterbug — a multi-purpose pump. Gasoline powered, moves 1350 gallons per hour. Ideal for pool maintenance, washing and emergency situations. Weighs only 9 pounds and discharges through a standard garden hose. P100 **$144.88.**



HOMELITE Chain Saw—2 cubic-inch engine, automatic chain oiling, solid-state ignition, and vibration isolation. Light-weight —exclusive SAFE-TIP anti-kick back device protects the operator and saw. 240 **$189.95.**

There are over 5,000 True Value Hardware Stores in 50 states. Look under "Hardware" in the Yellow Pages

OMELITE Gasoline Powered
ring Trimmer—fully automatic
he advance with 20" wide cut-
ng swath. Accepts FREE power
ower attachment. ST-100 **$129.95.**

ACOBSEN Lawn King 20"
lf-propelled rear-wheel drive,
th recoil side pull starter. Quick
ight adjustments. Controls on
ndle. L20P **$249.88.**

Black & Decker Electric Lawn
dger-Trencher. Eight-inch blade
ts a neat ¾" trench along walks
driveways. 8224 **$69.99.**

Black & Decker Deluxe Double
dge Shrub & Hedge Trimmer
rap-around handle with 16"
uble-edged reciprocal blades
ve 3000 cutting strokes per
inute. 8124 **$34.66.**

AWN CHIEF 21" Rear Bag-
r—for two-sided trimming. Large
cubic-foot bag to pick up leaves,
ass, and debris. 3½HP Briggs
d Stratton engine, deluxe throt-
e control, two-position, adjusta-
e. 81 **$199.98.**





obe's Tree and Shrub Spikes—
easy way to fertilize trees and
rubs. Feeds for full year. 1000
2.66. ALL-PURPOSE PLANT
OOD. A water soluble plant food
eat for indoor and outdoor plants,
egetables, flowers and shrubs—
oz. 7001 **$1.66.**



TEKNOR APEX Bi-flex Radial Reinforced Braided Hose featuring the THUM-THING™ for easy connecting. 50 feet, ⅝" ID. 4-ply construction for extra strength. Solid brass couplings. Full Warranty. 8520 **$12.66.**



ORTHO Weed - B - Gon Lawn Weed Killer-M. Kills 37 common weeds. QT 3968 **$6.49.** MALATHION 50 Spray . . . controls insects on fruit trees, vegetables—8 oz. 1640 **$3.99.** KLEEN-UP—kills tough grass and weeds—24 oz. 4367 **$3.99.**



melnor Time-A-Matic. Pulsating sprinkler with built-in water timer that shuts off automatically. Saves water, time, money. Waters any part of 88' diameter circle. Adjustable spray-distance controls. 114 **$10.99.**



ARAMOUNT Variable Air-Intake
lectric Blower. Blows clippings,
ebris, and leaves; picks up,
ulches and bags them. Two-
peed motor. Includes Vac-N-
ac™. Vacuum attachment, two-
ece tube, concentrator and dif-
ser nozzles and shoulder strap.
B300 **$72.88.**



Black & Decker Hose & Reel Water Hose. Wind-up Reel. Compact and completely portable. Exceptionally strong to give maximum spraying power. 50-foot hose is flat until water is turned on. Turn off water and hose is flat again. Reels up in its case, cleaning itself off. 8600 **$24.99.**



TRUE TEMPER Pull-type lawn rake. Fire-hardened ash handle. SL22 **$7.66.** DYNALITE® Dirt Shovel with long handle. Heat treated for strength and wear resistance. DLR **$12.99.** ROCKET ANVIL PRUNER designed for added strength and durability. A35 **$6.99.**



Rubbermaid Planters—hand-thrown ceramic-design planter 10" diameter x 8½" high. 3240 **$4.99** less $1.00 rebate. MOLDED POTTERY DESIGN PLANTER 10½" diameter x 8½" high. 3470 **$4.99** less $1.00 rebate. CONTEMPORARY DESIGNED PLANTER 12½" diameter x 10¼" high. 3452 **$5.99** less $1.00 rebate.

...ER & COMPANY ...Member Owned Warehouse distributor serving over 5,000 True Value Hardware Members who own their own stores, set their prices and reserve the right to limit quantities. Because ...ing True Value Hardware Stores carry assorted merchandising policies, some may not stock all items shown. Prices may vary and are subject to change without notice. Prices expire May 15, 1982.



PRESERVED...THEY CAN'T DIE!

PRESERVED PLANTS / Once living, these Evrlasting[tm] Plants have been delicately preserved to last indefinitely, with no sun, no water, no care. . . ever!

SILKEN PLANTS / The epitome of perfection, these Evrlasting[tm] Silken Plants represent exquisite detailing for a look so incredibly real, you won't believe your eyes!

(1) Preserved Giant Boston Fern/basket/33" hanger, Med (shown) 3' wide $12.95*, Lg 3'3" - $14.95*, X-Lg 3'6" - $16.95*. **(3)** Preserved Areca Palm, Med (shown) 4' tall - $16.95*, Lg 5' - $22.95*, X-Lg 6' - $29.95*. **(4)** 25 Giant Tropical Plumes over 5' tall/with choice of one accent color: Orange, Yellow, Blue or Green (specify) - $12.95*. **(7)** Rush & Palm Basket 12" x 12" - $6.95*. **(8)** Giant 24" Basket Urn - $10.95*. **(47)** Hanging Double Silken Spider Plant/stoneware urn/40" hanger, 16"h x 18"w - $24.95*. Single Spider Plant/basket/33" hanger (not shown) 15"h x 16"w - $14.95*. **(48)** Hanging Silken Philodendron/basket/40" hanger, 18"h x 16"w - $19.95*. **(49)** Hanging Silken Wandering Jew/basket/40" hanger, 14"h x 14"w - $14.95*. **(50)** Hanging Silken Ivy/basket/40" hanger, 18"h x 17"w - $24.95*. **(62)** Silken Violets, Begonias & Spring Breath/stoneware urn/13"h x 16"w - $24.95*. **(63)** Silken Apple Blossom sprays/stoneware urn/30"h x 8"w - $14.95*. **(66)** Hanging Silken Rhododendron & Ivy/basket/40" hanger, 12"h x 15"w - $29.95*. **(70)** Silken Tiger Lilies & Ivy/volcanic ash urn/18"h x 14"w - $24.95*. **(75)** Hanging Silken Begonias & English Ivy/stoneware urn/40" hanger, 12"h x 12"w - $19.95*. **(77)** Silken Tiger Lilies & Ivy/basket/14"h x 13"w - $24.95*. **(79)** Preserved Giant Boston Fern/24" basket urn/36"h x 36"w $19.95*. **(81)** Silken Hydrangea, Wandering Jew/Spring Breath & Cordone Puffs/basket/16"h x 18"w - $34.95*. **(89)** Giant 30" Spanish Fan/a great wall hanging/ivory, rust, chocolate or red (specify) - $9.95*.

*Add $3 Postage & Handling for each product ordered. All plants shipped assembled ready to display except 3, 47, 48, 49, 50, 75, 79, which are shipped flat to ensure safe arrival. All sizes approximate.

ORDER BY MAIL

OR TOLL FREE/Send check or money order or charge to your VISA/MC/AM. EX. Thirty-Day Golden Guarantee[tm].

TROPICAL PLANT INSTITUTE, INC. 901 N.W. 8th Ave., Dept. 98, Ft. Lauderdale, FL 33311 TOLL FREE 1-800-327-3729. Color Portfolio $1. Delivery 4-6 weeks.

continued

GoodNews



Track speakers

You can rid a room of the clutter of stereo wiring with these new track speakers. Simply wire a four-foot track section to the stereo system and attach the multidirectional speakers. The same track also can be wired to house current and can be used with track light fixtures. The speakers can be used to accent the sound of primary speakers or placed in another room.

Omnitrack III, about $120 (one track section and two speakers). Royal American Marketing Co., 4815 Washington, Skokie, IL 60077.

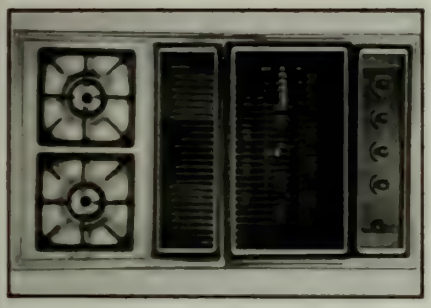
Reflective wall covering

When a wall is covered with this material, heated or air-conditioned air bounces right off rather than seeping through the material. That means year-round energy savings of up to 18 percent. And the wall covering will not get excessively damp or raise the room's humidity because the material "breathes." Another plus: The 21-inch-wide rolls are as easy to hang as wallpaper and are washable and strippable.

Thermodecor, about $40 per two-roll pack. Enertec Systems, Box 127, Barrington, IL 60010.



Gas cooktop



Unlike most cooktops, this downdraft unit cooks with gas. That means the unit can be installed in spots where gas cooking previously wasn't possible—on an island or peninsula, for example. The self-ventilating cooktop has a solid-state pilotless ignition system and interchangeable cartridges that change one side of the cooktop to a grill, a griddle, or a self-basting rotisserie. The ventilation system pulls grease-laden smoke and cooking odors down through a vent and exhausts them from the house.

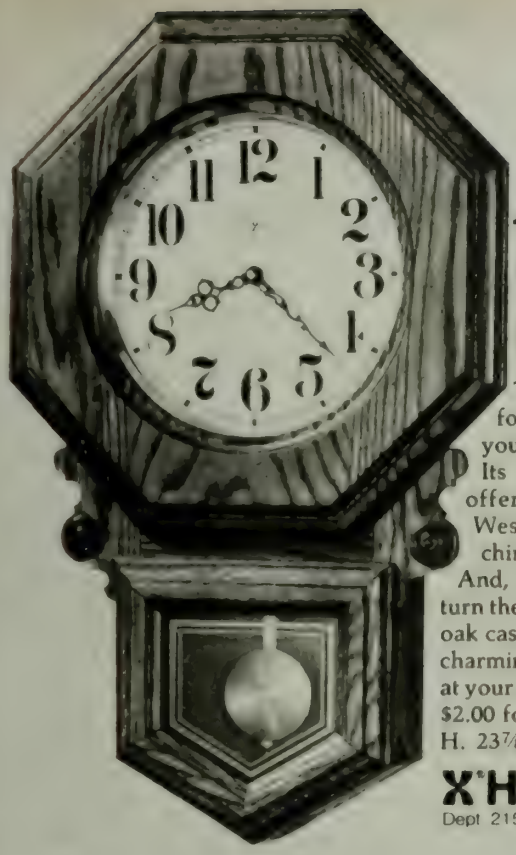
The Gas Top, about $650 (with two burners and grill; other cartridges are optional) Modern Maid Co., P.O. Box 1111, Chattanooga, TN 37401.

Fast faucet



After you've removed an old bathroom faucet, you should be able to install this new contemporary-style model in ten minutes or less. It's as easy as one, two, three. (1) Use a screwdriver to attach the bracket and gasket to the sink with two screws. (2) Run the single flexible tube into the bracket and screw on the faucet. (3) Attach the tubing directly to the water shutoff valve.

Endura Faucet, about $39.50. Fillpro Division of JH Industries, 980 Rancheros Dr., San Marcos, CA 92069.



A four chime charmer.

This school days classic plays four charming chimes to please your ears as well as your eyes. Its accurate quartz movement offers Bim-Bam, Whittington, Westminster and Ave Maria chimes at the touch of a lever. And, you can regulate volume or turn them off for the night. The solid oak case has a brass bezel and that's charming too. Ask for the Waterbury at your Howard Miller dealer or send $2.00 for our Traditional catalogue. H. 23⅞", W. 15⅛".

Howard Miller
Dept 215, Zeeland, MI 49464

Phone toll-free 800-447-4700 for your nearest dealer. In Illinois, 800-322-4400. In Canada, APSCO Products.



Paint now and you'll paint again... But T-lok® Vinyl is Final.®

Exterior house paint lasts three to five years (and that's if you don't have problems like blistering or peeling). So you can look forward to the expense and weeks of work it takes to repaint again and again.

Stop painting! Beautify your home with T-lok Vinyl Siding. It resists denting because it's made of Duranyl,® a high-impact resistant compound.

T-lok Vinyl Siding can be washed with soap and water. It won't rust or corrode like metal, it resists damage from industrial pollution, and salt air won't harm it. And Mastic Corporation, a subsidiary of Bethlehem Steel, backs it with a 50-year non-prorated limited warranty.*

We'll be happy to send you more information on T-lok Vinyl Siding and a special new guide to home exterior designing. Order yours today!

*Specimen warranty available on request.



Mastic Corp.
A Subsidiary of
Bethlehem

Mastic Corporation Information Center
P.O. Box F, Berrien Springs, MI 49103

Please send me:
☐ FREE information on T-lok Vinyl Siding. BHG-482
☐ Copies of "A Guide to Designing Your Home's Exterior, Before, After, and What Might Have Been" at $1.00 each. I enclose ☐ check ☐ money order.

Name_____
Street_____
City_____ State_____ Zip_____
Phone ( )_____

Better Homes and Gardens BABY-SITTING GUIDE

You leave your child at home in the care of a baby-sitter so you can see some friends or do some shopping. Everything seems just fine when you leave, but an hour later your youngster is violently ill and the sitter must deal with the problem. Will he or she know what to do, whom to call? Read this guide and complete the checklist so that everyone—parents, sitter, and child—can breathe easier.

BABY-SITTER'S CHECKLIST

Where parents can be reached

Family's name

Home address

Children's names and ages

Doctor

Dentist

Poison control center

Neighbor

Police

Fire/Rescue

Special instructions

Checklist for parents

- Ask a first-time sitter to arrive early so he or she can get acquainted with your children and become familiar with your home before you leave.
- Tell the sitter what time each child is to go to sleep and whether a child has any special needs such as a favorite blanket or story.
- Explain the house rules about the TV or stereo, snacking, and visitors.
- If you think it is necessary, demonstrate procedures like bottle warming and diaper changing.
- If the sitter must give the child any medicine, put the measuring spoon or dropper by the medicine bottle along with written instructions about time and dose.
- Let the sitter know if he or she will be expected to prepare and serve a meal.
- Show the sitter where you keep a flashlight.
- Leave a pad and pencil by the phone.
- Plan to call home periodically if you won't be easy to reach.

Advice for sitters

- Know where the parents or another responsible adult can be reached at all times.
- Be sure you know what is expected of you, and write things down if the list is long.
- Ask the parents for instructions when the child is present to make sure everyone understands the rules.
- Keep outside doors locked. Don't open a door for strangers, even delivery persons. Instead, ask the person to return when you expect the parents to be home, or to leave the package outside.
- Don't tell telephone callers that the parents are not home. Just say they are unable to come to the phone, and take the message.

Emergencies and mishaps

If you're a baby-sitter, sign up for a first aid course at the Y, your school, or your local chapter of the American Red Cross. It's also a smart idea to buy a first aid handbook.

When you have any doubt about what to do in a specific medical emergency, call the parents or a doctor. Be prepared to tell exactly what happened and what care you provided.

Here are some first aid tips:

- *Poisoning.* Call your local poison control center or emergency number immediately for advice.
- *Minor burns.* Run cold water over the injured area or apply a cloth soaked in water. *Don't* apply butter or ointments.
- *Serious burns.* Don't do anything beyond calling the doctor or emergency number.
- *Minor cuts.* Wash your hands first, then hold a thick, clean compress (preferably made from gauze, but a towel will do) firmly over the wound. When bleeding stops, wash the wound thoroughly with soap and water, then apply a bandage.
- *Bumps and bruises.* Immediately apply ice wrapped in a cloth, or a cloth soaked in cold water. Call the parents about bumps on the head.
- *Nosebleeds.* Have the child sit up and lean forward. Pinch the child's nose between the thumb and forefinger for ten minutes or until bleeding stops.
- *Vomiting.* Note whether there is any blood present or if the child vomits with great force. Call the parents.

For more information

Write for *The Super Sitter,* the Consumer Product Safety Commission's pamphlet, available for $1.75 from the Consumer Information Center, Dept. 202K, Pueblo, CO 81009.

Gerber Nutrition Report
Answers to questions parents ask us.



At what age should my baby begin strained foods?



Some babies need more nutrients than breast milk or formula can provide earlier than others. At Gerber we've helped feed over 30 million babies since we began... enough to know that every baby's nutritional needs are different.

There are, however, several signals that can help you determine the right time for your baby. When your baby has doubled birth weight, or weighs around 13 pounds, watch for any of these signs:

- **Drinking more than a quart of formula a day.**
- **Demand for breast feeding more than eight to ten times during a 24-hour period.**
- **Apparent hunger.**

These signs will generally appear when babies are four to six months old. Of course, your baby is as unique and individual as his or her smile. So when you see a sign, ask your health advisor about introducing strained foods. Together you're best qualified to decide what's right for your baby.



Gerber

Babies are our business... and have been for over 50 years.

Gerber Products Company, Fremont, MI 49412

We've learned a lot about food because we care a lot about babies.

Golden DE
N

Kings: 7 mg. "tar," 0.7 mg. nicotine; Kings Men.: 8 mg. "tar," 0.7 mg. nicotine av. per cigarette, FTC Report December '81.

Caring for and Restoring Antique Finishes

The beauty and value of a fine wood antique depend largely on how well its finish has been cared for over the years. If the finish is intact and well polished, the piece will shine on the auction block, as well as in your home. Here's how to preserve or restore the antique finishes on your prized pieces.

Caring for antique finishes

The most common finishes found on antique furniture are waxes, oils, shellacs, and varnishes. Not only do these finishes bring out the beauty of the wood's grain and color, but they also protect the wood from moisture and heat changes that can cause shrinking, swelling, crazing, and cracking. Finishes seal the wood pores against dirt and grime, too.

But in order for a finish to protect the wood, the finish itself must be protected. This can be done by cleaning and polishing the finish with either a *wax*, an *oil*, or a *feeder* product (a liquid mixture of wax or oil and an absorption promoter).

Many people prefer *waxes* because they're easy to apply and leave a brilliant shine. You can find waxes in liquid, aerosol spray, and paste forms in hardware and department stores. Look for products that contain carnauba wax, which is a natural substance from a palm tree native to Brazil. Carnauba wax is especially durable and produces a glossy shine when rubbed vigorously.

Another reliable polish is beeswax, which has been around for many years and still remains popular today. A variety of paste and liquid polishes containing beeswax are available in paint and hardware stores. Or you can make your own polish by mixing two parts melted pure beeswax with one part turpentine.

Oils such as tung, linseed, and lemon oil have been used for centuries to preserve and polish furniture finishes. They're often mixed with absorption promoters, so they actually sink into the wood pores rather than remaining on top as waxes do. Oils leave a lustrous shine that's softer than a glossy wax shine, and they provide good protection against moisture. However, they do tend to darken the wood slightly in time.

Like oils, *feeders* soak into the wood, producing a soft shine and providing optimum protection against moisture changes. The penetration promoter in feeders ensures deep-down conditioning. And like oils, feeders tend to darken wood. Certain woods, like cherry wood, are more sensitive to this darkening effect than are others.

Regardless of which cleaner/polisher you choose—wax, oil,or feeder—always use the same type on a piece of furniture. Finish surfaces that are accustomed to one type of cleaner/polisher won't accept another type. For example, an oil applied to a finish that was previously waxed will remain on the wood surface and won't soak in.

If you don't know what type of cleaner/polisher has been used on a piece, apply a small amount of an oil, wax, and a feeder on an inconspicuous spot. At least one of the three should be accepted by the wood.

How often you need to clean and polish your antiques will depend on a number of variables, such as the type of heating and cooling system in your

© Lorillard, U S A , 1982

Lights™



It's got a corner on taste.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

home, the geographical location, how your antiques are used, and the type of cleaner/polisher you're using.

Generally, a spray or liquid wax should be applied weekly, while a paste wax is more durable and can last up to four weeks. To tell if another layer of paste wax is needed, buff the old finish with a soft cloth. If this polishing fails to restore shine and smoothness to the finish, it's time for a new coat of wax. Apply oils or feeders to antique pieces as often as you clean your other wood furnishings.

Preventive measures also can help keep antique wood furnishings and their finishes in good shape. Begin by providing the proper environment for your antiques, paying close attention to heat, humidity, and light.

Room temperatures should be kept as constant as possible; extreme fluctuations can harm wood furniture. When your heating system is in use, place pieces away from heat sources like radiators, registers, and fireplaces. Direct heat can damage the finish and rob the wood of vital moisture.

Maintaining a relative humidity level of around 55 percent at 65 degrees Fahrenheit is also important, especially during winter months, when central heating removes much of the moisture normally in the air.

Direct sunlight and artificial light are two more enemies of fine antiques. Shield your wood furnishings from overexposure to either.

Restoring antique finishes

If the furniture's base finish has dulled, rub the piece softly with fine steel wool dipped in a mild solvent like benzine or carbon tetrachloride. (Don't use shellac thinner or varnish remover.) Remember to rub with the grain. This should remove any accumulated dirt or grease that is clouding the finish. Let the surface dry, then if the finish looks rejuvenated, apply a protective coat of wax, oil, or a feeder. If no improvement is apparent after you rub on the solvent, consult a refinishing expert.

A finish that's crazed or damaged beyond repair may have to be refinished. Of course, stripping away the remaining old finish and creating a new one will probably greatly reduce the antique's resale value. Most antique dealers and collectors prefer pieces in their original state, even if they're imperfect.

If you do decide that the piece must be refinished, you can have the job done by a reputable professional refinisher who works with antiques. He or she should be able to achieve an authentic-looking finish. (Ask your antique dealer to recommend a refinisher.)

Or, you can refinish the piece yourself. Begin by reading several books on the subject. Some good references include *From Gunk To Glow* by George Gortz, *Restoring and Renovating Antique Furniture* by Tom Rowlind, and *Care and Repair of Antique Furniture* by Michael Ormsbee. Also talk with expert refinishers of antiques to find out what products and techniques work best for them.

Produced in cooperation with Dennis Tesdel



Here's a pure and simple harmony of style and savings.



Save $15 to $70 on Sears Best "Pure & Simple" Coordinated Bath*

New from Sears. Our "Pure & Simple" collection offers the latest contemporary styling to dramatize any size bathroom. Quality craftsmanship throughout. Doors and drawer fronts are of solid oak with brass-plated pulls. Sides are wood-veneered. Each piece is hand rubbed to a glowing natural oak finish. Everything matches beautifully to create The Total Bath. And everything shown here is available at Sears.

36-in. Vanity. Now $199.99. **Save $70.**

30-in. Vanity. Not shown. Now $149.99. **Save $50.**

(A) 24-in. Vanity. Now $129.99. **Save $40.**

20-in. Vanity. Not shown. Now $99.99. **Save $40.**

Note: Vanity prices do not include lavatory tops and faucets



A



B

Tri-Panel Tub Door with Light Oak-look Trim. Now $189.99. **Save $30.**

Storage Cabinet. Now $119.99. **Save $20.**

Gold Plastic Tub Wall Surround with Grab Bars. Now $179.99. **Save $30.**

(B) Washerless Chromed Faucet. Has color insert to coordinate with your Total Bath. Now $34.99. **Save $15.**

On sale: March 28–April 10

*Minimum savings nationally.
Available at most Sears retail stores.
Prices and dates apply only to the continental United States.

For styling, quality and value...

You can count on

Sears

© Sears, Roebuck and Co., 1982

LIGHT UP YOUR HOUSE WITH THE SUN

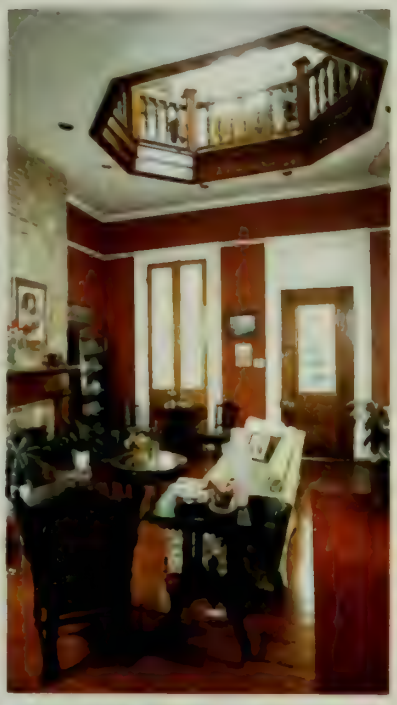
By David Haupert

Ever notice how a sunny day can give you a whole new lease on life? Well, besides lifting your spirits, the sun can lower your electric bills, provided your house makes maximum use of those free rays.

The process is called "daylighting," and some architects and illumination engineers have made a real science out of it. They use terms like "visual acuity," "contrast sensitivity," "veiling reflection," and so on. But the bottom line of their designs is that the right use of daylight simply makes your home a more pleasant place to be.

There are some very complex ways to capture and diffuse daylight, but we've collected six rather straightforward examples of how other families have banished the gloom and capitalized on the sun. Their houses run the gamut from stately Victorian to California ranch, and their sun-seeking solutions range from a hole in the floor to a three-story atrium. Hopefully, one of these "bright ideas" will do the trick at your house, too.

Photographs: Maris/Semel
Architect: Charles Montgomery, AIA
Field editor: Bonnie Warren





PUNCH THROUGH THE CEILING

Lots of daylight streamed into the upper level of this lovely old Victorian house through French doors, but scarcely any light penetrated the living room below. Now, the new "hole in the floor" makes both levels more exciting and alive.

The project actually started out as an attempt to give the narrow little living room *(top photo)* a more open feeling. The homeowner suggested that the architect "cut a big hole in the ceiling" to join the first and second floors. After checking the structural integrity of the ceiling, the architect decided he could pull off the project without causing a major catastrophe. And, as you can see, the whole effort was a big success.

If you're considering a similar project—and the room above can cope with a good-sized hole in its middle—you'll not only bring in more light, but also make a big improvement in airflow between levels.

Before you start cutting, have an engineer or architect check the framing and devise a way to maintain a stable structural system. For the 8x10-foot opening pictured, double 2x10s line the hole, and additional members are hidden behind them to beef up the ceiling/floor. The railing upstairs *(bottom photo)* is a combination of salvaged balusters and stock posts, handrails, and moldings.





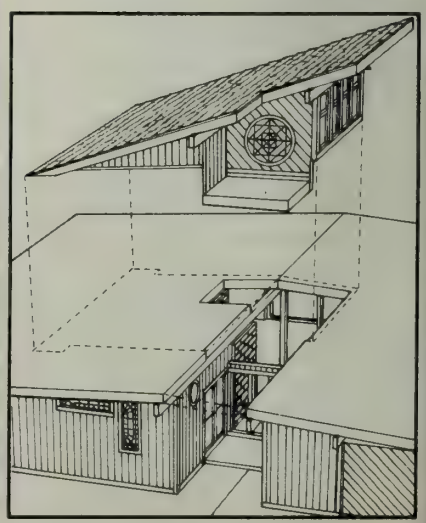
Photographs: Ernest Braun. Architect: David Piches. Field editor: Helen Heitkamp

RAISE THE ROOF

For most of its life, this house *(top left)* had a nearly flat roof, a very dark midsection, and no windows on the south. The obvious way to brighten the house would be to add windows in the south wall and install skylights above the central core.

But the homeowners had another idea. They added a shed-roof section above the entry and master bedroom (see sketch, *below*), complete with a lineup of clerestory windows facing south. And to get even more mileage out of their investment, the owners also built two adobe brick walls against the north side of the open space *(bottom left)* to absorb heat from the sun pouring through the clerestories. Exposed aggregate paving on the floor also soaks up heat and releases it later when needed.

Now daylight washes into the master bedroom (through the windows shown) and the living room (via a large opening off the end of the entry). One of the major reasons for using clerestories was that high windows admit more light than lower openings. But an equally important plus of high clerestories is that they produce a stronger draw on room air than lower windows do. This, of course, makes clerestories more effective when it comes to venting hot air in the summertime. The upper portions of the clerestories are operable.







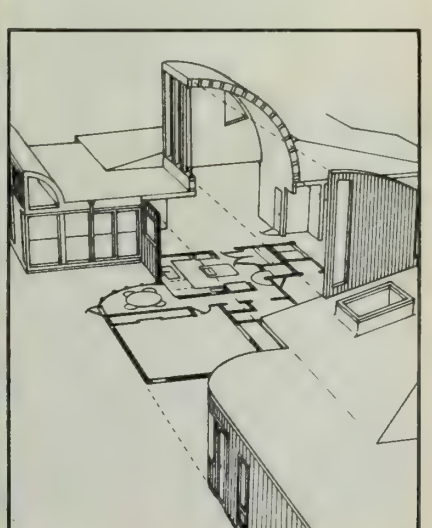
Photographs: Ernest Braun. Architect: James Malott. Field editor: Helen Heitkamp

ADD A SUN SCOOP

Clerestories come in a variety of shapes and sizes, as you can see in this example *(top left)*. The five-foot hood in the foreground and its 12-foot companion in the center of the house rise dramatically to scoop in light and bounce it throughout most of this flat-roofed California ranch.

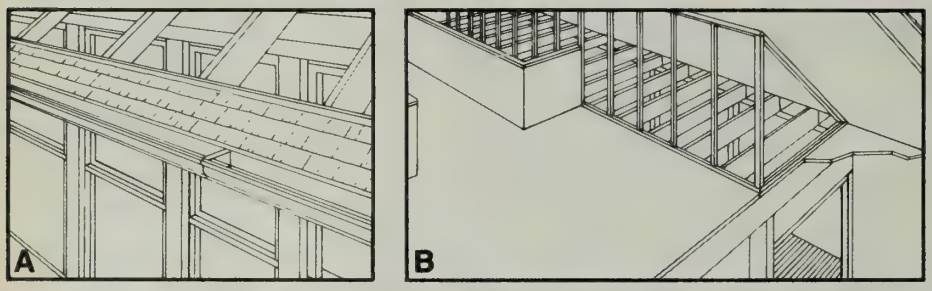
Though both hoods contain lots of glass, the taller one is the most valuable light source because it's perched smack-dab in the middle of the action. Directly beneath this giant arch is a sunny atrium *(bottom left)* that serves as the major intersection for traffic to and from the kitchen, dining room, living room, and bedrooms. And all of these spaces are the beneficiaries of daylight bounced their way from the atrium. Several openings off of the atrium spread sunlight in all directions.

When you're deciding which direction your clerestories should face, be sure to consider the importance of solar heat. If it's not particularly high on your list of needs, aim the windows toward the north. (The two scoops pictured face northeast so direct sun can warm the interior in the morning but can't penetrate the living spaces after noon.) If, on the other hand, you need all the heat you can get, face the glass south. And add an overhang to cut off direct sun during the summer.





Photograph: Mitchel Osborne. Architect: Charles High Crain, AIA. Field editor: Bonnie Warren



Photograph: Ernest Braun. Designer: Jane Phibbs. Field editor: Helen Heitkamp



LIGHT UP A KNEE WALL

One of the first tests you face when you finish off a dark attic is to figure a way to bring in daylight. Dormers, though sometimes tricky, are often a good solution. And so are skylights. But here's a third method you may not have seen—a wall of glass *(left)* made possible by a jog in the exterior wall below it.

Check drawing B below the photo and find where the deck is tucked into a recess in the sidewall of the house. Your own house might have a similar covered recess in which an inset patio or porch interrupts a straight wall. If so, the roof line *doesn't* jog inward, but maintains a continuous line, from front to rear of the house. That covered recess is where you can pull in some valuable daylight.

To get the effect pictured, the owners removed the soffit material (to open up the joists outside the attic), finished off the underside of the rafters, then filled in the attic wall with glass.

OPEN UP THE OVERHANG

Properly sized overhangs on the south, east, and west sides of your house can protect against unwanted heat gain. But large north-facing eaves don't do much for you except perhaps give the lines of your house a little flair. And in the example pictured, the big eyebrow outside the north-facing kitchen cast a dark spell on everyone inside.

The solution came in two stages. First, the owners attacked the kitchen itself by removing two small windows above the sink and filling the entire wall from counter top to ceiling with casements *(left)*. See drawing A.

Then the action moved outside where the strategy was simple: Skylights were punched into the eaves, along the length of the kitchen wall. No structural work was needed because the units fit neatly between the rafters.





Photographs: Ross Chapple. Architect: Margaret Ritchie Axtell, AIA. Field editor: Eileen Deymier

CARVE OUT AN ATRIUM

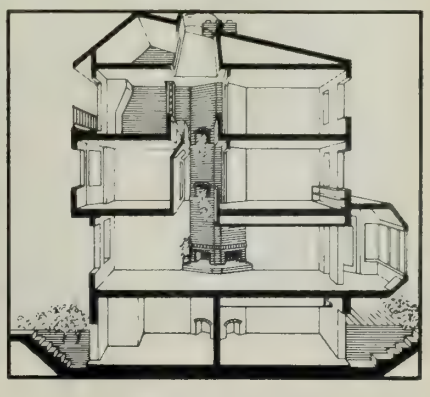
Skylights are still, in many cases, the best device to pull in natural light. Most installations are fairly clear-cut; you pop a unit into the roof, and the room below gets an infusion of light. But the job gets tougher when you have to figure out a way to get the light where you want it. Sometimes you have to funnel the sun's rays through a whole room or two to get to your final destination—the innermost spot in the house.

That was the challenge confronting the owners of this 1880s Victorian town house. And they came up with one of the most dramatic *and successful* solutions we've seen: an eye-popping three-story atrium, capped with a 5x8-foot skylight. Chances are your project won't be so ambitious.

The atrium rises breathtakingly from the first floor living room *(bottom photo)* to the giant skylight, 38 feet above *(top photo)*.

Much structural work was required to stabilize each level before the center was removed, a procedure much like coring an apple. Note in the drawing *(below)* where each floor was dissected. Also take a look at two other features: the splayed walls below the skylight that increase the spread of light, and the light scoop in the third-floor balcony that pulls sunlight into the second-floor master bedroom.

Not only does the new sun tunnel brighten every major room in the house, but it also maintains privacy. And on clear, starlit nights, that magnificent sky-window provides the homeowners with a spectacular view.

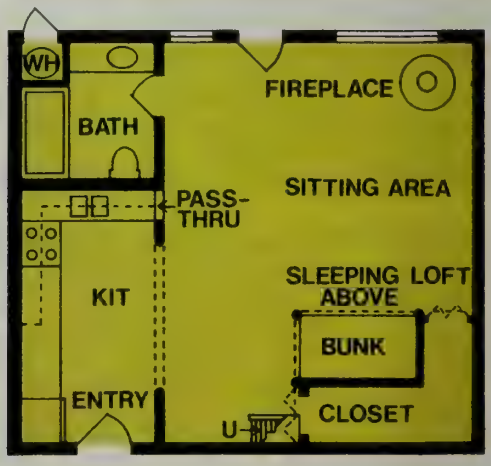


AN EFFICIENCY APARTMENT *from* AN EXPENDABLE GARAGE

BY WILLIAM L. NOLAN

Has the time come when the space in your garage seems too valuable to devote to Junior's bike and the family car? With a little imagination, you can convert that underused space into a comfortable apartment for renters, guests, or live-in relatives. Most garages contain plenty of room for a good-sized living area, a closet or two, and a compact kitchen and bath. Also, since the roof spans the whole space, you can add partitions wherever they're needed. To hold down costs—and get a faster return on your investment—you could finish the interior with simple, straightforward materials and do some of the work yourself. Here's how one family made this strategy work for their garage.





From the street, there is little to suggest that this is no longer a garage at all but an efficiency apartment *(above)*. To help preserve the character of the neighborhood, the owners left the overhead door in place and framed a new interior wall behind it. What appears to be a utility door on the left is actually the front entrance to the apartment. Yet inside is a completely self-contained rental unit that's every bit as charming and comfortable as a luxurious resort cottage. (Note: Check local zoning codes first if you plan to build a self-contained unit.)

The main living space *(opposite page, above)* lies to the rear of the original 17½x22-foot garage and opens to the garden. At one end is a pleasant sitting area with a fireplace and an expansive view of the garden, and at the other end is a built-in double bed backed by an L-shaped closet *(opposite page, below right)*. A sturdy ladder at one end leads to an 8x11½-foot sleeping loft. The octagonal window visible through the loft railing is the one above the garage door out front.

Throughout the apartment, the warmth and texture of wood are played up with white walls and trim. To save money, the homeowners used recycled exterior siding for wainscoting. In the main living area, they added a free-standing fireplace to one corner and carpeted the floor.

An 8½-foot-wide storage shed originally adjoined the left side of the garage. This space was converted into a compact kitchen *(opposite page, below left)* and a full bath. (Water, sewer, and natural gas lines were added between the garage and the main house, which is only 25 feet away.)

One end of the kitchen (see plan) serves as the front entry. Just inside the front door, part of the old wall between the shed and the garage was removed to form a wide arch that opens up the kitchen and the entry to the main living area. The underside of the old shed roof was finished in the same tongue-and-groove knotty pine used in the main living area, and the concrete floor was covered with Mexican ceramic tile. The cupboards are oak, with butcher block counter tops.

Photographs: Jordan Miller. Field editor: Pauline Graves.





Buying information, page 169

The amount of space most of us can afford to buy, build, or rent is shrinking, but limited space doesn't necessarily mean limited function—or cramped style. You can work good looks and livability into rooms with less-than-grand proportions—if you plan carefully. Think about your own place. Is there a sliver of wasted space (say, an alcove) that's not earning its keep? How about a dining spot that's working only part time? Or maybe you'd like to make that pocket-size den at least *seem* roomier. Here are some ideas to help you make the most of the precious space at your place.

BY DENISE L. CARINGER

SMALL SPACE *Big Style*





. . . IN A DINING ELL A small dining ell can look great and work full time when it's furnished like this one, *left.* The sculptural white table and chairs take up little visual space yet provide a perfect spot for dining or study. A space-efficient wall of bookshelves can accommodate reference materials, bill-paying supplies, and hobby gear. The white ceiling, tall shelves, and long-line draperies (mounted at the ceiling rather than the top of the sliding glass doors) all contribute to the illusion of height.

Photograph: Jessie Walker. Architect: Stephen Guerrant

USE AWKWARD SPACE

. . . IN A TUNNEL-SHAPED ROOM
A long, narrow space, like this 9x14-foot living area, *below*, can still look smart and offer ample seating when it's beautifully designed like this cozy spot. Here, a banquette topped with comfy cushions makes good use of the awkward space between the wall and doorway opening at left. The banquette's softly rounded corner adds more than curvilinear elegance; it's designed so there are no sharp edges on the base to nick persons walking into the conversation area. Along the wall opposite the banquette are two armchairs that provide comfortable seating without looking ponderous. Their open-arm, cantilevered-seat design lets you see below and through them. And practically invisible chrome and glass tables move around easily to hold drinks and snacks.





The white-painted wall above the banquette helps to push that wall back visually. And even the framed artwork is light in color—and scale. At the same time, the bookshelves —brimming with colorfully jacketed books—seem to advance into the room. Both fool-the-eye devices help to square up the awkward proportions of the room.

Photograph: Maris/Semel. Field editor: Ruth Reiter

Buying information, page 169

. . . IN NOOKS AND NICHES With built-ins, you can utilize every inch in a once-wasted alcove. And when the furnishings match the wall color as they do in this room, *above*, they add an illusion of spaciousness, too. In this diminutive attic bedroom, the low-headroom nook at right became the ideal spot for a sweep of storage units. A space between the drawer units provides knee room to create a small desk. (You could achieve a similar look by lining the niche with freestanding storage units or file cabinets, then topping them with a cut-to-fit work surface.) The bed is tucked into another nook at left. Plump pillows and a tailored covering let the bed double as a daytime sitting spot. The few spare inches between the bed and the other wall (just out of camera view) are put to use, too, as a slim headboard to hold a small lamp and a clock radio.

Photograph: Jessie Walker. Interior design: Larry N. Deutsch, ASID. Architect: Allan Grant, AIA

CREATE AN ILLUSION

. . . WITH MIRRORS AND LIGHT COLORS By choosing a light monotone color scheme and making the most of mirrors, you can make a minuscule room like this one, *below,* seem much less claustrophobic.

To create an expansive, unbroken flow of space in this den, the same warm beige colors are used on the walls and ceiling, and in the natural sisal floor covering and canvas Roman shades. At the same time, slices of mirror mounted on either side of one window open up dark corners and reflect the ceiling and walls, thus adding an illusion of height and width.

Furnishings, too, can make a room seem bigger. Here, the comfortable chairs have no bulky arms to add visual weight. And the chairs are designed for flexibility; they can be used separately or pushed together. The glass-topped desk and director-style chair also are lightly scaled.





Photograph: Fred Lyon. Design: Stephen Shubel
Field editor: Barbara Cathcart
Photographed at San Francisco Decorator Showcase 1981



. . . WITH PARED-DOWN FURNISHINGS You can pare down furnishings in a narrow, undersized living room like this, *left,* and still have an elegantly traditional look. But in this home, liberal use of light colors in woodwork, upholstery fabric, and the area rug keeps things from looking heavy or closed in.

The white cotton-covered sofa "encloses" the cozy sitting spot, and the back forms a barrier to direct traffic from the front door around the small grouping. Two see-through rattan armchairs are plumped with white Haitian cotton cushions. Plants help give the small area a "furnished" look without taking up much room. And two handsome chests provide welcome storage, making good use of what could have been wasted space in the recesses on either side of the fireplace.

Even the accessories were carefully chosen with small space in mind. The white-shaded table lamp has a clear-glass base, and the nearby mirror visually opens up part of the wall while amplifying light from the front window.

Since traditional draperies might have overpowered the tiny room, unobtrusive white mini-blinds were used instead. They consume no floor space at all, yet provide privacy at night and admit maximum light during the day.

Photograph: Bill Maris. Design: Penny Delesdernier and Ann Brown. Field editor: Bonnie Warren

. . . WITH SCALE A small family room without a natural focal point (like a fireplace or a view) can be dull to look at and difficult to arrange. But here's a handsome solution. In this room, *below,* a sofa fits snugly against the



wall, while two small-scale side chairs complete the grouping. A handsome wall unit supplies the needed focal point without encumbering the flow of precious space. Because of its open back, the unit looks light and airy, yet it holds lots of books, electronic gear—even cushions for extra seating. Here again, simple window blinds, instead of heavy, room-darkening draperies, control light without taking up space.

Photograph: Ross Chapple. Design: Richard Taylor, Taylor/Siegmeister Associates
Field editor: Eileen A. Deymier

Buying information, page 169

MAKE IT MULTIPURPOSE

. . . FOR SITTING, SLEEPING, AND STUDYING Few of us can afford a family room that serves only one purpose. This small room, *below,* serves three without appearing cluttered, thanks to its well-planned furnishings. The far wall is used for storage—lots of bookshelves, a drop-down "home office" section (teamed with a small chair),







and even wardrobe space for guests' clothes. To make the room seem roomier, all the units are wall-hung and all are painted white to blend with the walls.

The shelves form an attractive focal point for a seating group of inexpensive foam pieces. But when guests arrive for the weekend, the armless sofa becomes a double bed, and the roll-around cocktail table and small end table serve as nightstands.

Photographs: Fred Lyon. Design: Richard Pennington, Pennington and Pennington
Field editor: Barbara Cathcart

. . . FOR LIVING AND DINING If space is tight and your kitchen offers no eating area of its own, work a dining spot into the family room like this, *left.* Modulars hug two walls, providing maximum seating in a minimum of space and leaving room for the table and chairs. Between meals, the table serves for games and hobbies. And when the family entertains, the dining chairs provide extra seating, while the table holds party snacks. White walls and vertical blinds plus neutral furnishings keep things light and airy, while a colorful rug and pillows add decorative punch to the scheme.

Photograph: Jessie Walker. Design: Corky Wolk Interiors

. . . FOR SLEEPING AND RELAXING How can you make the most of available space when a room is cut up by lots of doors and windows? In the bedroom, *below,* there was little space for furniture because of closets (just out of view at left), doors, and windows. But a floating arrangement and double-duty furniture solved the problem. The bed was moved away from the



walls, then tucked into a grouping of ready-made modular storage units that create a desk and also serve as a headboard.

Placing the bed in the middle of the room freed up enough space along the only unbroken wall for more slim storage drawers. And the leftover area at the end of the room is put to use with a small chair and even an exercise bicycle. The white sculptural form to the right of the windows is really a light that opens up the dark corner.

Photograph: Jessie Walker. Design: Inez Saunders

Buying information, page 169



DESIGN FOR ENTERTAINMENT GEAR

By Karol Brookhouser

Today's home entertainment gear comes in so many different shapes and sizes that housing it takes careful planning. Whether your components include the usual TV and stereo or the latest large-screen equipment, you'll want to blend them compatibly into your room scheme. To help you do just that, here are four show-and-stow entertainment ideas that are designed to handle a wide variety of electronics—and do it beautifully. Adapt one or more of these solutions to fit your own system, then sit back and enjoy!

MAXIMIZE WALL SPACE

Large components, like this projection TV, *left,* can overpower a room unless you carefully incorporate them into the furniture arrangement. Here, floor-to-ceiling bookcases built around the TV help to visually balance the wide screen. And to make it even less obtrusive, the wood finish of the built-in is custom matched to that of the TV. The entertainment center also accommodates stereo equipment; a receiver and turntable are stored in the closed cabinets, and speakers are built in near the ceiling.

Modular seating pieces handle two to ten with ease.

Photograph: Jessie Walker. Design: Corky Wolk



RECYCLE A CLOSET

You can convert almost any closet into a hardworking home entertainment area like this one, *left.* In lieu of regular shelves, a wire mesh cart is fitted inside the closet. The cart holds electronic equipment, books, and games and can be rolled in and out of the closet, or even from room to room.

Louvered bifold doors allow easy access to the cart and can be closed to conceal the storage space.

Photo: Jessie Walker. Design: Christine Garrett

TEAM FLEXIBLE STORAGE PIECES

Multipurpose, freestanding storage pieces can meet a variety of home entertainment needs. For example, this black metal cart, *right,* functions as a TV stand while doubling as an end table or a movable server. When it's time to watch TV, the compact battery-operated set is simply placed on the top shelf and the cart is wheeled into viewing position.

A low-slung cabinet along the wall provides additional space for stereo components, but it also could store a small TV or tape deck. The cabinet has a finished back, so it can function as a room divider or be used at the foot of a bed as well.

Photograph: William N. Hopkins. Design: Karol K. Brookhouser





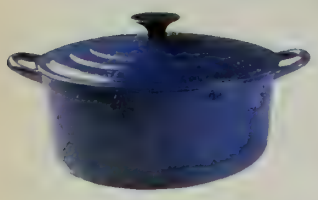
CUSTOMIZE WITH BUILT-INS

If you want your entertainment equipment to be close at hand, but out of sight when not in use, integrate your components into a built-in wall system like this one, *left.*

Handsome bifold doors open to reveal a TV and stereo just steps away from a comfortable seating area. The TV rests on a pull-out swivel shelf so the screen can be viewed from several spots in the room. And stereo speakers are included overhead. When the flush doors are closed, they look like wood paneling so you'd never suspect that cabinets are recessed behind them.

Photograph: Jessie Walker. Design: Sophia Marcovitz

Buying information, page 169



WONDERFUL

FROM THE RANGE TOP • OVEN • PRESSURE COOKER • MICROWAVE • CROCKERY COOKER •

BY MARLENE BROWN

Cooking up a hearty dinner for family or company needn't force you into a pan-juggling act. If you follow along, we'll show you how to prepare six great dinners, each in one pot, with delicious results! Not only does one-pot cooking eliminate pre-dinner hassles; it also streamlines serving and after-dinner cleanup. And you can use the technique whether you opt for a Dutch oven, skillet, roaster, crockery cooker, pressure cooker, or microwave casserole. Cooking times for each are given in the recipes so you can choose the method that best suits your timetable.

For starters, try hearty ***Sombrero Ribs With Tortillas.*** These Mexican-style pork spareribs with sausage get their colorful appeal from zucchini and tomatoes, and their spunky flavor from garlic, chili peppers, and oregano. Serve the ribs with the rich gravy and warm flour tortillas.

Recipes begin on page 128.
Buying information, page 169

Photographs: William Sladcik.
Food stylist: Fran Paulson

ONE-POT MEALS





WONDERFUL ONE-POT MEALS

If you've been serving chili or beef stew to simplify family dinners, you've already adopted the one-pot meal idea. But a mix of meat and vegetables is just the beginning. With a little imagination and some ingredients borrowed from good cooks around the globe, you can create a variety of one-pot entrées. Each of the ones shown here is just as delicious made atop the range as it is in a crockery cooker, microwave dish, or pressure saucepan.

Bacon, white wine, and spices flavor the robust broth in ***Rabbit Stew With Carrot Dumplings*** *(top left).* Your choice of domestic rabbit or chicken, plus carrots and onions, simmers under fluffy carrot dumplings.

Sausage and Vegetables Paprikash *(top right)* is a Hungarian-style medley of spaetzle, Polish sausage, yellow squash, lima beans, and tomatoes laced with paprika.

However you choose to cook it, ***Curried Chicken in a Pot*** *(center right)* will be a sensation on your table. The dish is spiced with cinnamon and curry along with Indonesian condiments like chutney, currants, and almonds. Sweet potatoes, mandarin oranges, and bananas complete the platter.

Uniquely seasoned ***Szechwan Lamb Soup With Wontons*** *(front right)* is an Oriental meal in a bowl. Marinated lamb or beef strips, shrimp- and cabbage-filled wontons, and Oriental vegetables cook up quickly in a pepper-spiked broth.

Meatball Soup With Spinach Pistou *(bottom left)* has all the makings of a gourmet meal. Meatballs, pasta, and mushrooms fill this hearty soup to the brim, but it's the well-seasoned spinach puree you add that produces the unbeatable flavor.

Recipes begin on page 128.
Buying information, page 169



Kids Cooking



Message to parents: Next time your kids ask to help out in the kitchen, take them up on their offer. They'll learn cooking fundamentals and have fun, too. And you'll have a chance to pique their interest in foods that are good for them. To get the ball rolling, we've created cooking projects that are made to order for seven- to 12-year-old chefs. They'll master basics of baking with a versatile yeast dough, learn to prepare vegetables and fruits for side dishes and snacks, and discover the pleasure of making good-tasting (and good-for-them) snacks and desserts. Each recipe is flexible, too, so your youngsters can add their own touches. Follow along as your children discover what a great adventure cooking is.

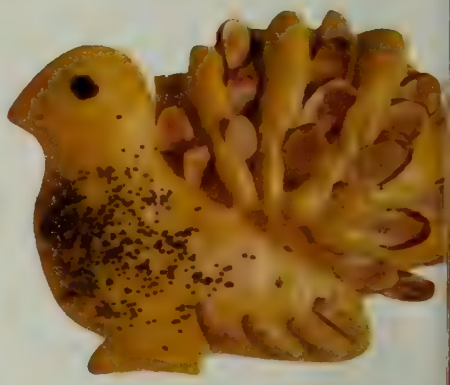
BY MARLENE BROWN

HOW TO MAKE BREAD DOUGH

With just a few simple ingredients—flour, sugar, salt, shortening, water, and yeast—you can open up your own home-sized bread bakery. It's the yeast that makes the dough puff up and gives the bread a light, spongy texture. After the dough stands (rises) in a warm place for an hour or so, you punch it down and knead it. Kneading means that you turn and fold the dough over and over again with your hands until it's smooth and no longer sticky. This gets out bubbles and makes the bread tenderer and softer inside. Now you're ready to shape the dough any way you like.



Photographs: Mike Dieter



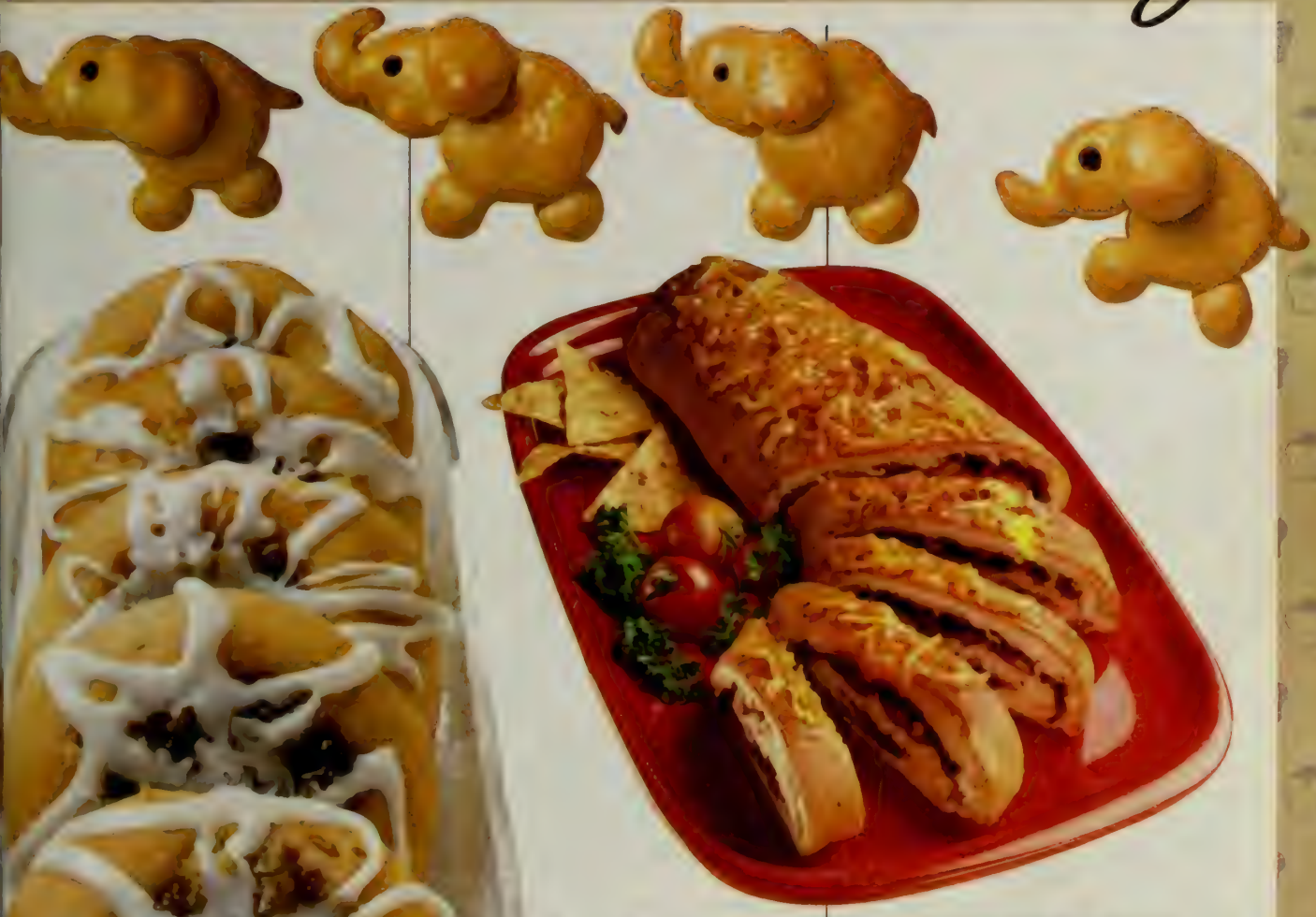


To get off to an easy start, use a hot roll mix, which contains all the basic dry ingredients. We'll show you how to make animal-shaped breads and bagels (rolls that look like doughnuts). Then you can advance to adding fillings—such as chili and cheese for a hot snack, or dried fruit for a sweet treat.

HOW TO MAKE SHAPES

Shaping dough is just like working with clay—except you get to eat the results! First, sprinkle some flour on the counter or tabletop—a small handful should be enough. (Or, put a kitchen towel on the counter, and sprinkle some flour on that.) To make **Animal Breads,** first shape a teddy bear as Susan is doing *(above)*: pull off a medium-sized piece of dough and make a smooth ball for a head; then make smaller balls for ears, hands, and feet. Use a bigger piece for the body, and stretch it with your fingers till it's the right shape. Then decorate each of your animals with flavorful tidbits. **Mini Bagels** like Abby's *(left)* are simple shapes to make. Just divide all the dough into 36 pieces, roll each piece into a ball, and poke your finger right through the middle. Then shape into a doughnut by pulling the dough around the hole to make a smooth ring.





HOW TO ADD A SWEET FILLING

You can add a special filling to the dough to make extra-delicious breads, like these **Thumbprint Sweet Rolls** *(above)*. To make the tasty filling, you can use mixed dried fruit or just one kind, like dried apricots, prunes, apples, or raisins. Start by dividing the bread dough into 16 equal pieces. Lightly flour your hands. Shape each piece into a ball, then flatten each ball with the palms of your hands to make a flat circle. Make a dent in each ball with your thumb, then spoon the fruit filling into each hole. After you bake the rolls, you can drizzle on icing and serve them to your friends. Try other fillings such as nuts, granola, jam, or jelly, too.

TRY AN UNSWEET FILLING

Steve *(right)* filled his bread dough with chili for a hot snack *(above)*. Here's how you do it: First, use a rolling pin to roll the dough into a big flat sheet. (If your dough snaps back when you roll it, just cover the dough and let it rest for ten minutes.



Then try rolling it again.) For the next step, spread canned chili over the dough and sprinkle peanuts and parsley on top. Roll up the dough with the filling inside. Pinch all the ends together so no filling leaks out during baking. Then sprinkle cheese on top and let it melt. Abracadabra —**Cheesy Chili Roll!**



continued

Recipes begin on page 144

Buying information, page 169

Kids Cooking



Besides having all those vitamins and minerals your parents talk about, vegetables and fruits are fun ingredients. First of all, they come in a rainbow of colors and textures—from bright red apples, strawberries, and tomatoes to vibrant green broccoli, lettuce, and grapes, and to sunny yellow beans, corn, and bananas. Some vegetables and fruits are crunchy, and others are soft and juicy. But one thing they all have in common is—they taste wonderful!

CREATE A VEGETABLE/DIP SNACK

You can assemble a beautiful basket of ready-to-eat vegetables that are perfect for snacking with a creamy dip *(below)*. To make your basket look good enough to eat, pick several different colors, shapes, and textures (some vegetables that crunch and others that don't). Darrin *(right center)* used broccoli, tomatoes (the cherry tomatoes are the perfect bite size), celery, carrots, and cauliflower. You might also use sliced zucchini, mushrooms, or green pepper cut into strips.

To begin, rinse the vegetables thoroughly in cold water, but don't let them soak or they'll lose some of the precious vitamins. Drain the vegetables on paper toweling. Use a small sharp knife called a *paring knife* to *carefully* cut the vegetables (use a wooden board for a cutting surface). Then whip up a batch of **Very Cheesy Dip** to serve with your vegetables.



Watch how fast they disappear!

MAKE A SUPER SALAD

Susan says that the best part about making a salad is tossing it *(above, right)*. Start by washing the lettuce—rinse the leaves gently and dry them between paper towels. Tear up the lettuce into a bowl. Then add your favorite cut-up vegetables.



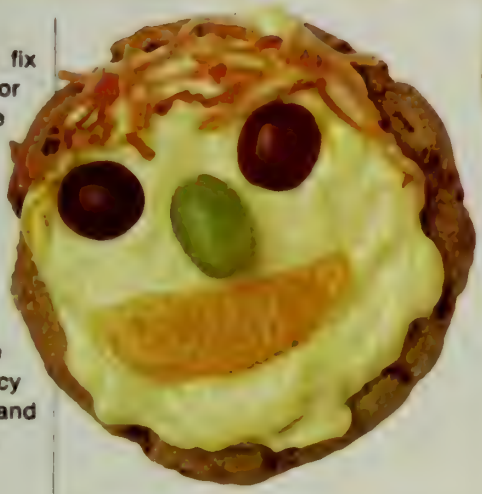
You can turn the salad into a main dish by adding chopped meat or tuna, hard-cooked eggs, or cheese strips. Susan added cooked pasta for her **Spaghetti Salad.** To make the dressing, shake together salad oil, vinegar, and seasonings in a covered jar, then pour the dressing over the salad. Now you're ready to toss—and enjoy!



The Fruit and Vegetable Basket

FRUITS FOR SPECIAL TREATS

Fresh fruits are a breeze to fix anytime you want a snack or dessert. If you're using fruits like apples, pears, peaches, grapes, or berries, there's no need to peel them. Cut up other fruits, just before you eat them, because that way they'll taste the best (and be the best for you). Fruits make perfect snacks and desserts all by themselves. But you also can use your favorite fruits to make fancy parfaits, fruit ice cream sundaes, and fruit faces to decorate cookie tarts.







FRUIT PARFAITS

One great way to enjoy fruit is in a **Fruit 'n Granola Parfait** *(bottom left)*. You choose the fruit, then layer it in a tall glass with granola and ice cream, pudding, or fruit-flavored yogurt. Sliced strawberries and grapes with homemade granola make a crunchy delight. Or try this concoction: lemon- and orange-flavored yogurt layered with mandarin oranges and granola. You also can use the granola for a breakfast parfait—just top the granola with cut-up fruit and pour on the milk!

HOT FRUIT SUNDAES

It's a snap to cook up fruit if you follow a few simple tips: be sure to use a low temperature and cook the fruit pieces for a short time so they don't overcook. You can use canned peaches or pineapple, or sliced banana to make **Spicy Fruit Sundaes** *(bottom center)* in about five minutes!





FRUIT 'N COOKIE TARTS



You can choose any designs for your **Fruit 'n Cookie Tarts** *(top and right)*. Start with refrigerated cookie dough to make the giant cookies for the base. (Either sugar, peanut butter, or oatmeal cookies work well.) Bake the cookies and let them cool on wire racks. Then spread on some vanilla or butterscotch pudding with the back of your spoon. Now decorate the tarts with some pieces of cut-up fruit and some nuts and coconut. Caryn *(above)* spread vanilla pudding on an oatmeal cookie; then she used red and green grapes and a slice of orange to give the cookie a funny face. (Shredded toasted coconut is great for the hair.)

Recipes begin on page 144.
Buying Information, page 169



The Snack Shop



HOW TO MAKE NUTRITIOUS SNACKS

If you get hungry after school or play, these kids have some terrific ideas for tasty nibbles you can make. You'll find some more ideas for jiffy refreshments below.

Recipes for snacks pictured are on page 152.

Buying information, page 169

Sunflower Cheese Balls

▲ If you like cheese, you already know it's a great-tasting snack food. You can spread the word by serving a tray of these cheesy balls to your friends. Roll 'em (the cheese balls, not your friends!) in sunflower seeds and wheat germ for extra crunch.

Fresh Fruit Snow

▼ Use a blender to mix up fresh fruit chunks with water and honey; then freeze the snow, beat and freeze it again. Don't eat this snow too fast though, or it will tickle your tongue!

Chunky Peanut Butter Spread

▼ This nifty spread combines peanut butter, cream cheese, honey, plus your choice of raisins or apricots, and it won't even stick to the roof of your mouth! Try the spread on apple slices or crackers for a neat treat, or on bread for an open-faced sandwich.

Lollipop Cookies

▲ If you want to make a great cookie better, put it on a stick! Use a cookie mix to make your favorite cookies, then insert wooden sticks in them, decorate with small candies, raisins, nuts, or cut-up gumdrops, and bake.

Snack-in-a-Glass

▼ Drinks can be delicious snacks, too. This one tastes like fruit-flavored egg-nog that's made with yogurt. You can whip the drink up fast in the blender. Save a few pieces of the fruit to decorate each frothy serving.







MORE IDEAS FOR MUNCHIES

- Spread nut bread slices, or English muffin or bagel halves, with softened cream cheese. Top with your favorite fruit-flavored jam and a sprinkling of nuts.
- Spread peanut butter on a bread slice. Cut bread in half. Top with peanuts, raisins, or sliced banana. Give half to a friend.
- Thread chunks of fruit, cheese, and lunch meat alternately on skewers.
- Make pickle dogs: wrap a big sweet or dill pickle with a piece of ham or lunch meat, then dip the dogs in catsup or mustard.
- Fill ready-made mini tart shells with pudding, ice cream, or frozen yogurt; top with a drizzle of honey or jam and nuts.
- Make ice cream sandwiches: Slice a block of ice cream into ½-inch-thick slices; cut in quarters. Place each quarter between two big oatmeal cookies. Eat the sandwiches immediately or wrap and freeze them.
- Make vegetable mini-pizzas: Cut thick slices of zucchini, cucumber, or tomato; place them on a baking sheet. Top each slice with a small piece of cheese or a spoonful of cheese spread. Sprinkle pizzas with sliced olives or mushrooms. Bake at 350° for 1 to 2 minutes till cheese melts.

Photographs Mike Dieter

CAMPBELL'S SOUPS MAKE GOOD FOOD EVEN BETTER.



PARMESAN CHICKEN

¼ cup fine dry bread crumbs
4 tablespoons grated Parmesan cheese
¼ teaspoon oregano leaves, crushed
Dash garlic powder
Dash pepper
2 pounds chicken parts
1 can Campbell's Cream of Chicken Soup
½ cup milk
Paprika

Combine crumbs, 2 tablespoons Parmesan, oregano, garlic, and pepper; roll chicken in mixture. Arrange in 2-quart shallow baking dish (12x8x2"). Bake at 400°F. for 20 minutes. Turn chicken; bake 20 minutes more. Meanwhile, blend soup and milk, pour over chicken. Sprinkle with paprika and remaining Parmesan. Bake 20 minutes more or until done. Arrange chicken on platter. Stir sauce; serve with chicken. Makes 4 servings.

TUNA NOODLE COMBO

1 can Campbell's Cream of Celery Soup
½ cup sour cream
½ cup milk
1 can (about 7 ounces) tuna, drained and flaked
2 tablespoons chopped parsley
2 tablespoons chopped pimiento
¼ teaspoon salt
Generous dash pepper
2 cups cooked noodles
2 tablespoons buttered bread crumbs

In 1½-quart casserole, combine soup and sour cream, stir in milk. Add tuna, parsley, pimiento, seasonings and noodles. Bake at 400°F for 25 minutes or until hot, stir. Top with bread crumbs. Bake 5 minutes more. Makes about 4 cups.

BEST EVER MEAT LOAF

1 can Campbell's Golden Mushroom Soup
2 pounds ground beef
½ cup fine dry bread crumbs
⅓ cup finely chopped onion
1 egg, slightly beaten
1 teaspoon salt
⅓ cup water

Mix *thoroughly* ½ cup soup, beef, bread crumbs, onion, egg, and salt. Shape *firmly* into loaf (8x4"); place in shallow baking pan. Bake at 375°F for 1 hour 15 minutes. Blend remaining soup, water and 2 to 3 tablespoons drippings. Heat, stir occasionally. Serve with loaf. Makes 6 servings.

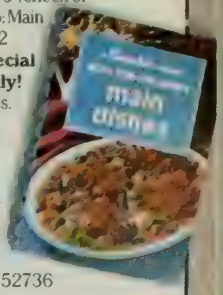
GARDEN SKILLET

2 cups diced zucchini squash
½ cup chopped onion
½ teaspoon basil leaves, crushed
2 tablespoons butter or margarine
1 can Campbell's Cheddar Cheese Soup
3 cups cooked elbow macaroni
2 cups shredded sharp Cheddar cheese
1 can (about 16 ounces) tomatoes, chopped and well drained
½ teaspoon prepared mustard

In skillet, cook zucchini and onion with basil in butter until tender. Add remaining ingredients. Heat until cheese melts; stir occasionally. Makes about 5½ cups.

How to get more delicious recipes.

Send for Campbell's Most-For-The-Money Main Dishes Cookbook. Only $1.95 (check or money order only, payable to: Main Dishes Cookbook) plus any 2 Campbell's Soup Labels. **Special offer for limited time only!** Over 200 recipes. 130 pages. Retail value $3.95.



Please send me _____ cookbook(s)
I have enclosed $ _____

Mail to:
Main Dishes Cookbook
P.O. Box 9972B, Clinton, IA 52736

NAME _____
(Please Print)
ADDRESS _____ APT _____
CITY _____
STATE _____ ZIP _____

Offer expires August 30, 1982. Offer good only while supplies last and good only in U.S.A., Puerto Rico and Military Installations. Please allow 6 weeks for handling. Void if taxed, restricted or forbidden by law. Please do not mail to offeror. Campbell Soup Company, Camden, NJ 08101. For faster handling use address above.

Campbell's
SOUP IS GOOD FOOD

The new evolution : Survival of the prettiest

Pattern :
Fleur



The remarkable thing about Arcoroc tableware is not merely how beautiful it looks, but how long it looks so beautiful.
You can expect it to keep its lustrous beauty through years and years of carefree household use, for a very simple reason.
Arcoroc is made from fully tempered glass that is break resistant, lightweight, non-porous and microwave and dishwasher safe. It can be formed into the most delicate designs, yet it's more than three times as strong as ordinary glass.
The result is a complete variety of dinner plates, serving pieces, salad bowls, cups and glasses, in exquisite patterns, shapes and colors you've never seen before. See them now.
Even the prices are attractive.
But choose your pattern carefully: you're going to love it a long, long time.

Imported from France
by J.G. DURAND INTL, MILLVILLE N.J.

arcoroc
Elegance designed to last.

FRANCE

WIN MONEY FOR YOUR

RECIPES

Make-Ahead Appetizers

Potato Side Dishes

Do you avoid last-minute hassle by preparing an appetizer in advance of a holiday party? Can you parlay potatoes into a special side dish? Send us your recipes—you could be a winner. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next November. All winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Make-Ahead Appetizers

Your original appetizer recipe qualifies if it is partially or completely prepared hours or days before serving. Does the use of a convenience product save you time? **Tips: fruity pecan tidbits, big-batch meatball skewers, sherried crab puffs.**

Potato Side Dishes

Do you broil, boil, steam, bake, or fry potatoes to create a tasty side dish? Your recipe might be a crowd-pleasing casserole or a single-serving stuffed spud. **Hints: herbed potato logs, potatoes a la Grecque, potato-onion mousse.**

THIS MONTH'S WINNERS

(See recipes on pages 141 and 142)

Cooks-of-the-Month

Carol Hedrick, Ithaca, N.Y.
Joan Leviness, Winsted, Conn.

Runners-up

Mrs. Joseph A.A. Graf, Kentwood, Mich.
Mrs. Paul L'Ecuyer, Essex Junction, Vt.
Melicia Montemayor, Santa Maria, Calif.
Ann Wilson, LaPorte, Ind.

Honor Roll

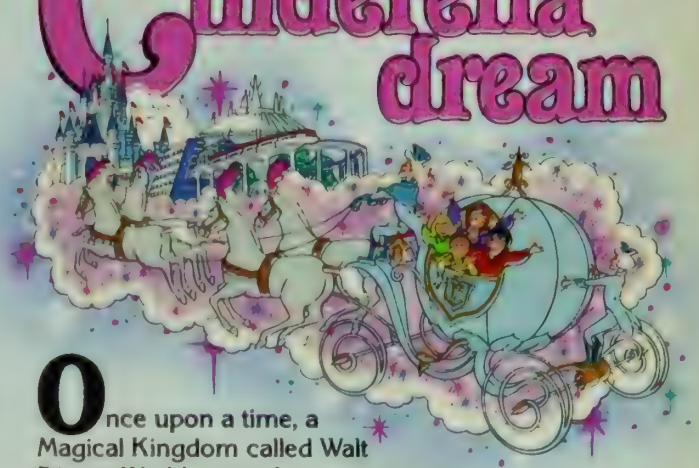
Emily Affek, Jewett City, Conn.
Janet Charshaf, Fairfax, Calif.
Patricia Clarke, Macungie, Pa.
Nancy Combs, Dahlonega, Ga.
Mrs. Katie French, Rutland, Vt.
Mrs. Harold L. McKinsey, Frankfort, Ind.
Mrs. Judith A. Rheberg, Arlington Heights, Ill.
M. Sherman, Beverly Hills, Calif.
Deborah E. Slagle, Perryville, Md.
Mrs. Billie Taylor, Afton, Va.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "November Make-Ahead Appetizers," or "November Potato Side Dishes."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, April 30. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8204 Food Department, Better Homes and Gardens, Des Moines, IA 50336.**



Cook up some magic with Kraft and win a Cinderella dream



Once upon a time, a Magical Kingdom called Walt Disney World awaited a most special visitor—a visitor whose story began with only a wish, and a hope, and a few magic words...



Grand Prize Dream: A Walt Disney World Vacation Kingdom Journey and a brand new coach—a 1982 Chevy Cavalier.

For the Grand Prize Winner—four days and three nights of magical memories for you and 3 members of your family at Walt Disney World Resort Complex; round-trip transportation on Eastern Airlines, where all kids flying to Orlando get Eastern's exclusive Walt Disney World Fun Flight Bag; breakfast, lunch and dinner every day in a selection of Walt Disney World restaurants; and ticketbooks for all Walt Disney World attractions.

EASTERN THE OFFICIAL AIRLINE OF Walt Disney World

Your glamorous coach is a 1982 Chevy Cavalier Hatchback, The Complete Car with over 40 standard features. But, we get ahead of our story.

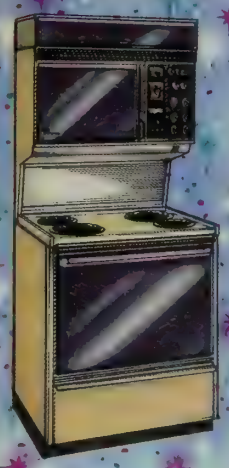


KRAFT **Make this magical dream come true for you.**

It begins with only a turn of the page...



During your family's stay at the Walt Disney World Resort Complex you'll have the use of an air-conditioned, mid-size **Hertz** rental car, and $500 worth of **MasterCard™ Travelers Cheques** to spend any way you wish.



FIRST HAPPY ENDINGS

10 First Prizes.

White-Westinghouse Tri-Level Range—the ultimate cooking center with microwave oven on top, high-speed surface elements, and a full size self-cleaning master oven. Microwave oven features seven cooking selections, timer and automatic cook guard probe. Automatic Digital Clock/timing center controls master oven.

SECOND HAPPY ENDINGS

20 Second Prizes.

Royal Worcester Oven-to-Tableware—five handsome, useful serving pieces of finest, world-famous English porcelain. The colorful Evesham pattern, featuring fruits and vegetables, is named for an area of the English countryside renowned for its produce and beauty.



SECOND CHANCE PRIZES

500 Kraft Cookbooks. All contest entrants not winning one of the 31 main prizes will automatically be entered in the Second Chance drawing. 500 names will be drawn to receive the beautifully illustrated, idea-full Kraft Cookbook.

GOLDEN RULES.

1. To enter, print your name, address and zip code on an 8½" x 11" piece of paper and mail with your completed statement (as described below in point #2) to KRAFT NOBODY COOKS LIKE YOU CONTEST, c/o TRG Communications, Inc., 1140 Avenue of The Americas, New York, NY 10036. One statement per entry; each statement may be entered only once. No household may win more than one prize. **2.** Complete in 25 words or less, the statement: "Nobody Cooks Like Me with Kraft recipes and products because...". Type or plainly print your statement on an 8½" x 11" sheet of paper. **3.** NO PURCHASE NECESSARY. Entries must be postmarked no later than June 30, 1982, and received by July 9, 1982. Judging will be completed and winners will be notified by mail within 90 days of contest closing. **4.** Entries will be judged by a qualified Board of Judges on the basis of content (appropriate response to the contest theme), originality & creativity, clarity, and human interest, in that order. Thirty-one final entries will be chosen and prizes will be awarded based on the scores earned. Decision of the Judges is final. No correspondence will be entered into. **5.** Prizes include: One (1) Grand Prize: A trip to Walt Disney World Resort Complex for the winner and 3 family members and a 1982 Standard Chevy Cavalier Hatchback. Trip to Walt Disney World Resort Complex includes round-trip coach flight via Eastern Airlines from the nearest available Eastern point-of-departure to Orlando, Florida, 4 days and 3 nights at Walt Disney World Resort Complex, including accommodations (minimum 2 persons per room), breakfast, lunch, and dinner ticket-books for all Magic Kingdom attractions for 3 days, use of a Hertz RENT-A-CAR free-of-charge for a period of 4 days. Winner will also receive MasterCard™ Travelers Cheques in the amount of $500.00. Trip must be taken by March 1, 1983, subject to airline and hotel availabilities, and arrangements for trip must be made 30 days prior to departure. All transportation to point-of-departure is responsibility of the winner. Estimated Retail Value: $12,895. Ten (10) First Prizes: White-Westinghouse Tri-Level Electric Range with Microwave. Estimated Retail Value: $1,280.00 each. Twenty (20) Second Prizes: 5-piece set of Royal Worcester Fine English Oven-to-Table Porcelain, Evesham pattern. Estimated Retail Value: $460.00 per set. Five hundred (500) Kraft Cookbooks to be awarded in a Second Chance Sweepstakes—a drawing for all entrants not winning other prizes. Estimated Retail Value: $10.95 each. **6.** All entries become the property of Kraft, Inc., and none will be returned. Submission of a winning statement in this contest gives Kraft, Inc. the right to adapt, publish and statement and/or the names and likenesses of the winners for any advertising and/or trade purpose by Kraft, Inc. and its agents, without compensation to or permission from, the entrant. **7.** All prizes will be awarded. Prizes are non-transferable and non-redeemable for cash. No subs of prizes is permitted. **8.** ALL FEDERAL, STATE AND LOCAL TAXES ARE THE RESPONSIBILITY OF THE WINNER. Winners may be req execute an affidavit of eligibility, release and indemnity. The Grand Prize winner of the car is also responsible for the appropriate sales and use tax registration tax and any other taxes or fees applicable on this prize. If the winner is not a licensed driver he/she must sign a release and transfer licensed driver. Winners of appliances will be responsible for installation charges on all such appliances. **9.** All entrants must be 18 years of age This contest is void outside the U.S.A. (except for APO/FPO addresses) and wherever prohibited, taxed or restricted by law. Employees of Kraft, its subsidiaries, its advertising agencies, TRG Communications, Inc. and their immediate families living in the household are not eligible. **10.** winners of Grand, First and Second Prizes can be obtained by sending a separate, stamped, self-addressed #10-size envelope (4⅛" x 9½") to NOBODY COOKS LIKE YOU CONTEST WINNERS' LIST, c/o TRG Communications, Inc., 1140 Avenue of The Americas, New York, N. Y. 1003

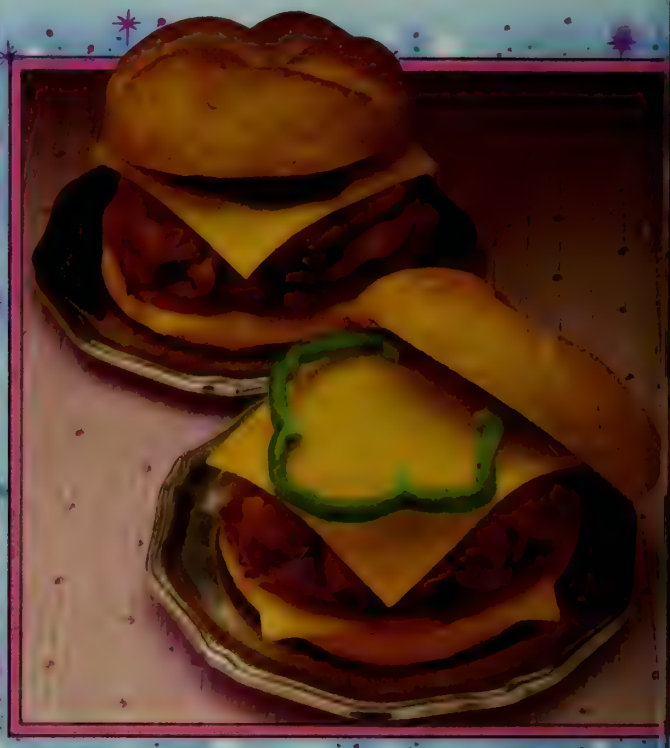


Say the magic word.

Nobody Cooks

contes

Once upon a time, there was a m marvelous recipe. It became so popu throughout the land that more and more recip were created, all with the same famous, happy name Kraft. The people loved them so, that to this day, K recipes continue to capture the imaginati



Barbecued Beef Fit for the Prince

- 1 lb. roast beef slices
- 1 cup KRAFT Barbecue Sauce
- 4 hard rolls, split, toasted
- Green pepper rings
- 8 KRAFT American Singles Pasteurized Process Cheese Food

Simmer meat in barbecue sauce 15 minutes. For each sandwich, cover bottom half of roll with one process cheese food slice, meat, second cheese food slice, green pepper ring and top half of roll.

4 sandwiches

nd win KRAFT'S

ike You

do they
ure yours?
us the answer and you could win a
derella dream come true. In 25 words or
tell us why, when it comes to Kraft products and
oes, nobody cooks like you!



Magical Cheese Spread

ps (8 ozs.) shredded KRAFT Sharp Natural Cheddar Cheese
p KRAFT Real Mayonnaise
p chopped ripe olives
p chopped pimiento
2 tablespoons chopped green onion
1 teaspoon Worcestershire sauce
¼ teaspoon garlic powder
Dash ground red pepper

bine ingredients; mix well. Chill. Serve with crackers bread sticks.

ups

e moral of the story is:

your own special magic with Kraft, and all the
c Kingdom's dreams may come true—for you!



Save 15¢

on any variety 12 oz. or larger KRAFT Singles Pasteurized Process Cheese Food



MR. GROCER: Kraft, Inc. (Retail Food Group) will reimburse you for the face value of this coupon plus 7¢ handling allowance provided you redeemed it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemptions. Coupon is void where taxed, prohibited, or restricted by law, and may not be assigned or transferred by you. Cash value 1/20¢. Customer must pay any applicable tax. For redemption mail to **KRAFT, INC. RFG, P.O. BOX 1600, CLINTON, IOWA 52734.** REDEEM PROMPTLY—ONE COUPON PER ITEM PURCHASED

KRAFT

STORE COUPON

M2-2

15¢ 21000 116760 15¢

Buy Two... Save 25¢

on any size or flavor of KRAFT Barbecue Sauce



MR. GROCER: Kraft, Inc. (Retail Food Group) will reimburse you for the face value of this coupon plus 7¢ handling allowance provided you redeemed it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemptions. Coupon is void where taxed, prohibited, or restricted by law, and may not be assigned or transferred by you. Cash value 1/20¢. Customer must pay any applicable tax. For redemption mail to **KRAFT, INC. RFG, P.O. BOX 1600, CLINTON, IOWA 52734.** REDEEM PROMPTLY—ONE COUPON PER ITEM PURCHASED

KRAFT

STORE COUPON

F2-1

2/25¢ 21000 113551 2/25¢

Save 15¢

on any size or variety KRAFT Brand Natural Colby or Cheddar Cheese "Look for the Horse & Wagon Symbol"



MR. GROCER: Kraft, Inc. (Retail Food Group) will reimburse you for the face value of this coupon plus 7¢ handling allowance provided you redeemed it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemptions. Coupon is void where taxed, prohibited, or restricted by law, and may not be assigned or transferred by you. Cash value 1/20¢. Customer must pay any applicable tax. For redemption mail to **KRAFT, INC. RFG, P.O. BOX 1600, CLINTON, IOWA 52734.** REDEEM PROMPTLY—ONE COUPON PER ITEM PURCHASED

KRAFT

STORE COUPON

S2-1

15¢ 21000 116224 15¢

Save 15¢

on 16 oz.–32 oz.–48 oz. KRAFT Real Mayonnaise



MR. GROCER: Kraft, Inc. (Retail Food Group) will reimburse you for the face value of this coupon plus 7¢ handling allowance provided you redeemed it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemptions. Coupon is void where taxed, prohibited, or restricted by law, and may not be assigned or transferred by you. Cash value 1/20¢. Customer must pay any applicable tax. For redemption mail to **KRAFT, INC. RFG, P.O. BOX 1600, CLINTON, IOWA 52734.** REDEEM PROMPTLY—ONE COUPON PER ITEM PURCHASED

KRAFT

STORE COUPON

C2-3

15¢ 21000 117537 15¢

DISNEY ILLUSTRATIONS
© 1982 Walt Disney Productions

© 1982 Kraft, Inc.

KRAFT

begins on page 114

One-pot meals

***Note:* Microwave recipes were tested in counter-top microwave ovens. Timings are approximate since ovens vary by manufacturer.**

SOMBRERO RIBS WITH TORTILLAS

Cooking times:
Range top—1½ hours
Crockery cooker—7¾ hours
Pressure cooker—50 minutes

8 ounces pork sausage links, cut up
½ cup sliced onion
1 clove garlic, minced
2½ to 3 pounds pork loin back ribs, cut into 2- or 3-rib sections
1 16-ounce can whole tomatoes
2 teaspoons instant beef bouillon granules
2 tablespoons chopped canned green chili peppers
2 teaspoons dried oregano, crushed
4 medium zucchini, cut into half-slices about ½ inch thick (4 cups)
1 large red *or* green sweet pepper, cut into bite-sized pieces
3 tablespoons all-purpose flour
⅓ to ½ cup shredded cheddar
8 warm flour tortillas, rolled

Range-top method: In large Dutch oven or kettle brown sausage pieces, onion, and garlic; remove from pan. Drain off fat. In same pan brown the ribs, half at a time. Return sausage mixture and ribs to pan. Add *undrained* tomatoes, bouillon granules, green chili peppers, oregano, and 1 cup *water.* Cover and simmer 50 minutes. Add zucchini and the sweet pepper pieces; cover and simmer 15 minutes more or till vegetables and ribs are tender. Remove meats and vegetables to platter; keep warm. Skim off fat from pan juices; measure juices. Add water if necessary to make *2 cups* liquid; return to pan. Blend ⅓ cup *cold water* into the flour; stir into liquid. Cook and stir till bubbly; cook 1 minute more. Pour some sauce over meat on platter; sprinkle with shredded cheese. Pass remaining sauce and warm tortillas. Serves 8.

Crockery-cooker method: In a 3½- to 4-quart crockery cooker combine onion, garlic, *undrained* tomatoes, the bouillon granules, green chili peppers, oregano, and ½ cup *water.* Top with sausage, then *2½ pounds* ribs; cover and cook on low for 6 hours. Uncover; remove ribs. Add zucchini and sweet pepper to cooker, covering with liquid; place ribs atop vegetables. Cover and cook 1 hour more. Remove meat and vegetables to platter; keep warm. Skim off excess fat from juices; measure juices. Add water to juices if necessary to make 2 cups liquid; pour into saucepan. Stir ⅓ cup *cold water* into *¼ cup* flour; stir into liquid. Cook and stir for 1 minute till mixture is bubbly; cook 1 minute more. Serve as directed for range-top method.

Pressure-cooker method: In pressure saucepan brown sausage, onion, garlic, and ribs as directed for range-top method. Remove from pan. In same pan combine *undrained* tomatoes, bouillon granules, green chili peppers, oregano, and 1 cup *water.* Return sausage mixture and ribs to pan. Cover pan tightly; set control at 15 pounds pressure. Place pan over high heat till pressure control jiggles. Reduce heat (control should still rock back and forth); cook 15 minutes. Remove pan from heat; let stand 5 minutes. To finish reducing pressure, run cold water over cooker. Remove ribs to platter; cover and keep warm. Bring pan juices to boiling; add zucchini and sweet pepper to pan. Simmer, uncovered, 5 to 10 minutes more or till vegetables are crisp-tender. Arrange vegetables and sausage on platter; keep warm. Prepare gravy in pressure saucepan as directed for range-top method. Serve.

RABBIT STEW WITH CARROT DUMPLINGS

Cooking times:
Range top—1¾ hours
Crockery cooker—6½ to 7½ hours
Pressure cooker—25 minutes

1 2½- to 3-pound rabbit *or* chicken, cut up
¼ cup all-purpose flour
4 slices bacon
1½ cups chicken broth
½ cup dry white wine
8 to 12 whole boiling onions
6 juniper berries *or* whole allspice
1 bay leaf, crushed
5 medium carrots, cut into sticks
1 cup all-purpose flour
2 teaspoons baking powder
¼ teaspoon ground allspice
½ cup milk
2 tablespoons cooking oil
⅓ cup finely shredded carrot
1 teaspoon snipped parsley

Range-top method: Coat rabbit or chicken pieces with a mixture of the ¼ cup flour, ¼ teaspoon *salt,* and dash *pepper;* set aside. In a 4- or 5-quart kettle or Dutch oven, cook bacon slices till crisp; drain, reserving drippings in pan. Crumble bacon; set aside. Brown rabbit or chicken pieces in reserved drippings about 5 minutes per side. Drain off fat. Add broth, wine, onions, juniper berries or whole allspice, crushed bay leaf, and bacon. Bring to boiling. Reduce heat; simmer, covered, for 50 to 60 minutes. Add carrot sticks; cover and simmer about 25 minutes more.

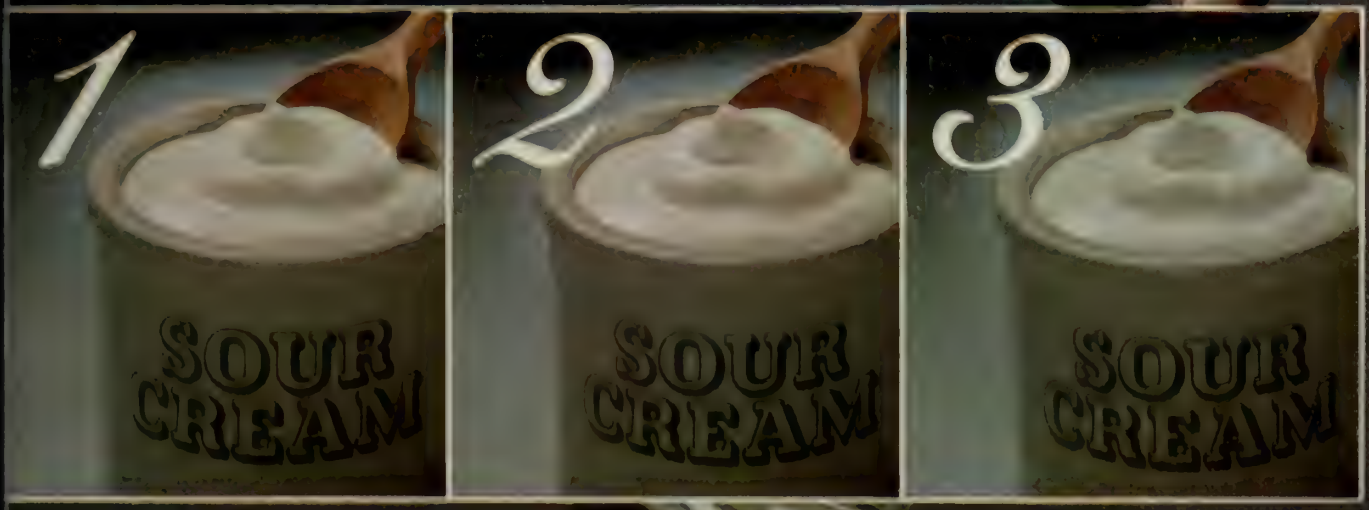
Meanwhile, prepare dumplings: In medium bowl thoroughly combine the 1 cup flour, the baking powder, ¼ teaspoon *salt,* and ground allspice. Combine milk and oil; add all at once to flour mixture along with shredded carrot. Stir just till moistened. Drop the dumpling dough from a tablespoon, making 6 to 8 mounds atop bubbling stew. Sprinkle dumplings with parsley. Cover kettle tightly; simmer 15 minutes (do not lift cover). Serves 5 or 6.

Crockery-cooker method: Place carrot sticks and onions in bottom of a 3½- to 4-quart crockery cooker. Sprinkle rabbit or chicken pieces with salt and pepper (omit coating with flour). Place rabbit or chicken pieces over vegetables in pot. Dice the *uncooked* bacon; combine with the broth, wine, juniper berries or whole allspice, and crushed bay leaf. Pour mixture over meat in pot. Cover; cook on low for 6 to 7 hours or till meat is tender. Turn control to high. Prepare dumpling batter as directed for range-top method; drop dough from a tablespoon to make 6 to 8 mounds around edge of pot. Sprinkle dumplings with parsley. Cover; cook on high 30 minutes (do not lift cover).

Pressure-cooker method: In pressure saucepan prepare recipe as directed in range-top method through browning the rabbit or chicken in bacon drippings. Drain off excess fat. Add broth, wine, carrot sticks, onions, juniper berries or whole allspice, crushed bay leaf, and crumbled bacon to pan. Cover pan; set control at 15 pounds pressure

continued

What makes new Kraft® Buttermilk Creamy Dressings so irresistibly creamy?





New KRAFT Buttermilk Creamy Dressings start with creamy, fresh buttermilk. But only Kraft stirs in a heaping teaspoon of thick, fresh sour cream. Then another. And then another. Because Kraft had to see just how far creamy could go. How far is that? See for yourself!

For a new twist on taste, turn to Kraft

STORE COUPON

SAVE 15¢ on any size bottle of KRAFT Buttermilk, Buttermilk and Green Pepper or Buttermilk and Chive Dressings.



15¢

MR. GROCER: Kraft, Inc. (Retail Food Group) will reimburse you for the face value of this coupon plus 7¢ handling allowance provided you redeemed it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemptions. Coupon is void where taxed, prohibited, or restricted by law, and may not be assigned or transferred by you. Cash value 1/20¢. Customer must pay any applicable tax. For redemption mail to: KRAFT, INC. RFG, P.O. BOX 1600, CLINTON, IOWA 52734

REDEEM PROMPTLY – ONE COUPON PER ITEM PURCHASED

KRAFT

15¢ 21000 120515

K2-16

A blend of natural cheeses

You can say good-bye to the slice and grate and wait routine, because Cheez Whiz cheese spread does the work for you. Cheez Whiz is made with a creamy blend of good natural cheeses. So all you do is open the jar and it's all ready to go. It makes Mexican cooking more festive than ever, or melts to make a mellow sauce to spoon over steaming vegetables. Whatever delicious thing you do, Cheez Whiz cheese spread is already ready for you.



KRAFT
© 1982 Kraft, Inc.

continued

One-pot meals

and place over high heat till control jiggles. Reduce heat (control should still rock back and forth); cook 15 minutes. Remove pan from heat; immediately run cold water over cooker to finish reducing pressure. Uncover pan. Prepare dumpling batter as directed in range-top method; return pan to heat. Bring stew to simmering. Drop dough from a tablespoon to make 6 to 8 mounds atop bubbling stew. Sprinkle dumplings with parsley. Simmer, uncovered, for 5 minutes. Remove pressure gauge from lid; cover pan. Place over heat. Allow a small stream of steam to escape from vent tube for 5 minutes more. Remove pan from heat. Serve.

SAUSAGE AND VEGETABLE PAPRIKASH

Cooking times:
Range top—20 minutes
Crockery cooker—3½ to 4½ hours
Pressure cooker—20 minutes

1 10-ounce package spaetzle *or* small shell or bow macaroni (about 3 cups)
2 tablespoons paprika
½ teaspoon instant chicken bouillon granules
Few drops bottled hot pepper sauce
1 10-ounce package frozen lima beans
½ cup chopped onion
1 pound fully cooked Polish sausage *or* bratwurst, bias-sliced into ½-inch-thick slices
3 small yellow squash *or* zucchini, cut into bite-sized chunks
12 cherry tomatoes, halved, *or* 1 large tomato, cut into wedges

Range-top method: In a 3-quart saucepan cook spaetzle in boiling salted water according to package directions; cover. Remove from heat; let stand 5 minutes. Drain in colander. (If using macaroni, cook according to package directions; drain immediately.) In

that's already ready.



Already ready for Fiesta Mexican Pie

½ lb. ground beef
1 medium green pepper, chopped
¼ cup chopped onion
1 8-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread
½ teaspoons chili powder
½ cup chopped tomato

2 eggs, beaten
¾ cup flour
½ teaspoon salt
½ cup milk
1 tablespoon cornmeal

Brown meat; drain. Add green pepper and onion; cook until tender. Add half of process cheese spread and chili powder; stir over low heat until process cheese spread is melted. Stir in tomato.

Combine remaining process cheese spread, eggs, flour, salt and milk; beat until smooth. Pour into greased 9-inch pie plate; sprinkle with cornmeal. Spoon meat mixture over batter to within 1-inch of edge. Bake at 400°, 25 to 30 minutes or until golden brown. Let stand 5 minutes before serving.

6 to 8 servings.

Variation: For a zestier fiesta, substitute CHEEZ WHIZ Pasteurized Process Cheese Spread with Jalapeño Peppers.

Already ready for Saucy Vegetables

Heat 8-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread. Pour over hot cooked cauliflower and green beans.

same pan bring 1½ cups *water,* the paprika, chicken bouillon granules, and hot pepper sauce to boiling. Cook lima beans and onion in bouillon mixture according to bean package directions; do not drain. Add Polish sausage or bratwurst, yellow squash or zucchini, and drained spaetzle or macaroni to pan. Cover and cook about 10 minutes or till vegetables are nearly tender and mixture is hot. Stir in tomato pieces; heat through. Makes 6 servings.

Crockery-cooker method: In a 3½- to 4-quart crockery cooker combine spaetzle or macaroni and 2 quarts boiling salted water. Cover and cook on high about 15 minutes or till spaetzle are nearly tender. Drain and cool. Cover spaetzle; set aside. Run hot water over beans to separate; drain. Place beans, sausage or bratwurst, and squash or zucchini in pot. Combine the water, paprika, bouillon, and pepper sauce; pour over. Cover and cook on low for 3 to 4 hours. Turn control to high. Stir in cooked spaetzle or macaroni; cover and cook 15 minutes more. Stir in tomatoes.

Pressure-cooker method: In pressure saucepan without pressure gauge, prepare spaetzle as directed for range-top method; set aside. In same pan combine the water, paprika, bouillon granules, and pepper sauce. Run hot water over beans to separate; drain. Add beans, sausage, and squash to pan. Cover pan; set control at 15 pounds pressure. Place over high heat till control jiggles. Reduce heat (control should still rock back and forth); cook 3 minutes. Run cold water over cooker to reduce pressure. Uncover; stir in spaetzle and tomatoes. Heat through.

CURRIED CHICKEN IN A POT

Cooking times:
Range top—50 minutes
Oven—55 to 65 minutes
Crockery cooker—6½ to 8 hours
Pressure cooker—25 minutes
Microwave oven—26 minutes

continued on page 134

When the chocolate is rich and dark, and the cream is freshly whipped,



isn't it silly not to use Philly?

MARBLE CHEESECAKE

A Philadelphia Brand cream cheese original.

- 1 cup graham cracker crumbs
- 3 tablespoons sugar
- 3 tablespoons Parkay margarine, melted

• • •

- 3 8-oz. pkgs. Philadelphia Brand cream cheese
- ¾ cup sugar
- 3 tablespoons flour
- 1 teaspoon vanilla
- 3 eggs
- 1 1-oz. square unsweetened chocolate, melted

Combine crumbs, sugar and margarine; press onto bottom of 9-inch springform pan. Bake at 350°, 10 minutes.

Combine softened cream cheese, sugar, flour and vanilla, mixing at medium speed on electric mixer until well blended. Blend in eggs. Blend chocolate into 1 cup batter. Spoon plain and chocolate batters alternately over crust; cut through batter with knife several times for marble effect. Bake at 450°, 10 minutes. Reduce oven temperature to 250°; continue baking 30 minutes. Loosen cake from rim of pan; cool before removing rim of pan. Chill. Garnish with whipped cream, if desired.



The Philadelphia Brand cream cheese cookbook. $8.95 value, just $3.95.

For each cookbook please enclose two (2) proofs of purchase (UPC symbols from 8 oz. size Philadelphia Brand cream cheese) and $3.95 in check or money order. (NO stamps or cash) **Mail to: Philly Cookbook Offer, P.O. Box 851 (Dept. MG) South Holland, IL 60473**

0 21000 61223

Please send_____cookbook(s) to:

NAME_____

ADDRESS_____ APT._____

CITY_____ STATE_____ ZIP_____

Please allow 4 to 6 weeks for delivery
Offer expires December 31, 1982
Offer good in U.S.A., its territories, APO/FPO addresses
Void where prohibited, licensed, or otherwise restricted.

KRAFT



© 1982 Kraft, Inc.



It's the only way I can get him to mow the lawn.

"THE BREAD SPREAD"

continued from page 131

One-pot meals

- **1 2½- to 3-pound broiler-fryer chicken, cut up**
- **2 tablespoons cooking oil *or* butter or margarine**
- **1 cup orange juice**
- **⅓ cup currants *or* raisins**
- **½ cup slivered almonds**
- **3 tablespoons chutney, chopped**
- **1 to 2 teaspoons curry powder**
- **½ teaspoon ground cinnamon**
- **5 or 6 medium (2 pounds) sweet potatoes, peeled, and sliced crosswise into 1-inch pieces**
- **2 bananas, quartered**
- **1 11-ounce can mandarin orange sections, drained**

Range-top method: In a 12-inch skillet brown chicken slowly in hot oil about 10 minutes; drain. Sprinkle with salt and pepper. In bowl stir together the orange juice, currants, almonds, chutney, and spices. Add potato to skillet; pour orange juice mixture over all. Bring to boiling; reduce heat. Simmer, covered, for 30 to 40 minutes or till chicken and potatoes are tender. Remove chicken and potatoes from pan; arrange on a warm platter. Garnish with bananas, oranges, and parsley, if desired. Skim fat from pan juices. Spoon some sauce over platter; pass remaining. Makes 6 servings.

Oven method: Arrange chicken in a shallow roasting pan. Dot with the 2 tablespoons butter or margarine; sprinkle with salt and pepper. Bake, uncovered, in a 425° oven 25 minutes or till golden brown. Drain off fat. Stir together orange juice, currants, almonds, chutney, and spices. Add potato to pieces to roasting pan; pour orange juice mixture over all. Reduce heat to 350°. Bake, covered, for 30 to 40 minutes more or till chicken and potatoes are tender. Continue and serve as directed for range-top method.

Crockery-cooker method: Cut sweet potatoes into 1-inch chunks; place in bottom of a 3½- to 4-quart crockery cooker. Top with chicken. Dot chicken with the 2 tablespoons butter or margarine; sprinkle with salt and pepper. In bowl combine *½ cup* orange juice, currants or raisins, slivered almonds, chutney, and spices. Pour over chicken in pot. Cover; cook on low for 6½ to 8 hours or till chicken and potatoes are tender. Serve as directed for range-top method.

Pressure-cooker method: In pressure saucepan brown chicken as directed in range-top method. Drain off fat. Stir together the orange juice, currants, almonds, chutney, and spices. Add potato pieces to pan; pour orange juice mixture over all. Cover pan; set control at 15 pounds pressure and place over high heat till control jiggles. Reduce heat (control should still rock back and forth); cook 15 minutes. Remove pan from heat; immediately run cold water over cooker to reduce pressure. Serve as directed for range-top method.

Microwave method: In a 3-quart nonmetal casserole micro-cook *1 tablespoon* butter or margarine, uncovered, on HIGH for 30 seconds or till melted. Roll chicken in butter to coat; season with salt and pepper. Arrange chicken in dish with sweet potatoes. In bowl combine *⅔ cup* orange juice, currants, almonds, chutney, and spices. Pour orange juice mixture into casserole. Micro-cook, covered, 25 minutes or till chicken and potatoes are tender, rearranging every 5 minutes. Serve as directed for range-top method.

SZECHWAN LAMB SOUP WITH WONTONS

You can purchase the Szechwan pepper, hoisin sauce, and chayote melon in Oriental markets or specialty food shops. You'll find wonton skins in the produce section of large supermarkets—

Cooking times:
Range top—18 to 20 minutes
Crockery cooker—4 hours

- **1¼ pounds boneless lamb *or* beef, cut in thin bite-sized strips**
- **3 tablespoons hoisin sauce**
- **1 clove garlic, minced**
- **1 beaten egg yolk**
- **¼ cup finely chopped water chestnuts *or* celery**
- **2 tablespoons finely chopped onion**
- **1 teaspoon grated gingerroot *or* ¼ teaspoon ground ginger**
- **1 4½-ounce can shrimp, drained, rinsed, and chopped**

continued

Barbecue Sauce Magic. Karo makes it simple.

It's easy to make every barbecue a delicious new taste experience. All it takes is Karo Corn Syrup. Karo has a way of balancing and blending flavors to give you that perfect barbecue taste, and a Karo barbecue sauce coats foods evenly to lock in moisture, so everything you barbecue comes out juicy, tangy and delicious.

KARO BARBECUE SAUCE
1 Tbsp corn oil
1 cup finely chopped onion
½ cup KARO Dark Corn Syrup
½ cup catchup
¼ cup cider vinegar
¼ cup prepared mustard
¼ cup Worcestershire sauce

In 1½-qt saucepan heat corn oil over medium heat. Add onion; stirring constantly, cook 1 min. Stir in remaining ingredients. Stirring occasionally, bring to boil over medium heat. Reduce heat; stirring occasionally, simmer 20 min. Brush on chicken, beef or pork during last 15 to 20 min of grilling or broiling. Heat and serve any remaining sauce. Makes about 2 cups.

AROMATIC HERB SAUCE: Follow basic recipe. Add 2 cloves garlic, minced, with onion. Add 1 tsp dried oregano leaves and 1 tsp dried basil leaves to KARO Corn Syrup mixture.

FRUITY ORANGE SAUCE: Follow basic recipe. Omit corn oil and onion. Add ¼ cup orange juice and 1 Tbsp grated orange rind to KARO Corn Syrup mixture.

HEARTY BEER SAUCE: Follow basic recipe. Substitute ⅓ cup beer, 2 Tbsp soy sauce and ¼ tsp pepper for vinegar, mustard and Worcestershire sauce.

WESTERN CHILI SAUCE: Follow basic recipe. Add 1 Tbsp chili powder with onion.



Karo. It could be what's missing in your cooking.

©1982 Best Foods, CPC International Inc.

continued

One-pot meals

- ½ cup coarsely chopped Chinese cabbage
- 24 wonton skins
- 6 cups beef *or* chicken broth
- ⅛ teaspoon Szechwan pepper *or* ground red pepper
- 2 cups chayote melon, peeled, seeded, and cubed *or* coarsely chopped, peeled apple
- 4 green onions, bias-sliced into 1½-inch lengths
- 1 tablespoon cornstarch
- 1 6-ounce package frozen pea pods

Range-top method: Combine meat strips with hoisin sauce, 1 tablespoon *water,* and garlic; toss to coat. Set aside. Meanwhile, prepare wontons: In bowl combine egg yolk, water chestnuts, onion, gingerroot, and ⅛ teaspoon *pepper.* Stir in shrimp and cabbage; mix well. Position one of the wonton skins with one point toward you. Place a rounded spoonful of filling just below center of skin. Fold bottom point of skin over the filling; tuck point under filling. Roll up skin and filling, leaving about 1 inch at top of skin. Moisten corners of skin with water. Grasp two upper corners of the triangle; bring these corners toward you below filling. Overlap corners so wontons resemble nurses' caps; press to seal. Repeat to make 24 wontons. Cover; set aside.

In a 4-quart saucepan or Dutch oven bring broth to boiling. Add meat mixture and Szechwan pepper. Simmer, covered, for 10 minutes. Stir in chayote and green onion. Cook, covered, 5 minutes. Combine cornstarch and 2 tablespoons cold *water;* stir into soup along with pea pods and wontons. Cook 3 minutes more or till bubbly. Makes 8 servings.

Crockery-cooker method: Prepare lamb or beef as directed in range-top method; place in a 3½- to 4-quart crockery cooker with only 5 *cups* broth, Szechwan pepper, melon, and green onion. Cover; cook on low for 3½ hours. Meanwhile, prepare wontons as directed for range-top method; cover and set aside. Switch control to high. Combine cornstarch and 2 tablespoons cold *water;* stir into soup with pea pods. Cook on high for 30 minutes. Cook wontons, uncovered, in simmering water for 3 minutes; add to soup. Serve.



MEATBALL SOUP WITH SPINACH PISTOU

Cooking times:
Range top—20 minutes
Crockery cooker—4½ to 5 hours
Pressure cooker—15 minutes
Microwave oven—36 minutes

Spinach Pistou (recipe on page 138)

- 1 egg
- ¼ cup milk
- ¼ cup fine dry bread crumbs
- ½ teaspoon salt
- 1 pound ground veal *or* ground beef
- 2 tablespoons cooking oil
- 6 cups beef broth
- 1 cup celery, bias-sliced ¼ inch thick
- ¼ teaspoon pepper
- 4 ounces fettucini *or* linguine, broken into pieces

continued

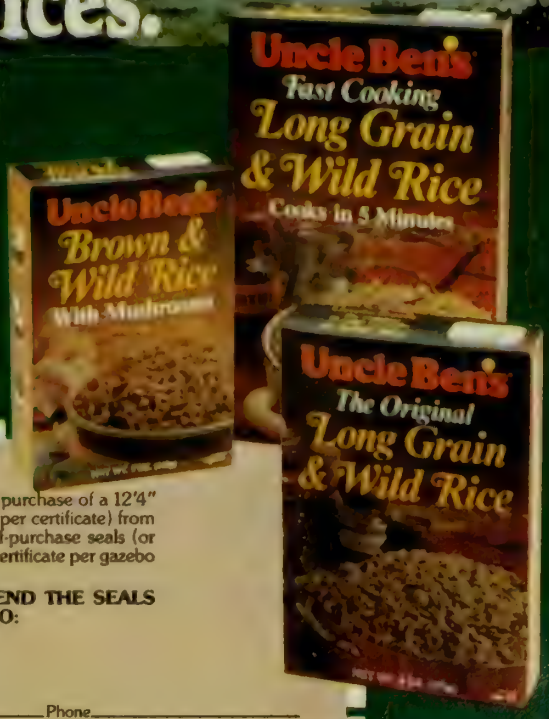
Taste the outdoor life!



Save $150 on a Casita gazebo, with Uncle Ben's Wild Rices.

Enjoy Uncle Ben's® three delicious wild rice products and spend next summer in this screened-in gazebo. The 12'4" diameter Casita® is 90% pre-assembled with fiberglass screening and sturdy aluminum frame. Regularly $479—delivered to your door for only $329.

Just send in the coupon below, with seven proof-of-purchase seals from Uncle Ben's Wild Rices. Uncle Ben's will send you a $150 savings certificate and a full color brochure that pictures the gazebo and demonstrates its ease of assembly. Then, send your certificate with $329 to Casita, and enjoy delicious Uncle Ben's in your own gazebo this summer.



Please send _____ Certificates, each entitling me to a $150 savings on the purchase of a 12'4" diameter Casita® gazebo. I have enclosed _____ proof-of-purchase seals (seven per certificate) from Uncle Ben's® Wild Rice Products. I understand my submission of seven proof-of-purchase seals (or more) does not obligate me to purchase a gazebo. I also understand that only one certificate per gazebo may be used and that the certificate is good on this model only.

NO MONEY IS REQUIRED WITH PROOF-OF-PURCHASE SEALS. SEND THE SEALS ALONG WITH YOUR NAME, ADDRESS, AND TELEPHONE NUMBER TO:

Uncle Ben's® Gazebo Offer, P.O. Box 1026, Tinley Park, Illinois 60477.

Name_____ Phone_____
please print clearly

Street_____

City_____ State_____ Zip_____

Proof-of-purchase seals must be submitted by October 31, 1982 to receive your Savings Certificates. Please allow four to six weeks for processing. Each certificate will be valid for 65 days from the date it is mailed to you or until December 31, 1982, whichever comes first. Please check your certificate for your specific expiration date.

When only the best will do, say Uncle...

Uncle Ben's®



continued

One-pot meals

2 cups sliced fresh mushrooms
Shredded Gruyère *or* Swiss cheese

Range-top method: Prepare Spinach Pistou; set aside. Combine egg, milk, bread crumbs, and salt. Add veal or beef; mix well. Shape into twenty-four 1½-inch meatballs. In a 4-quart Dutch oven brown meatballs, half at a time, in hot oil. Drain off fat. Return all meatballs to Dutch oven. Add broth, celery, and pepper; bring to boiling. Add pasta; cover and cook 5 minutes. Add Spinach Pistou and mushrooms; cook 5 minutes more or till hot. Serve with cheese. Makes 6 servings.

Crockery-cooker method: Prepare and shape meatballs as directed for range-top method *except* omit the milk. Place in a 3½- to 4-quart crockery cooker with beef broth, celery, and pepper. Cover and cook on low for 4 hours. Add pasta; turn control to high and cook, covered, for 30 minutes more or till pasta is tender. Meanwhile, prepare Spinach Pistou; stir into soup with mushrooms. Turn cooker off; let stand, covered, 10 minutes. Serve as directed for range-top method.

Pressure-cooker method: Prepare Spinach Pistou. Prepare and shape meatballs as directed in range-top method. In pressure saucepan brown meatballs, half at a time, in hot oil; drain. Return all meatballs to pan. Add broth, celery, pepper, and pasta. Bring to boiling; cover. Set control at 15 pounds pressure and place over high heat till control jiggles. Reduce heat (control should still rock back and forth); cook 8 minutes. Remove from heat; cool 5 minutes. Run cold water over cooker to finish reducing pressure. Uncover; add mushrooms and Spinach Pistou. Cook, uncovered, 2 minutes more or till hot. Serve as directed for range-top method.

Microwave method: Prepare and shape meatballs as directed for range-top method. In a 3-quart nonmetal casserole place *half* the meatballs; micro-cook, uncovered, on MEDIUM for 5 minutes, turning meatballs over and rearranging twice. Set aside. Repeat with remaining meatballs. Drain off fat. Return all meatballs to dish. Add only *5 cups* beef broth, celery, and pepper; micro-cook, covered, on HIGH 14 minutes or till mixture comes to boiling. Add pasta; cover and cook 10 minutes more or till pasta is nearly tender. Remove from oven; let stand 5 minutes. Meanwhile, prepare Spinach Pistou; stir into soup with mushrooms. Micro-cook, covered, for 2 minutes more. Serve as directed for range-top method.

SPINACH PISTOU

¼ teaspoon instant beef bouillon granules
1 cup boiling water
1 10-ounce package frozen chopped spinach, thawed
½ cup grated Gruyère *or* Swiss cheese (2 ounces)
¼ cup olive *or* cooking oil
2 cloves garlic, chopped
1 teaspoon lemon juice

Dissolve bouillon granules in boiling water. Drain thawed spinach well. In blender container or food processor bowl place bouillon mixture, spinach, cheese, oil, garlic, and lemon juice. Cover and blend till smooth.

"Cheese bored?"





"Spice up the evening with my Triscuit Pizzas," says Shirley Jones.

"Not a big pizza. Little appetizers, easy enough to make in minutes. All you need are Triscuit® Wafers for a crispy, crunchy pizza crust. Smother them with pizza sauce and melted cheese, and serve 'em hot and bubbly."





Triscuit Pizzas

Place Triscuit® Wafers in pan or skillet. Top with one teaspoon pizza or spaghetti sauce. Sprinkle with grated mozzarella cheese and oregano. Add mushroom slices, pepperoni, or chopped pepper and onion if desired. Heat for ten minutes in 400° oven or in covered skillet over low heat until cheese melts.

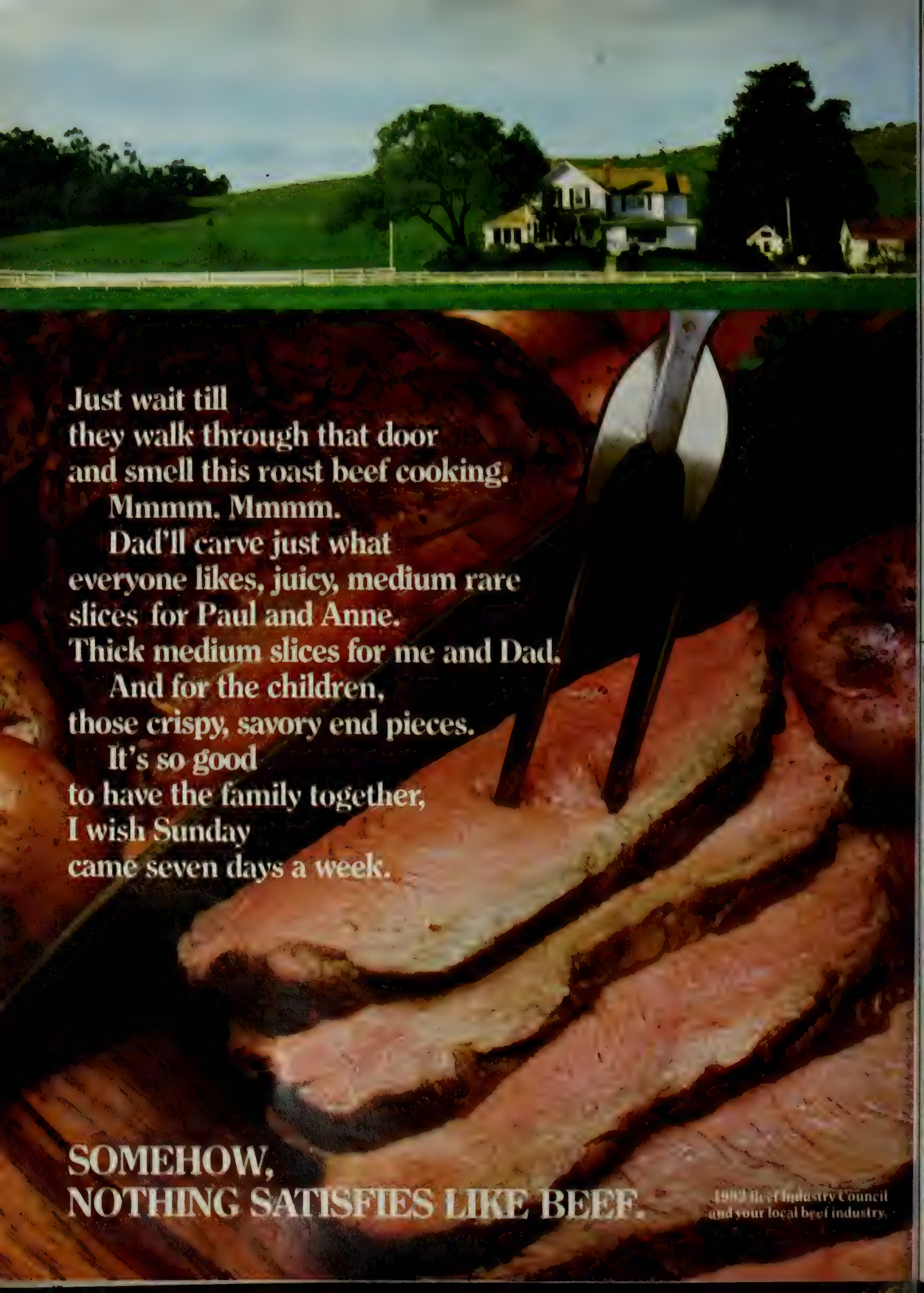
Send for the Free Triscuit Recipe Booklet. Just mail one proof of purchase seal from any size Triscuit Wafers plus 25¢ for postage and handling along with your name and address to

Shirley Jones Triscuit Recipes
P.O. Box 4061
Young America, Minnesota 55399

This form must accompany your request.
Limit: one per household. Offer expires December 31, 1982

It's a whole snack menu in one box.

© Nabisco Brands, Inc., 1982


Just wait till
they walk through that door
and smell this roast beef cooking.
Mmmm. Mmmm.
Dad'll carve just what
everyone likes, juicy, medium rare
slices for Paul and Anne.
Thick medium slices for me and Dad.
And for the children,
those crispy, savory end pieces.
It's so good
to have the family together,
I wish Sunday
came seven days a week.
SOMEHOW,
NOTHING SATISFIES LIKE BEEF.
1992 Beef Industry Council
and your local beef industry.



File under Breads

Photographs: Mike Dieter

Easy Breads

Apple Streusel Coffee Bread

A tart apple such as Jonathan, Granny Smith, or Winesap is best for making this blue-ribbon bread—

- 1 16-ounce loaf frozen white bread dough
- 2 tablespoons butter *or* margarine, softened
- 1½ cups finely chopped peeled apples
- ½ cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1 tablespoon butter *or* margarine, melted
- 2 tablespoons all-purpose flour
- 2 tablespoons granulated sugar
- 1 tablespoon butter *or* margarine
- ⅓ cup slivered almonds (optional)

Thaw dough according to package directions. Divide dough in half; let rest 10 minutes. On floured surface roll each dough half to an 8-inch square. Spread each with 1 tablespoon of the softened butter. Arrange half the apples down the center of each dough square. Combine brown sugar and cinnamon; sprinkle over apples. Cutting toward filling, make 2-inch-long cuts in dough at 1-inch intervals on both sides of apples. Fold strips alternately over apples; fold under ends of loaf. Place loaves on a greased 15x10x1-inch baking pan. Brush with the melted butter. Stir together flour and granulated sugar. Cut in the 1 tablespoon butter till mixture resembles coarse crumbs. Sprinkle half the crumb mixture over each loaf; top with almonds, if desired. Cover; let rise till nearly double (45 to 60 minutes). Bake in a 350° oven 30 minutes or till brown. Serve warm. Makes 2.

Carol Hedrick, Ithaca, N.Y.



File under Desserts

Buying information, page 169

Puddings and Custards

Peanut Butter-Brown Rice Pudding

This nutritious first-place dessert is old-fashioned rice pudding with new flavor—

- 3 slightly beaten eggs
- 2 cups cooked brown rice
- ½ cup peanut butter
- ⅓ cup honey
- 1 teaspoon ground cinnamon
- 2 cups milk
- ½ cup raisins *or* chopped pitted dates
- Whipped cream (optional)
- Peanuts (optional)

In large bowl combine eggs, cooked rice, peanut butter, honey, and cinnamon; stir in milk and raisins or dates. Turn into a 10x6x2-inch baking dish; place in a 13x9x2-inch baking pan. Add hot water to larger pan to depth of 1 inch. Bake in a 350° oven for 25 minutes; stir mixture. Continue baking 20 to 25 minutes or till knife inserted near center comes out clean. Serve warm or chilled in dessert cups. Top with whipped cream and peanuts, if desired. Makes 8 servings.

Joan Leviness, Winsted, Conn.



PRIZE TESTED RECIPES®
ADD TO YOUR COOK BOOK

Order your 460-page loose-leaf cook book. Contains 1,200 tested recipes. Room to add extra pages like this one. At booksellers or mail $15.95 + $1.45 postage to Better Homes and Gardens, Dept. 22A, P.O. Box 374, Des Moines, IA 50336



Swedish Apple Pudding

3 cups soft bread crumbs
¼ cup butter *or* margarine, melted
3 tablespoons sugar
½ cup whipping cream
1 tablespoon sugar
¼ teaspoon vanilla
1 15-ounce jar (1⅔ cups) chunk-style applesauce
⅓ cup chopped almonds (toasted, if desired)
2 tablespoons raspberry jam

Combine bread crumbs, melted butter or margarine, and the 3 tablespoons sugar. Spread in a 13x9x2-inch baking pan. Bake in 375° oven for 15 to 20 minutes or till lightly toasted, stirring once or twice. Beat cream with the one tablespoon sugar and the vanilla just till soft peaks form (tips curl over). In a 1-quart clear glass bowl, layer ***one-third*** of the crumb mixture, ***half*** of the applesauce, ***half*** of the almonds, and ***half*** of the whipped cream. Repeat layers, ending with crumbs. Cover and chill. To serve, melt jam and drizzle atop. Makes 8 servings.

Mrs. Paul L'Ecuyer,
Essex Junction, Vt.



Perfect Pecan Pudding

3 eggs
1 cup dark corn syrup
½ cup granulated sugar
2 tablespoons butter *or* margarine, melted
1 teaspoon vanilla
½ cup all-purpose flour
⅛ teaspoon cream of tartar
1 cup chopped pecans
Sifted powdered sugar
Light cream (optional)

In small mixer bowl beat eggs at high speed of electric mixer till thick and lemon-colored, about 5 minutes. Add corn syrup, granulated sugar, butter or margarine, and vanilla; mix well. Stir together flour and cream of tartar; fold into egg mixture. Stir in ***half*** the pecans. Pour into a greased 10x6x2-inch baking dish. Sprinkle remaining ½ cup nuts atop. Bake in a 375° oven for 30 to 35 minutes or till done. To serve, spoon into dessert dishes. Sprinkle sifted powdered sugar atop. If desired, serve with light cream. Makes 6 to 8 servings.

Melicia Montemayor,
Santa Maria, Calif.



Tropical Java Bread

Make this bread a day ahead, cool it, and wrap it in foil. The next day it will be easier to slice—

1 17-ounce package date bread mix
¾ cup orange juice
1 slightly beaten egg
½ cup mashed banana
2 teaspoons instant coffee crystals
½ cup flaked coconut
¼ cup raisins (optional)
Cream cheese (optional)

In large mixing bowl combine date bread mix, orange juice, egg, mashed banana, and coffee crystals. Mix well. Stir in coconut and raisins, if desired. Turn batter into a greased 8x4x2-inch loaf pan. Bake in a 350° oven for 55 to 60 minutes or till wooden pick inserted near center comes out clean. Cool in pan 10 minutes on wire rack. Remove from pan; cool on wire rack. If desired, serve with softened cream cheese. Makes 1 loaf.

Mrs. Joseph A.A. Graf,
Kentwood, Mich.



Crunchy Corn Bread

Serve this bread warm for breakfast or brunch—

1 8½-ounce package corn muffin mix
½ cup quick-cooking rolled oats
¼ cup cracked wheat *or* bulgur
2 slightly beaten eggs
½ cup milk
½ cup chopped pecans
1 tablespoon maple-flavored syrup
Maple-flavored syrup *or* butter *or* margarine

In mixing bowl stir together corn muffin mix, rolled oats, and cracked wheat. Add eggs and milk; stir till mixture is moistened. Stir in pecans. Spread batter evenly in a greased 9x9x2-inch baking pan. Drizzle with the 1 tablespoon syrup. Bake in a 400° oven about 20 minutes or till done. Serve warm cut into squares with additional maple-flavored syrup or butter or margarine. Makes 9 servings.

Ann Wilson, LaPorte, Ind.

Introducing Post® Fruit & Fibre®. It tastes so good, you forget the fiber.

People are having trouble remembering the name of New Post Fruit & Fibre cereal. It's so delicious, they recall the real fruit—Dates, Raisins & Walnuts or Apples & Cinnamon—but forget the wholesome fiber. Remember to try it. Then try to remember it.



© 1982 General Foods Corporation.

begins on page 118

Kids cooking

NOTE TO KIDS: Before you begin a recipe, read through it carefully to be sure you have all of the ingredients you'll need. If there are any cooking terms you don't understand, look them up in a general cook book.

ANIMAL BREADS

INGREDIENTS YOU WILL NEED:

Shortening
1 13¾-ounce package hot roll mix
¾ cup warm water
1 egg
⅛ teaspoon ground turmeric (optional)
All-purpose flour
1 egg
1 tablespoon water
Assorted decorations: sesame seed, poppy seed, sunflower seed, slivered or sliced almonds, raisins, *or* currants
Honey Butter (optional)

STEPS FOR MAKING ANIMALS:

1. Collect all ingredients.
2. Grease two large baking sheets with shortening. Set aside.
3. Empty the contents of the hot roll mix into a large mixing bowl. Remove the packet of yeast; set aside. Stir turmeric into flour mixture, if desired.
4. Run hot water till warm. Place the ¾ cup warm water in a small bowl. Sprinkle contents of the yeast packet over water. Stir till yeast is dissolved.
5. In a small bowl lightly beat the first egg. Add yeast mixture and beaten egg to flour mixture in bowl; stir with spoon till well blended. Cover bowl with plastic wrap.
6. Let rise for 30 to 45 minutes or till double.
7. Punch down dough. Sprinkle a little flour on a counter top or board.
8. Turn dough out onto floured surface. Knead for 1 to 2 minutes, adding more flour, if necessary, till dough is smooth and no longer sticky.
9. Divide dough in half. Cover half of the dough with plastic wrap and refrigerate till needed. With your hands pull off small pieces of dough to make animal shapes on baking sheet. Roll each piece of dough between the palms of your hands to shape it into a ball for a head or body, or long shapes for tails or legs. Use smaller pieces of dough to make wings, ears, or noses for animals. *To attach dough pieces,* moisten them with a little water and press them together. Keep animals about 3 inches apart on baking sheet. Repeat with remaining dough.
10. Cover the animals with plastic wrap. Let them rise for 15 to 30 minutes or till double in size.
11. In a small bowl beat the remaining egg with a fork, then beat in the 1 tablespoon water. Turn the oven on to 350°.
12. Press the desired decorations onto the animals, using raisins or nuts for eyes or sliced almonds for wings and feathers. Brush the egg mixture over the animals and decorations.
13. Bake the animals in a 350° oven about 15 minutes or till golden brown. Using pot holders, remove baking sheets from oven. With a metal spatula, transfer animals to wire rack. Cool. Serve animals with Honey Butter, if desired. Makes about 18 animals.

HONEY BUTTER

INGREDIENTS YOU WILL NEED:

½ cup butter *or* margarine, softened
1 tablespoon honey

STEPS FOR MAKING HONEY BUTTER:

1. In a small bowl stir together butter or margarine and honey till well blended.
2. Serve with warm or cool Animal Breads. Refrigerate leftovers in a covered container. Makes ½ cup.

MINI-BAGELS

INGREDIENTS YOU WILL NEED:

1 13¾-ounce package hot roll mix
⅓ cup plain wheat germ
½ cup warm water
2 eggs
All-purpose flour

INGREDIENTS FOR TOPPING:

1 egg
1 tablespoon water
Sesame seed

STEPS FOR MAKING BAGELS:

1. Collect all ingredients.
2. Grease 2 large baking sheets with shortening. Set aside.
3. Empty the contents of the hot roll mix into a large mixing bowl. Remove the packet of yeast and set aside. Stir the wheat germ into mixture in bowl.
4. Place ½ cup warm water into a small bowl. Measure the temperature of the water; it should be between 115° and 120°. Sprinkle the contents of yeast packet over water. Stir till yeast is dissolved.
5. In a small bowl beat the 2 eggs lightly with a fork. Add eggs and yeast mixture to flour mixture. Stir till well blended.
6. Cover bowl with plastic wrap. Let rise for 45 to 60 minutes or till doubled.
7. Punch dough down. Sprinkle a little flour on counter top or board.
8. Turn dough out onto floured surface and knead for 1 to 2 minutes or till dough is smooth and no longer sticky. (Add a little more flour, if necessary.)
9. Divide dough into 4 equal pieces. Divide each piece into 8 pieces. Shape each piece into a ball.
10. Make a hole in each ball by dipping your finger into some flour, then poke your finger through the center of each ball. Pull dough gently around the hole to make a smooth opening, making a ring shape.
11. Place bagels on greased baking sheets. Cover bagels with plastic wrap and let rise in a warm place for 25 to 35 minutes or till almost double.
12. Fill a large kettle or Dutch oven with 1 gallon *water* and add 1 tablespoon *sugar.* Bring water to boiling. Turn down the heat to simmering.
13. Using a big slotted spoon, slip 5 or 6 bagels gently into simmering water. Cook the bagels for 5 minutes, turning them once with the slotted spoon after 2½ minutes. Make sure bagels do not touch each other when they're cooking.
14. Drain bagels on paper toweling. Repeat with remaining bagels.
15. Put bagels back on the baking sheets. Preheat oven to 375°.
16. Make the topping: in a small bowl beat the remaining egg and the 1 tablespoon water with a fork. Use a pastry brush to brush the egg mixture over the tops of the bagels. Sprinkle bagels with some sesame seed.
17. Bake in a 375° oven for 20 to 25 minutes or till golden brown. Using pot holders, remove baking sheets from oven. Put bagels on a wire rack to cool. Makes 32.

THUMBPRINT SWEET ROLLS

If you have a favorite dried fruit you'd like to use, you can substitute it for the mixed dried fruit. Then add enough sugar to suit your taste—

continued

SAVE SPACE OUTSIDE.



COOK BIG INSIDE.

THE SPACEMAKER™ MICROWAVE OVEN FROM GE.

Can a microwave oven that's compact outside cook big inside? Just look into the Spacemaker and find out.

Look inside and you'll see how it was designed to be big and extra-wide. Big enough for a 5-qt. casserole. Wide enough to fit two large serving dishes side by side.

Look outside and you'll see how it was designed to be trim and compact. It fits neatly over your range, so you don't lose any counter space. And it comes with its own two-speed exhaust fan and cooktop light.

And don't overlook the fact that the Spacemaker was designed to make microwave cooking faster and easier than ever. It practically cooks by itself, thanks to the Automatic Cooking Control that automatically sets time, temperature, and power levels.

The Spacemaker Microwave Oven from GE. It cooks a lot bigger than it looks.

For your nearest Spacemaker dealer, call toll-free (800) 447-4700. In Illinois only, call (800) 322-4400.



WE BRING GOOD THINGS TO LIFE.

GENERAL ELECTRIC

continued

Kids cooking

INGREDIENTS YOU WILL NEED FOR ROLLS:

Shortening
1 13¾-ounce package hot roll mix
2 tablespoons granulated sugar
¾ cup orange juice
1 egg
All-purpose flour

INGREDIENTS FOR FILLING:

1 cup mixed dried fruit, snipped
1¼ cups water
¼ cup chopped walnuts
3 tablespoons granulated sugar
1½ teaspoons butter *or* margarine
¼ teaspoon ground nutmeg

INGREDIENTS FOR ICING:

1 cup sifted powdered sugar
¼ teaspoon vanilla
About 1½ tablespoons milk

STEPS FOR MAKING ROLLS:

1. Collect all ingredients.
2. Grease 2 large baking sheets with shortening. Set aside.
3. Empty contents of the roll mix into a large mixing bowl. Remove the packet of yeast; set aside. Stir the 2 tablespoons sugar into mixture in bowl.
4. In a small saucepan heat orange juice till warm. Use a cooking thermometer to measure the temperature; it should be between 115° and 120°. Remove pan from heat. Sprinkle the yeast from the mix over orange juice; stir to dissolve yeast completely.
5. Add orange juice mixture and the egg to flour mixture; stir with spoon till well blended.
6. Cover dough with plastic wrap. Let rise 30 to 45 minutes or till doubled.
7. Punch down dough. Sprinkle a little flour on board.
8. Turn dough out onto floured surface and knead for 1 to 2 minutes or till dough is smooth and no longer sticky. (Add a little more flour, if necessary.)
9. Divide dough in half. Divide each half into 8 pieces. Shape each piece into a ball.
10. Place balls 3 inches apart on greased baking sheets. Flatten each ball into a 3-inch circle with the palm of your hand. Cover; let rise till nearly double (about 30 to 45 minutes).
11. Preheat oven to 375°. Prepare filling: In a saucepan combine the dried fruit and water. Heat mixture to boiling. Reduce heat; simmer, uncovered, for 10 minutes.
12. Pour fruit into a strainer to drain off water. Put fruit back into saucepan. Stir in the walnuts, the 3 tablespoons sugar, the butter or margarine, and nutmeg till well combined.
13. With your thumb, make a depression in each roll. Spoon some of the fruit filling into each hole.
14. Bake rolls in a 375° oven for 10 to 12 minutes or till golden brown. Remove from oven with pot holders. Use a spatula to put rolls onto a wire rack. Cool.
15. Make icing: In a small bowl stir together the sifted powdered sugar and vanilla. Stir in enough milk to make a thin glaze that drips off the spoon. Use a spoon to drizzle the glaze over warm rolls. Serve warm or cool. Makes 16.

CHEESY CHILI ROLL

This is great as a hot snack or a go-along for a main-dish soup or salad.

continued

Eve
LIGHTS 120's
TASTES AS GOOD AS IT LOOKS



14 mg. "tar," 1.2 mg. nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

© 1981 Liggett & Myers Tobacco Company, Inc.

THE 265 CALORIE* MEAL THAT TASTES LIKE A MILLION.

Treat yourself to our luscious, low calorie skillet supper. And ve 45¢ on the ingredients. It's a great deal on a great meal!

SKILLET CHICKEN ITALIANO

pound boneless chicken breasts, skinned and cut into strips
2½ ounce) jar sliced mushrooms, drained
cup Wish-Bone® Lite Italian Dressing
cup chopped onion
ablespoons diet margarine
nedium zucchini, sliced (about 2 cups)
arge firm tomato, cut into wedges
lices Borden® Lite-line® Pasteurized Process Cheese Product, cut into small pieces
Parsley (optional)

n shallow baking dish, place chicken with mushrooms; cover h Italian dressing. Marinate 30 minutes. Drain chicken and ushrooms; reserve marinade.

n large skillet, cook onion in margarine until tender. Add cken and mushrooms and cook covered, over medium heat, il chicken is tender, about 5 minutes. Add zucchini, tomato d reserved marinade; cook and stir until zucchini is tender. move from heat; sprinkle with cheese product. Cover; let stand ninutes or until cheese begins to melt. Garnish with parsley. rigerate leftovers. Makes 4 servings.

For a refreshing 2-calorie drink, add an 8-oz. glass of iced tea ide with Lipton® Low Calorie Iced Tea Mix.

The total main meal provides about 265 calories per serving d 50% of the U.S. Recommended Daily Allowance for protein.

ues by product analysis and recipe calculations.



SAVE 18¢ ON LIPTON® LOW CALORIE ICED TEA MIX. 18¢



To Retailer: Thomas J. Lipton, Inc. will redeem this coupon at face value plus 7¢ for handling if conditions of offer have been complied with by you and your customer. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown upon request. Coupon may not be assigned or transferred. Customer must pay any sales tax. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. Void where reproduced, prohibited, taxed or restricted. Good only in U.S.A., its territories and Puerto Rico. For redemption of properly received and handled coupons, mail to: THOMAS J. LIPTON, INC., BOX R 7000, El Paso, Texas 79975.

Good only upon presentation to retailer on purchase of product described. Any other use constitutes fraud.

COUPON EXPIRES DECEMBER 31, 1982. OFFER LIMITED TO ONE COUPON PER PURCHASE

STORE COUPON TM-152

SAVE 15¢ ON LITE-LINE® SLICES 15¢
GOOD ON ANY FLAVOR. 8 OZ. OR 12 OZ. ONLY.



Retailer: Please redeem for face value as specified. ANY OTHER USE CONSTITUTES FRAUD. You will be paid face value, plus 7¢ handling, provided you have complied with the terms of this offer (and invoices proving purchase within the last 90 days of sufficient stock to cover coupons are shown on request). Send coupons to: Borden, Inc., Box 1720, Clinton, IA 52734. Non-Assignable. Customer must pay any sales tax. Void where restricted. Cash value 1/20 of one cent. Limit one coupon per item purchased. **EXPIRES SEPTEMBER 30, 1982**

53000 107960

STORE COUPON

SAVE 12¢ ON ANY WISH-BONE® LITE DRESSING. 12¢



To Retailer: Thomas J. Lipton, Inc. will redeem this coupon at face value plus 7¢ for handling if conditions of offer have been complied with by you and your customer. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown upon request. Coupon may not be assigned or transferred. Customer must pay any sales tax. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. Void where reproduced, prohibited, taxed or restricted. Good only in U.S.A., its territories and Puerto Rico. For redemption of properly received and handled coupons, mail to: THOMAS J. LIPTON, INC., BOX R 7000, El Paso, Texas 79975.

Good only upon presentation to retailer on purchase of product described. Any other use constitutes fraud.

COUPON EXPIRES DECEMBER 31, 1982. OFFER LIMITED TO ONE COUPON PER PURCHASE

STORE COUPON SD-330

continued

Kids cooking

Any leftover slices can be wrapped in foil and refrigerated. Reheat in a 350° oven about 20 minutes or till hot—

INGREDIENTS YOU WILL NEED:

Shortening
1 13¾-ounce package hot roll mix
¾ cup warm water
All-purpose flour
1 15-ounce can chili with beans
½ cup peanut halves
5 parsley sprigs
⅔ cup shredded American *or* cheddar cheese
Tortilla chips, cherry tomatoes, and parsley sprigs for garnish (optional)

STEPS FOR MAKING CHILI ROLL:

1. Collect all ingredients.
2. Grease a large baking sheet with shortening. Set aside.
3. Empty the contents of the hot roll mix into a large mixing bowl. Remove the packet of yeast.
4. Place ¾ cup warm water in a small bowl. Measure the temperature of the water; it should be between 115° and 120°. Sprinkle the contents of yeast packet over water. Stir till yeast is dissolved.
5. Add yeast mixture to flour mixture in bowl; stir till well blended.
6. Cover bowl with clear plastic wrap. Let dough rise for 30 to 45 minutes or till doubled.
7. Punch down dough. Sprinkle a little flour on a counter top or board.
8. Turn dough out onto floured surface and knead for 1 to 2 minutes or till dough is smooth and no longer sticky. (Add a little more flour, if necessary.)
9. Tear off a large piece of waxed paper and wet one side of the paper with a few drops of water. Place paper, wet side down, on working area. Sprinkle some flour lightly over paper.
10. Divide dough in half. On waxed paper roll one half of dough to a 10x8-inch rectangle. With kitchen shears snip the 5 parsley sprigs into small pieces.
11. Spread *half* of the chili over dough, leaving a 1-inch edge of dough on all sides. Sprinkle *half* of the peanuts and *half* of the snipped parsley over chili.
12. Starting from one long side, roll dough up carefully to the end. With your fingers pinch together the edges on the sides and the end of the roll.
13. Using two spatulas, carefully lift roll onto a large greased baking sheet.
14. Repeat filling and shaping remaining dough. Transfer to baking sheet.
15. Cover the rolls with plastic wrap and let rise in warm place for 30 minutes or till doubled.
16. Preheat oven to 375°. Uncover rolls; using a sharp knife make four or five slashes in the top of the rolls (just deep enough so you can see the chili).
17. Bake rolls in a 375° oven for 25 minutes. With pot holders remove baking sheet from oven.
18. Sprinkle the top of each roll with half of the shredded cheese. With pot holders return rolls to oven; bake 5 minutes more or till cheese is melted.
19. Cut rolls crosswise into slices and serve hot. Put slices on platter. Garnish platter with tortilla chips, tomatoes, and parsley, if desired. Refrigerate leftovers. Makes 14 to 16 servings.

VEGETABLE BASKET WITH VERY CHEESY DIP

INGREDIENTS YOU WILL NEED FOR BASKET:

Assorted vegetables such as: cauliflower, broccoli, carrots, celery, mushrooms, zucchini, *or* cherry tomatoes

INGREDIENTS FOR DIP:

1 cup cream-style cottage cheese
¾ cup parsley sprigs
2 tablespoons mayonnaise *or* salad dressing
¼ teaspoon celery seed
Parsley sprigs for garnish

STEPS FOR MAKING VEGETABLE BASKET:

1. Collect desired vegetables.
2. Rinse all vegetables in cool water; drain on paper toweling.
3. Using a sharp knife, cut up vegetables on cutting board: For cauliflower, remove green leaves and cut out stem. With your fingers, break the head into bite-sized flowerets. For broccoli, remove the outer leaves. Cut off about 3 inches of the stalks and discard. Cut broccoli lengthwise into stalks. For carrots and celery, cut off ends. (Peel carrots, if desired.) Cut both into long thin sticks. For zucchini and mushrooms, cut off the stem ends. Slice zucchini. Leave mushrooms and cherry tomatoes whole.
4. Arrange vegetables in basket or on serving tray.

STEPS FOR MAKING DIP:

1. Collect dip ingredients.
2. In blender container or food processor bowl, place the cottage cheese, the ¾ cup parsley sprigs, mayonnaise or salad dressing, and celery seed.
3. Cover and blend till mixture is smooth. Stop the machine once. Uncover and check the mixture. Use a rubber spatula to scrape down the sides of the blender or food processor bowl. Cover and blend again if needed.
4. Pour dip into a small bowl. Garnish with more parsley sprigs, if desired. Serve dip with vegetables. Store dip in a covered container in refrigerator. Makes 1 cup.

SPAGHETTI SALAD

This makes a great lunch for you and a friend—

INGREDIENTS FOR SALAD:

2 ounces uncooked spaghetti, broken; macaroni; *or* other pasta (about 1 cup)
4 to 6 large lettuce leaves
1 small tomato
¼ medium cucumber
4 slices bologna *or* lunch meat

INGREDIENTS FOR DRESSING:

¼ cup salad oil
3 tablespoons vinegar
½ teaspoon salt
¼ teaspoon dried oregano, crushed
Dash pepper

STEPS FOR MAKING SALAD:

1. Collect all ingredients.
2. Fill a 2-quart saucepan with water up to about 1 inch from the rim. Sprinkle in a dash of salt. Cover pan and put on burner of range top.
3. Heat over high heat till water boils. Add spaghetti or macaroni.
4. Turn the heat down to medium-high and cook the pasta, uncovered, for 7 to 12 minutes or till it's tender. To find out if spaghetti is tender, remove a piece from the pan with fork. Rinse piece under cold water, then taste to see if it is tender.
5. Drain the pasta in a strainer. Run some cold water over the pasta to cool it. Drain it again, and let it stand while preparing salad.
6. In a large bowl tear up the lettuce into bite-size pieces with your fingers.
7. Cut out core from tomatoes; cut the tomato into wedges. Slice the cucumber thinly and add it to the lettuce

continued



Pour in the Eagle Brand for...

Fabulous Foolproof Fudge

Irresistibly rich'n creamy, munchible, chocolatey fun.

Thanks to Eagle® Brand Sweetened Condensed Milk, fudge was never so fabulous—or so foolproof!

Because Eagle Brand is a special precooked blend of milk and sugar that makes so many luscious desserts in only a few simple steps.

Try our Foolproof Fudge and Rocky Road too. They're almost as much fun to make as they are to eat!

Foolproof Chocolate Fudge

(Makes about 1¾ pounds)

3 (6-ounce) packages semi-sweet chocolate morsels

1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)

1½ teaspoons vanilla extract

½ cup chopped nuts, optional

Dash salt

In heavy saucepan, over low heat, melt morsels with Eagle Brand. Remove from heat; stir in remaining ingredients. Spread evenly into wax paper-lined 8-inch square pan. Chill 2 to 3 hours or until firm. Turn fudge onto cutting board; peel off paper and cut into squares. Store loosely covered at room temperature.

Rocky Road Fudge: *Omit 1 (6-ounce) package semi-sweet chocolate morsels, salt, vanilla and nuts. In saucepan, melt morsels with Eagle Brand and 2 tablespoons margarine. In large bowl, combine 2 cups dry roasted peanuts and 1 (10½-ounce) package miniature marshmallows. Pour chocolate mixture into nut mixture; mix well. Spread into wax paper-lined 13x9-inch pan. Chill 2 hours.*



The dessert maker for 125 years.

© Borden, Inc., 1982.





SPAM® MAKES A SANDWICH YOU'LL FALL IN LOVE WITH.

HOT VEGGIE SANDWICH

1. Cut SPAM® Luncheon Meat (12 oz. can) into slices. Spread 4 slices of rye bread with mayonnaise. Assemble 2 cups shredded zucchini, 12 onion rings, 12 tomato slices, 4 large mushrooms, sliced. Divide and layer vegetables on bread and add slices of SPAM® Luncheon Meat.

2. Wrap each in foil and bake at 350° 15-20 minutes. Open foil, add slices of Monterey Jack cheese and broil 'til melted. 4 servings.



SPAM® is a trademark for luncheon meat made only by Geo. A. Hormel & Co.

continued

Kids cooking

along with the tomato.
8. Cut up the lunch meat into long thin strips; sprinkle over salad.
9. Sprinkle the cooked spaghetti or macaroni over the salad.

STEPS FOR MAKING DRESSING:

1. In a jar with a lid place the salad oil, vinegar, salt, oregano, and pepper. Cover the jar and shake well till the ingredients are combined.
2. Uncover the jar and pour dressing over the salad. Using a big spoon and fork or two big spoons, toss salad to coat with the dressing.
3. Spoon salad onto two plates. Serve. Makes 2 servings.

FRUIT 'N GRANOLA PARFAITS

You also can eat the granola alone as a snack—

INGREDIENTS FOR MAKING GRANOLA:

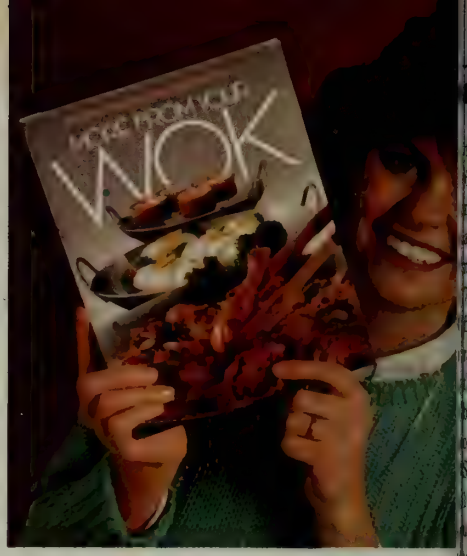
2 cups quick-cooking rolled oats
⅔ cup shredded coconut
½ cup plain wheat germ
½ cup peanut halves
¼ cup honey
¼ cup salad oil
¼ cup water
¼ teaspoon ground allspice
⅔ cup raisins

INGREDIENTS FOR FILLINGS:

Desired fresh fruit such as strawberries, grapes, blueberries, raspberries, *or* peach or banana slices, *or* pineapple, apple, pear, *or* melon chunks
Flavored yogurt such as lemon, lime, mandarin orange, raspberry, strawberry, *or* vanilla (optional)
Whipped cream (optional)

STEPS FOR MAKING GRANOLA:

1. Collect all ingredients.
2. In a large bowl combine the oats, coconut, wheat germ, and peanuts.
3. In a jar with a lid combine honey, salad oil, water, and allspice. Cover the jar with lid and shake till ingredients are well blended.
4. Pour honey mixture over the oats mixture in bowl. Using a large spoon, stir the mixture very well to moisten all the ingredients.
5. Spread the granola on an ungreased 15x10x1-inch baking pan. Turn oven



NEW! 163 exciting wok recipes

It's hard to beat a wok for sheer — and for nutritious, economi eating, too. Included in the n *More From Your Wok* cook bo from Better Homes and Garden are many American and Europe recipes (plus plenty of Oriental vorites) that cover everything fr main meat and fish dishes to d serts. Put more fun into your co ing — get *More From Your Wok* just $4.95.

Look for this display at yo supermarket or bookstore.



Better Homes and Gardens BOOKS

IDEAS YOU CAN USE

emperature to 300°.
. Bake granola in a 300° oven for 25 minutes. Twice during the baking, use big wooden spoon to carefully stir the nixture so it bakes evenly.
. Using pot holders, remove the pan rom the oven. Put the pan on a wire ack to cool. Stir in the raisins. When he granola is cool, put it in a plastic ag with a twist tie or in an airtight ontainer. Makes 4 cups.

TEPS FOR MAKING PARFAITS:

. Cut up the fruit you would like to se. Spoon some granola into the bottom of a parfait glass.
. Cover with some fruit and more ranola. Repeat with another layer of ruit and granola up to the top of the lass. Or, for a granola yogurt fruit arfait, top granola and fruit with a poonful of yogurt, if desired. Repeat he layers with more fruit, granola, nd yogurt up to the top of the glass.
. Decorate the parfait with whipped ream and a few pieces of fruit, if desired. Serve immediately.

PICY FRUIT SUNDAES

NGREDIENTS YOU WILL NEED:

15- or 16-ounce can sliced peaches *or* pineapple chunks (juice pack) *or* 3 medium bananas
tablespoons butter *or* margarine
cup packed brown sugar
teaspoon ground cinnamon
cup reserved fruit juice *or* orange juice
teaspoons cornstarch
ce cream, sherbet, *or* frozen yogurt

TEPS FOR MAKING SUNDAES:

. Collect all ingredients.
. If using canned fruit, drain fruit in a rainer, but save the juice. If using ananas, peel and slice them.
. In a medium saucepan melt the but- r or margarine over medium-low eat; stir in the sugar and cinnamon.
. Add desired fruit. Cook and stir for minutes.
. If you used the canned fruit, mea- ure ⅓ cup of the reserved juice that as drained. Stir cornstarch into the uice. *Or*, if you use bananas, stir corn- tarch into ⅓ cup orange juice.
. Stir juice mixture into saucepan. ook and stir till sauce gets thick and ubbly. When bubbles appear, cook nd stir the sauce 2 minutes longer.

ontinued

HOW TO GET YOUR



The Catch 'n Carry™ that's a hamper and a laundry basket in one.



The Cut-Away Bagger that fits under the sink to save you space.

MONEY'S WORTH AND



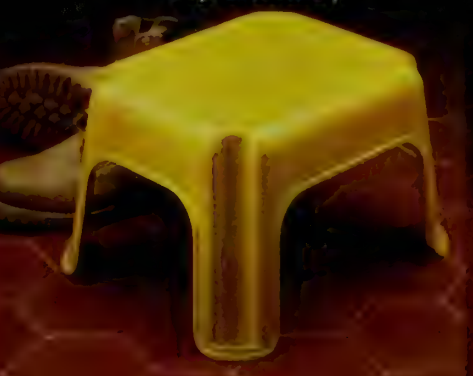
The Roughneck™ Garbage Can that puts up with abuse year after year.



The Step-On Wastebasket that frees up the hands and handles the footwork.

BE A STEP AHEAD

The new Roughneck™ Step Stool that takes a giant step for durability.



All Rubbermaid products are designed to last a long, long time. So look for Rubbermaid. And get your money's worth.

Rubbermaid®

YOU'LL LOVE THE WAY IT LASTS. YEAR AFTER YEAR.

© 1982 by Rubbermaid Incorporated, Wooster, Ohio 44691



continued

Kids cooking

7. Scoop ice cream, sherbet, or frozen yogurt into sundae dishes. Spoon the sauce over each serving. Makes 1½ cups sauce, or about 5 to 6 servings.

FRESH FRUIT COOKIE TARTS

INGREDIENTS YOU WILL NEED:

- **1 roll refrigerated oatmeal raisin, peanut butter, *or* sugar cookie dough**
- **1 29-ounce can vanilla *or* tapioca pudding**
- **Desired fruit such as strawberries, bananas, seedless grapes, oranges, kiwi, *or* apples**
- **Decorations such as halved peanuts, raisins, *or* toasted coconut (optional)**

STEPS FOR MAKING TARTS:

1. Collect all ingredients.
2. Turn oven on to 350°.
3. With a sharp knife, cut roll of cookie dough into 9 slices. Arrange slices 4 inches apart on ungreased baking sheets.
4. Bake the cookies in a 375° oven for 12 to 15 minutes or till cookies are light golden brown.
5. Using pot holders, remove cookie sheets from oven. With a metal spatula, transfer cookies carefully to a wire rack. Cool thoroughly.
6. Spoon some pudding over each cookie, spreading it to the edges with the back of your spoon. If there's pudding left over, cover and refrigerate it for another dessert.
7. With a sharp knife, cut up desired fruits: for strawberries, cut out stems and slice. For bananas, peel and slice. For grapes, cut grapes in half. For oranges, cut off outer peel and white part of peel. Divide orange into sections by pulling apart with fingers. For kiwi, peel fruit and slice off ends. Slice fruit. For apples, cut apple in half, then in quarters. Cut off stem and seeds. Slice apple.
8. Decorate cookies with slices of your favorite fruit. Add extra decorations, if desired.
9. Serve immediately. Makes 9.

SUNFLOWER CHEESE BALLS

Make these for an after-school or bedtime snack, or serve with soup or salad—

INGREDIENTS YOU WILL NEED:

- **1 3-ounce package cream cheese**
- **½ cup shredded cheese, such as brick, Monterey Jack, *or* American (2 ounces)**
- **¼ cup sunflower nuts**
- **2 tablespoons toasted wheat germ**

STEPS FOR MAKING CHEESE BALLS:

1. Take the cream cheese out of the refrigerator. Let the cheese stand at room temperature on the counter for 30 minutes to soften.
2. Collect all other ingredients.
3. In a medium bowl place the softened cream cheese and the desired shredded cheese. Mash the cheeses together with a fork till well blended.
4. Stir in the sunflower nuts. With your hands, mold the mixture into 1-inch balls.
5. Sprinkle the wheat germ on a piece of waxed paper. Roll each cheese ball in wheat germ to coat.
6. Put cheese balls on a serving plate and serve. Or cover and store in refrigerator till serving time. Makes 12.

FRESH FRUIT SNOW

You can use just one fruit or a combination of your favorites—

INGREDIENTS YOU WILL NEED:

- **2 tablespoons water**
- **1 teaspoon unflavored gelatin**
- **4 cups cubed honeydew melon or cantaloupe, sliced strawberries, orange sections, *or* canned pineapple chunks, drained (juice pack)**
- **2 tablespoons lemon juice**
- **2 tablespoons honey**

STEPS FOR MAKING SNOW:

1. Collect all ingredients.
2. Measure water into a glass measuring cup; sprinkle the gelatin over. Stir in the gelatin. Set the measuring cup in the small saucepan.
3. Put saucepan on burner; turn heat to medium. Heat and stir mixture till gelatin is dissolved. Remove from heat.
4. In blender container put *1 cup* of the fruit, the lemon juice, the honey, and the gelatin mixture. Cover blender and blend at high speed for 30 seconds or till mixture is smooth.
5. Stop blender; uncover. Add remaining fruit; cover and blend again at high speed for 30 to 45 seconds more or till mixture is smooth.
6. Pour mixture into an 8x8x2-inch

continued


Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
Vantage pleasures
When you want good taste and low tar, too.
VANTAGE ULTRA LIGHTS 100s
Ultra Low Tar 5 mg
5mg
VANTAGE 100s
Low Tar 9 mg
9mg
TRA LIGHTS 100's: 5 mg. "tar", 0.5 mg. nicotine,
0's: 9 mg. "tar", 0.8 mg. nicotine, av. per cigarette by FTC method.

It took Hormel to create Chunk Ham.

Now, you take it from there.

Honest-to-goodness Hormel ham you can flake with a fork. Lean. Tender. Flavorful. For a million meaty main dishes in minutes: sandwiches, salads, casseroles.

We've done all the fussing. You get all the flavor. Hormel Chunk Ham in 6¾-ounce cans that store on your shelf, not in your refrigerator.

And, *no* leftovers!

But why stop with ham? Hormel also makes Chunk Turkey and Chunk Chicken. All delicious!



continued

Kids cooking

pan. Cover with foil. Put in freezer for 3 hours or till almost frozen.

7. With a fork, break the snow into chunks. Put *half* the chunks in the blender. Cover the container and blend at low speed for 15 seconds.

8. Turn speed to high and blend for a few seconds more. Stop blender; uncover and scrape down the sides with a rubber spatula. Cover blender and run again till smooth.

9. Pour mixture back into pan. Repeat with remaining snow chunks. Cover pan with foil and freeze several hours or till hard.

10. Let fruit snow stand on counter for 15 minutes before you plan to serve it. To serve, use a large spoon to scrape across the top of the snow. Spoon into serving dishes. Makes 6 servings.

CHUNKY PEANUT BUTTER SPREAD

This is not only a great snack spread on fruit and crackers; it also makes a tasty filling for sandwiches—

INGREDIENTS YOU WILL NEED:

- **1 4-ounce package whipped cream cheese**
- **½ cup chunky peanut butter**
- **2 tablespoons milk**
- **1 tablespoon honey**
- **½ cup finely snipped raisins *or* dried apricots**
- **Flaked coconut (optional)**
- **Apple *or* pear slices**
- **Crackers**

STEPS FOR MAKING SPREAD:

1. Collect all ingredients.
2. In a small mixing bowl stir together the cream cheese and peanut butter.
3. Add milk, 1 tablespoon at a time, stirring till blended. Stir in honey.
4. Stir in raisins or apricots. Using a rubber spatula, scrape mixture into a serving bowl.
5. If desired, sprinkle coconut on top. Arrange fruit slices and crackers on a serving plate with spread. Refrigerate any leftovers in a covered container. Makes 1½ cups.

LOLLIPOP COOKIES

Each is just like a snack on a stick—

INGREDIENTS YOU WILL NEED:

- **1 package 3-dozen-size sugar, oatmeal, *or* peanut butter cookie mix**
- **12 to 14 wooden sticks**
- **Sugar**
- **Decorator candies, raisins, nuts, sunflower nuts, snipped dried fruit, *or* cut-up gumdrops**

STEPS FOR MAKING COOKIES:

1. Collect all ingredients (check cookie mix package for what you'll need to make the cookies).
2. Grease cookie sheets, if necessary (check cookie package).
3. Prepare cookie dough according to directions on package.
4. Roll dough with your hands into 1½-inch balls. Put on a cookie sheet. Insert a wooden stick halfway into each cookie. Press dough around stick on cookie sheet.
5. Dip a flat-bottomed glass in some sugar, then press down cookies with bottom of glass to flatten.
6. Preheat oven to 375°. Decorate cookies with desired decorations.
7. Bake in a 375° oven according to times given on cookie mix package. Remove from oven with pot holders.
8. With metal spatula, put cookies on wire rack. Cool. Makes 12 to 14 cookies.

SNACK-IN-A-GLASS

INGREDIENTS YOU WILL NEED:

- **1 8-ounce carton fruit-flavored yogurt, such as strawberry, raspberry, cherry, orange, lemon, lime, *or* boysenberry**
- **1 cup milk**
- **1 cup fresh *or* frozen unsweetened blueberries, raspberries, strawberries, orange sections, *or* peach slices**
- **1 egg**
- **2 teaspoons sugar**
- **¼ teaspoon vanilla *or* almond extract**
- **2 or 3 ice cubes**
- **Extra pieces of fruit for garnish (optional)**

STEPS FOR MAKING DRINK:

1. Collect all ingredients.
2. In blender container place the yogurt, the milk, fruit pieces, egg, sugar, and vanilla or almond extract.
3. Cover blender and turn on high speed till mixture is frothy (bubbly).
4. While blender is running, add ice cubes, one by one, through hole in lid of blender. Blend till smooth.
5. Pour into glasses; garnish each serving with an extra piece of fruit, if desired. Serve at once. Serves 4.

Four stay for the price of one at Ramada

With the special Inflation Fighter coupon below, up to four people can stay in your room — but you pay only the single person, one- or two-bed room rate at these participating Ramada Inns! Use this coupon for your first visit, get another coupon for a future trip when you check out. Need another coupon? Send self-addressed stamped envelope to Ramada Inns, P.O. Box 590-DB, Phoenix, AZ 85001.

For reservations call toll-free 800-228-2828.

ED STATES
AMA
ngham
ort
tral
ur
an
den (Attalla)
sville
le
th
Airport
gomery
thwest
East
th
ONA
Grande
taff
versity
l
year
man
nix
Resort A/P
ntown
City Area
rocenter Area
neHouse Hotel
sdale
ey Ho Resort
an
on Resort
ms
a
ANSAS
eville
/ay
ett
teville
sonville
sboro
kana
FORNIA
a-Eureka
rsfield
ndido
o
ngeles Area
adia (Santa Anita)
Airport
North-Culver City
th-I-405
g Beach
neyland/Santa Ana
neyland/Anaheim
ywood
Springs
th
rise Resort
Diego
Diego 1
th
rancisco
A/P Burlingame
Santa Clara (San Jose)
Solvang (Buellton/Solvang)
COLORADO
Burlington
Canon City
Colorado Springs
North
East
Denver
A/P Quebec St
A/P Smith Rd
Downtown
I-70 West
South
Fort Collins
Fort Morgan
Glenwood Springs
Greeley
Pueblo
Silverthorne-
Lake Dillon
Sterling
CONNECTICUT
Danbury
Hartford
Bradley Int'l A/P 1
Bradley Int'l A/P 2
Metro
Wethersfield
East Windsor
Mystic
Stamford/Greenwich
DISTRICT OF COLUMBIA
Washington D.C. Area
Lanham, MD
Rockville, MD
Bethesda, MD
Manassas, VA
Alexandria (Seminary Rd), VA
Falls Church (Tyson's Corner), VA
Calverton/I-95
North, MD
Washington D.C.
Central
FLORIDA
Clearwater
Central
Countryside
Gainesville
Jacksonville
West
South
Jacksonville Bch
East
Lakeland
Melbourne
Miami
Airport
North
Naples-
Vanderbilt Bch
Orlando
Disney Area/West
Disney Area/Central
Disney Area-
SW Kissimmee
Disney Area/Clermont
Circus World/
Davenport
Titusville
Pensacola North
Sarasota A/P
St. Augustine
Downtown
St. Augustine
Beach
St. Petersburg/
Treasure Island
Tallahassee
East
Tampa
Airport
GEORGIA
Albany
Athens
Atlanta
Chamblee
Marietta
Airport
Central
East
Augusta
Airport
West
Brunswick
Downtown
I-95
Calhoun
Cartersville
Cordele
Jekyll Island
Lavonia
Richmond Hill
Savannah Intown
Tifton
Valdosta
IDAHO
Boise University
ILLINOIS
Bloomington
Carbondale
Champaign
Chicago
Downtown
O'Hare A/P
Highland Pk
Highwood
North Shore
Oak Brook/
Elmhurst
Danville
Ottawa/
Starved Rock
Peoria
Quincy
Rockford East
Springfield
INDIANA
Bloomington
Elkhart
Evansville
Fort Wayne
Indianapolis
East
Northwest
Airport
Greenwood
Kokomo
Lafayette
Lake Station
East Gary
Nashville
South Bend
Terre Haute
IOWA
Ames
Davenport
Des Moines
Northeast
Downtown
Waterloo
KANSAS
Colby
Hays
Junction City
Lawrence
Leavenworth
Manhattan
Topeka
Southtown
Wichita
East
Central
KENTUCKY
Ashland/Ironton/
South Point, OH
Bowling Green
Cave City
Henderson
Lexington
North
South
Louisville
I-64 East
Watterson Expwy
Madisonville
LOUISIANA
Monroe
New Iberia
New Orleans
Airport
Hammond
Metairie
MAINE
Bangor
Lewiston
Portland
MARYLAND
Baltimore
(BWI A/P)
Hagerstown
MASSACHUSETTS
Boston
Int'l Airport
Woburn
Springfield/
Chicopee
MICHIGAN
Benton Harbor
Detroit
Metro Airport
Dearborn
Southfield
Grand Rapids
Lansing
Manistique
Marquette
Muskegon
MINNESOTA
Minneapolis
Airport
Moorhead/Fargo, ND
Rochester
St. Paul
MISSISSIPPI
Corinth
Greenville
Greenwood
Gulfport
Hattiesburg
Jackson
Coliseum
Metro
Laurel
Meridian
Tupelo
Vicksburg
MISSOURI
Cape Girardeau
Columbia
Jefferson City
Joplin
Kansas City Area
Southeast
Independence
Overland Park, KS
Central
South
St. Joseph
St. Louis Area
Lambert Airport
Downtown
South County
Westport
Fairview Hts., IL
Alton, IL
Six Flags-Eureka
Waynesville
MONTANA
Billings
Bozeman
Butte
NEBRASKA
Grand Island
Kearney
North Platte
Omaha
Central I-80
Airport
NEVADA
Reno
NEW HAMPSHIRE
Concord
Dover
NEW JERSEY
East Brunswick
East Hanover
Edison
Franklin Township
NEW MEXICO
Albuquerque I-40
East
Santa Fe
NEW YORK
Albany
Armonk
Binghamton
Buffalo
Elmsford
Ithaca
Kingston
Long Island/
Hauppauge
New York City Area
Rochelle Pk
Saddlebrook, NJ
Clifton, NJ
Wayne-Fairfield, NJ
Woodbury/Long Island
Niagara Falls
Poughkeepsie
Rochester A/P
Syracuse
Watertown
NORTH CAROLINA
Burlington
Charlotte
Downtown
Dunn
Durham
North
Downtown
Fayetteville
Gastonia
Greensboro
Greenville
Hickory
Lumberton
New Bern
Raleigh
South Apex
Rocky Mt (Goldrock)
Wilmington
NORTH DAKOTA
Bismarck
Jamestown
OHIO
Akron
Akron-Canton
Fairlawn
Cincinnati/
N. Sharonville
Cleveland
Airport
North Euclid
Southeast
Columbus
North
East Airport
Dayton
North
Downtown
Fremont
Lima
Marietta
Sandusky
Springfield
Youngstown
OKLAHOMA
Ardmore
Bartlesville
Lawton
Norman
Oklahoma City
Airport West
Airport South
Seminole
Tulsa
OREGON
Eugene-
Springfield
Portland/Tualatin
PENNSYLVANIA
Breezewood
Erie
Philadelphia
Airport
Ft. Washington
Pittsburgh
Airport
North
York
SOUTH CAROLINA
Aiken
Charleston
Airport
Columbia
Florence
Greenville
Hardeeville
Santee
Spartanburg
Walterboro
SOUTH DAKOTA
Sioux Falls
TENNESSEE
Jackson
Knoxville
Memphis
Southeast A/P
East
Downtown
I-240 at Mt. Moriah
Murfreesboro
Nashville
Capitol Hill
Sweetwater
TEXAS
Amarillo
Austin
Airport
Townlake
Airport North
Capitol
Beaumont
Corpus Christi
Dallas
Farmers Branch
D/FW A/P Irving
NE/Richardson
East
D/F W A/P
N. Lewisville
Arlington/SixFlags
Central
Del Rio
Denton
El Paso East A/P
Harlingen
Houston
Pasadena-SE
East
SW Freeway
North
Hobby A/P
West
NW Crossing
Longview
Lubbock
Lufkin
Marshall
Odessa
Paris
San Antonio
Airport
North
San Marcos
Sherman
Temple
Tyler
Victoria
Waco
UTAH
Ogden
Salt Lake City
VIRGINIA
Carmel Church
Charlottesville
Fredericksburg
Lynchburg
Norfolk
Oceanview
Petersburg
Richmond/South
Roanoke
Skippers
Williamsburg
West
WASHINGTON
Spokane
WEST VIRGINIA
Beckley
Charleston
Huntington
Morgantown
WISCONSIN
Eau Claire
Green Bay
West
Downtown
Janesville
LaCrosse
Madison
Milwaukee
Downtown
Sands West
WYOMING
Casper
Cheyenne
Gillette
Laramie

CANADA
Winnipeg, Man.
Kingston, Ont.
London, Ont.
North Bay, Ont.
Sault Ste. Marie,
Ontario
Toronto, Ont.
Don Valley
Airport West
Montreal, Que.
Downtown
Olympic Pk/East
Decarie
Airport
Quebec City/
Ste-Foy, Que.

INTERNATIONAL
Belgium
Brussels
Liege
Paris-Velizy, France
Germany
Dusseldorf
Frankenthal
Frankfurt
Hamburg
Leverkusen
Mannheim/
Ludwigshafen
Sweden
Gothenburg
Jonkoping
Antigua, Guatemala
Monterrey, Mexico
Bangkok, Thailand
Sydney, Australia
Jerusalem, Israel
Abu Dhabi, UAE

"We're changing right before your eyes."

Money Saving Coupon

Ramada's Inflation Fighter

RAMADA INN®

4-for-1 Savings

Coupon must be presented at a participating Ramada Inn at check-in for single person, one- or two-bed, room rate for up to four people in room. Rollaway beds available at slight extra charge; cribs free. Offer subject to availability. One coupon per stay, coupon applies for entire stay. Good through 12/31/82. Not valid in combination with other discounts, promotions or during special events listed in the current issue of the Ramada Inn directory. Coupon has no cash value. Void where prohibited by law.

BH4

Customer signature_____

Money Saving Coupon



Appalachian

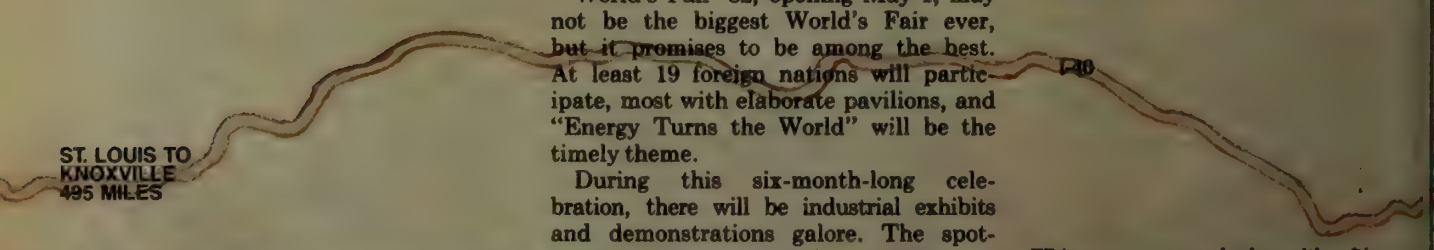
EN ROUTE TO WORLD'S FAIR '82

By George S. Bush

Three interstates converge on Knoxville, Tennessee, site of World's Fair '82: I-40 from North Carolina to the east and Nashville to the west; I-75 from Cincinnati and Lexington to the north and Atlanta to the south; and I-81 from Virginia's Shenandoah Valley. These routes make the fair accessible from every direction and offer points of interest nearby. But to make the most of your vacation, allow plenty of time for detours to savor the southern Appalachians.



Friendly country folks and music fill the hills.



World's Fair '82, opening May 1, may not be the biggest World's Fair ever, but it promises to be among the best. At least 19 foreign nations will participate, most with elaborate pavilions, and "Energy Turns the World" will be the timely theme.

During this six-month-long celebration, there will be industrial exhibits and demonstrations galore. The spotlight, of course, will be on energy—from hydro power to solar, wind, and syn fuels. But knowledge through entertainment will be the key. That means everybody can get totally involved. At the Japanese pavilion, for instance, you'll be greeted by talking, blinking robots. Saudi Arabia is even transplanting a patch of desert to this Smoky Mountains foothill city, and China is bringing a chunk of the Great Wall.



Talented young performers enthusiastically stage a host of musical shows at Opryland in Nashville.

White-water streams beckon with rafting.



Entertainment will be on a grand scale. There will be an amusement park with 15 major rides, among them the country's biggest Ferris wheel and a unique roller coaster from Germany, plus big-time shows in the 95,000-seat University of Tennessee stadium, on a riverboat, and on four other stages. Featured will be such diverse talents as Bob Hope, Johnny Cash, Victor Borge, Hal Holbrook, and the Grand Kabuki Theater of Japan. Fireworks will cascade nightly through the skies above the Tennessee River.



The Incline Railway glides up Lookout Mountain.

Vivid rhododendrons bloom.



Since the fair is concentrated on 70 step-saving acres, you can take in most of this international event in a day or two, then spend part of your vacation exploring the marvelous country all around Knoxville. Following is a compilation of the finest vacationing this rich region has to offer. Numbers in parentheses after key locations—like Nashville (180)—indicate the miles from Knoxville. For additional details about

continued

TENNESSEE
ALABAMA

Vacations

CINCINNATI TO KNOXVILLE 250 MILES

KENTUCKY

WASHINGTON, D.C., TO KNOXVILLE 485 MILES

VIRGINIA

TENNESSEE

I-75

I-81



Puppets perform at Berea.



Old-fashioned fun awaits at Silver Dollar City.

KNOXVILLE
WORLD'S FAIR 1982



The baronial Biltmore House and Gardens estate in Asheville, North Carolina, is a delight to explore.

I-40

US-441

US-411

US-129

US-19



Delicate mountain laurel blossoms.

N. CAROLINA
S. CAROLINA

US-19-129



Cherokee women demonstrate crafts of their ancestors.

Flame azaleas color the scene.

The old mill at Pigeon Forge, not far from Gatlinburg, creates a picturesque setting.



GEORGIA



ATLANTA TO KNOXVILLE 220 MILES

Photographs: George Bush, Edgar Cheatham, Frank Hoffman, Neil di Teresa
Illustration: Tom Nachreiner, Art Factory



Appalachian

EN ROUTE TO WORLD'S FAIR '82

the attractions featured, see the listings on page 167. But first, let's visit the fair.

WORLD'S FAIR 1982

Like burgeoning Knoxville and its southern Appalachian surroundings, the 1982 World's Fair looks to the future while remaining firmly rooted in the past. The fair's Sunsphere theme structure, a gleaming glass-and-steel globe, dominates the grounds from atop a sky-piercing shaft. Not far away rises the imposing ultramodern U.S. Pavilion. But facing these edifices are a picturesque old candy factory and a charming row of refurbished Victorian homes. The old L&N Railroad station has been spruced up, too, and the venerable L&N Hotel houses a nostalgic restaurant.

But it's not only the architecture that reflects this blending of past, present, and future. While banks of game-programmed computers teach scientific lore and a colossal solar concentrator puts the sun's rays into thermal storage, the air will reverberate with music and song. There'll be daily parades and square dance shindigs, fiddle and banjo contests, and clogging shows, plus continuous folk craft demonstrations—even an operative moonshine still.

Vittles will be no less authentic. Food stands will dispense such East Tennessee specialties as ham and biscuits and fried chicken. You'll also be treated to dishes from places like China and Japan.

The fair runs through October 31. Hours are 10 a.m. to 10 p.m. One day's admission costs $9.95, $8.25 for ages under 12. Two-day tickets cost $15.95. Admission includes all events except stadium shows and amusement rides.

FAIR WARNING

Around 60,000 people are expected at the fair daily, so plan ahead to get nearby lodgings. The best way to be sure of a roof is to buy a package that includes lodgings and fair tickets (also transportation to Knoxville if you like) through a travel agent, or to make a reservation through the housing office of the Knoxville Convention and Visitors Bureau. Two-night packages average around $105 per person double within 25 miles of the city, $65 within up to 100 miles (no special children's rates). Fair shuttles operate from nearly every community in the area—even as far away as Atlanta. For hotel or motel reservations, call 615/971-1000; for other lodgings (in homes, dorms, campgrounds, etc.), call 615/971-4000 for reservations.

A good option for families is Winnebago Village—more than 600 recreational vehicles gathered ten miles south of the fair site. Nightly rates run about $69 to $89 per vehicle (sleeping up to six). Shuttle service and package plans with fair tickets are available.

In addition to having Great Smoky Mountains National Park to the southeast, Knoxville is surrounded by national forests. All have campgrounds for fair commuting (free to $6 a night). There's parking with shuttle service around the fairgrounds ($6), but availability of space depends on crowd size.

Restaurants in Knoxville serving reasonably priced fare include the Pioneer House, Swensen's Ice Cream Parlor & Eating Establishment, Zeke & Dan's, and Ruby Tuesday's. For evening entertainment, try a play or dance performance at historic Lamar House Bijou Theater (about $5) or West Side Dinner Theater ($12.50).

FROM THE EAST

It was from this direction the pioneers approached the fertile Tennessee valleys, wearing out their buckskin boots across the Piedmont of North Carolina until they saw the blue Appalachian ridges rise in the haze. To see this mountain barrier as the pioneers did, leave the four-lane pavements at Winston-Salem, North Carolina, and turn west on US-421, which narrows as it climbs through the woods. Soon the slopes drop away abruptly; small weathered cabins snuggle in the rugged cuts.

BOONE TO BLOWING ROCK

The little town of **Boone, North Carolina** (170), is your first stop. It was Daniel Boone's first stop, too, before he took his family across the hills. Boone's adventures are recounted in a rousing outdoor drama, *Horn In The West* (nightly except Mondays mid-June to mid-August; general admission $6, kids $3). The nearby Daniel Boone gardens are especially impressive in May.

Also at Boone, you can arrange with New River Outfitters to canoe the gentle north and south forks of that river ($14 to $17 a day) and for white-water raft trips on the Nolichuckey River ($30 to $35 per person a day, with lunch).

You'll like country-style dinners at Daniel Boone Inn and the convenience of Boone Trail Motel (doubles about $30). There are several other motels in the $30 to $35 price range, or you can stay at the Center for Continuing Education on the Boone Campus of Appalachian State University (doubles $36).

One of the oldest and best steam trains awaits just south of Boone, at **Blowing Rock.** Rides on the Tweetsie Railroad are enlivened by reenacted Indian attacks and gunfights ($7, kids $6).

Showboat *stands out as a favorite among productions at Nashville's Opryland (top left). A colorful mountain village comes to life at the Museum of Appalachia, north of Knoxville (below).*



Vacations

GRANDFATHER MOUNTAIN PLUS

About 15 miles southeast of Boone is the area's finest attraction, **Grandfather Mountain** (take US-221 off State-105). This nature preserve deep in Pisgah National Forest encompasses one of the highest peaks along the Blue Ridge. You can observe deer, bears, cougars, and bald eagles close up in their natural surroundings. Hang gliders drift down from the mountain's summit.

Continuing south on the Blue Ridge Parkway, stop for a hike into the mountain-laurel canyon at Linville Falls and at Craggy Gardens. Every curve of the glorious parkway reveals a new panorama (guidebooks at visitor centers).

ASHEVILLE AND CHEROKEE COUNTRY

At **Asheville** (72), you leave the parkway to visit the incredible baronial estate of the Vanderbilts, Biltmore House and Gardens. Figure three hours for a tour ($12 admission covers everything).

You could travel straight across the mountains to Knoxville on I-40, but you'll see more by continuing on US-19 to Cherokee, North Carolina. Then follow US-441 through Great Smoky Mountains National Park to Gatlinburg.

Cherokee (70) is a rarity in the eastern U.S.—a village on an Indian reservation. The Cherokees have made the most of this settlement by allowing visitors to glimpse their culture. At Oconaluftee Indian Village, guides explain tribal history, artisans demonstrate ancient skills, and Indians enact customs in a seven-sided Council House (tours $4.50, kids $2.50).

Nearby is the extensive Museum of the Cherokee Indian ($3, kids $1.50). You can enjoy the musical outdoor drama *Unto These Hills,* which depicts Cherokee history from DeSoto's arrival to the Cherokees' exile over the infamous Trail of Tears (nightly except Sundays mid-June to late August; $7, kids $5). As an additional lure, the Cherokees stock 30 miles of streams and several ponds with trout (permits $3 a day).

Glimpses of tribal culture, colorful customs, and Indian crafts are in store for vacationing families who make Cherokee, North Carolina (top right), a stop en route to this year's World's Fair.



GATLINBURG

Though **Gatlinburg,** on the Tennessee side of the Great Smoky Mountains, is a city of motels, you'll need advance reservations for lodgings (call 800/251-9868 toll free). This town usually is booked up even without the fair.

The whole purpose of Gatlinburg is to cater to visitors. In this cozy town tucked into a lovely valley, people walk along licking ice cream cones and looking into store windows. For a dime, you can board a trolley bus and survey little shops and eateries by the dozen. Two major attractions are Showstreet USA, a spectacle of musical fountains imported from Germany, and Christus Gardens, adorned with wax figures.

An aerial tram ($4 round trip, kids $1) lifts you to a ski area that's open in summer, with a plastic-carpet slope you can schuss down. An extra-long Alpine slide, ice rink, and restaurant help keep things lively on the mountaintop.

At the local Arrowmont School of Arts and Crafts, you can watch classes in weaving, woodworking, painting, photography, etc. If you plan to spend a week here, you can enroll in one of the workshops (about $250, including tuition, materials, room and board). The Arrow Craft Shop also stocks the finest in Appalachian crafts (closed Sundays). An eight-mile drive takes you to the Great Smoky Arts and Crafts Community, with 25 studios.

Among Gatlinburg's favorite family eateries are Pioneer Inn, Brass Lantern, Ogle's Buffet, and Pancake Pantry. After dinner, you can treat the whole family to an olio-type musical comedy at Sweet Fanny Adams Theater ($4 to $6).



Photographs: George Bush, Frank Hoffman

PIGEON FORGE

Notwithstanding its honky-tonk appearance, **Pigeon Forge,** six miles toward Knoxville from Gatlinburg, deserves a visit. This is the site of Pigeon Forge Pottery and Silver Dollar City, a low-key theme park ($9 including rides).

FROM THE SOUTH

You face a hard choice approaching Knoxville from the south: I-75 via Chattanooga and its attractions, or Georgia-400, followed by US-19/129 through Chattahoochee and Nantahala National Forests to Cherokee (see the "From the East" section). The best solution is to go one way and return the other.

DAHLONEGA, BRASSTOWN, AND MORE

The national forests route takes you past **Dahlonega, Georgia,** site of the first gold rush back in the 1820s. As you drive on, the hills get even hillier. This is about the most remote backcountry east of the Mississippi. A circuitous detour out of Blairsville takes you past Georgia's highest mountain (great for hiking) to **Brasstown, North Carolina** (160), and the John C. Campbell Folk School, deep in the woods.

This institution perpetuates homesteading skills and traditions. Numerous workshops keep the school humming. Visitors are welcome Monday through Friday, and camping is available on the grounds ($4 with hookups, $2 for tents).

continued

Appalachian Vacations

EN ROUTE TO WORLD'S FAIR '82



Sparks fly in Gatlinburg at the blacksmith's shop (top). Spiffy yesteryear trains line up at the Chattanooga Choo Choo complex (below).



Exciting river-rafting trips and quieter canoe floats on waterways like the Nantahala, Ocoee, and Hiwassee make perfect outings for families.

Photographs: George Bush



continued

A short detour on US-64 west leads to **Copper Basin,** with its startling desertlike landscape. At Ducktown, you can visit a museum detailing the region's unusual mining past.

You then rejoin US-19 via US-64 to continue northeast through the gorge of the Nantahala River, one of the South's most acclaimed white-water streams. You could spend hours on the bank watching paddlers rush by. Better yet, stop for a raft trip at the **Nantahala Outdoor Center** at Wesser, North Carolina, where the Appalachian Trail dips into the valley. Even the inexperienced can raft the Nantahala, preferably with a guide (three- to four-hour trips $14 per person). Canoe rentals and kayak rentals and instructions also are available. There's an affordable riverside restaurant, and the outdoor center has its own lodge and cabins (doubles $19 up).

If you'd like to spend a few days at a family resort, turn left four miles beyond Wesser on State-28, and drive into the mountains to **Fontana Village.** This complex perches above 30-mile-long Fontana Lake (family lodgings $35 to $53). From Fontana, you can take State-28 to US-129 straight into Knoxville, or return to US-19 and continue your trip via Cherokee, Great Smoky Mountains National Park, and Gatlinburg (described in the "From the East" section).

CIVIL WAR LEGACY

The alternative route via **Chattanooga** (110) takes you past battlefields where a string of Union victories preceded the drive on Atlanta, which smashed the Confederacy.

Just short of Chattanooga, a turnoff from I-75 brings you to the national military park at Chickamauga, where Confederate General Bragg first routed the Yankees, but then lost the initiative. At the foot of Lookout Mountain at Chattanooga, you can visit Confederama for a lighted topographical display of pivotal maneuvers ($2.50, kids $1). Point Park on the mountain commemorates the climactic Battle Above the Clouds of 1863—one battery is still in place. You can take a hairpin road up the mountain, or ride the Incline Railway ($3, kids $2.25).

A shuttle bus serves the mountain's popular Rock City, a labyrinth of weird stone formations. Rock City's truly Enchanted Trail crosses chasms, worms through boulder clefts, and descends into caves ($4.75, kids $2.75). Lookout's other big attraction is Ruby Falls, a subterranean cascade you reach on a 70-minute cave tour ($3, kids $1.15).

CHATTANOOGA

The central landmark in downtown Chattanooga is the Chattanooga Choo Choo, the city's old railroad station that's been converted into a restaurant and hotel complex. Flowers and fountains grace platforms between parked trains, which house pullmans fixed up as bedrooms (doubles $65, kids free). A dining car serves gourmet suppers, and another coach dispenses ice cream. You're welcome to stroll all over the station, climb aboard a locomotive, ride a trolley, and enjoy excellent food in the station restaurant. The complex also includes regular motels (doubles $48).

For more railroading, visit the Tennessee Valley Railroad Museum, which features exhibits and a six-mile trip ($3.50, kids $2.50). Also inquire about special spring and fall excursions.

Rooms in Chattanooga will be hard to come by, but there's excellent camping in nearby Cherokee National Forest and in Harrison Bay and Booker T. Washington State Parks on Lake Chickamauga.

Recommended family restaurants are Morrison's, Buck's Pit Barbecue, Rock City Restaurant, and Bea's Family Style Restaurant. For evening entertainment, try the Backstage Playhouse dinner theater ($6; dinners about $8).

ON-THE-WATER ADVENTURES

US-411 between Chattanooga and Knoxville provides access to two fine rafting rivers, the Ocoee with excellent white water and the calmer Hiwassee. Among outfitters servicing the Ocoee are Ocoee Outdoors, Inc., Sunburst Wilderness Adventures, Wildwater, Ltd., and a branch of the Nantahala Outdoor Center. Half-day and full-day trips run $20 to $30 per person.

The scenic Hiwassee is tame enough to float on your own. Hiwassee Outfitters near Etowah rent rafts and canoes (about $30) or inner tubes. Hiwassee Float Service and Webb's Float Service serve this river, too.

Closer to Knoxville at **Sweetwater** (60), you can tour the Lost Sea, the world's largest known underground lake, on foot and by electric boat ($4, kids $2.25).

continued



Proceed to the end of our cigarette. Then double back a quarter-inch.

There you'll discover our filter. Hidden away to keep your lips from touching the tar that builds up on the tip.

Flush filters can't do this.

Which is why Parliament Lights are so tastefully light.

And so richly rewarding.



Only Parliament Lights has the famous recessed filter.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

11 mg "tar," 0.9 mg nicotine av. per cigarette, FTC Report Mar.'81.

© Philip Morris Inc. 1981



The Serta Perfect Sleeper firmly supports fitness with a great night's sleep.

Millions are discovering just how good fitness feels. And an important part of fitness and feeling good is a great night's sleep.

Every model in the Perfect Sleeper line is designed to give you deep support and top comfort. That's firmness that feels good. The Serta Perfect Sleeper.

Serta Perfect Sleeper	Twin 2 Pc set	Full 2 Pc set	Queen 2 Pc set	King 3 Pc set
Masterpiece	$600	$700	$900	$1200
Avanti Pillow Soft	$480	$580	$720	$950
Signature III	$440	$540	$650	$880
Signature II	$400	$500	$580	$800
Signature I	$360	$460	$530	$730

Prices shown are nationally advertised suggested retail prices. Prices may vary in Canada. Mattress or foundation purchased separately is 60% of set price.

Serta

"Perfect Sleeper.® It's a healthy investment in yourself!"

Du Pont TEFLON® oil & stain mattress protector

Susan Anton

©1982 SERTA, INC.

Send $1 for the 36 page Serta Fitness Booklet, Serta, Inc. 9801 W. Higgins Road, Rosemont, IL 60018

Appalachian Vacations

EN ROUTE TO WORLD'S FAIR '82

continued

FROM THE WEST

You have a neat mix ahead of you along I-40: music, thrill rides, historic sight-seeing, fishing and boating, and the excellent museum at Oak Ridge, birthplace of atomic power.

NASHVILLE

Nashville (180) is a big, booming city that was once a gateway to the West and remains as western as it is southern. No wonder southern country and western music united to become country western at the Grand Ole Opry here. But that isn't Nashville's only beat. Music City U.S.A. resounds dawn to dawn with blues, jazz, bluegrass, swing, rock, gospel, disco, riverboat, and Gay '90s.

You can start out early with breakfast at the Opryland Hotel, accompanied by a pop-and-country band that plays weekdays till 9 a.m. for a live radio show. By then, Opryland is readying to open. Besides all the rides there, at least 13 musical shows are on the agenda. You'll be hard put to cover them all in a day, especially if it's Friday or Saturday and you're scheduled for an evening at the Opry. Afterward, you can drive downtown to Printer's Alley, hub of Nashville's night life, for jazz and more country music till all hours.

What sets Opryland apart from other theme parks is the professionalism of its shows. The talented, clean-cut young performers don't rely on kid-next-door appeal. And among major summer offerings is the Opry Star Showcase, where big names from the Opry perform. The most popular show since its introduction ten years ago is *I Hear America Singing*, a review of hits from the '20s to the present that would do Broadway proud.

Opryland opens at 10 a.m. on weekends March 27 through May 30, daily from May 31 through September 6, and on weekends September 11 through October 31. Closing times vary with the season. As a bonus this spring, the park will be open 1 p.m. to 9 p.m. on Fridays in May. One-day admission costs $11.50, $16 for two days, under four free.

As for the Opry, there always are two shows Saturday nights and one Friday nights, with Friday, Saturday, and Sunday matinees, plus a second Friday night show in midsummer. It's best to reserve seats months in advance ($8). Failing that, arrange for someone in Nashville to pick up general admission tickets for you (Tuesday morning of the performance week; $6). As a last resort, be at the ticket office at least one hour before curtain time—for unclaimed seats.

Another alternative is to buy a package from a local tour operator. A typical package includes two nights' lodging, Opryland and Opry tickets, plus sightseeing. Prices run about $75 to $120 per person. You can make similar arrangements at area campgrounds, including Hermitage Landing, the Nashville KOA, and Holiday Nashville Travel Park. Three-night packages start at about $150 per couple (reservations necessary).

Besides being convenient, packages offer an extra feature that's difficult to arrange on your own—tours of impressive homes of country music stars. Tours cover other sights, too, like Music Row, where big recording companies have their studios, and the Country Music Hall of Fame. Another Nashville must is the Hermitage, Andrew Jackson's mansion ten miles east ($3, kids $1).

The most desirable place to stay is the Opryland Hotel, an establishment in the grand-resort tradition next to the Opry and the park (doubles $62 to $75). The Chamber of Commerce can provide a list of motels in the $25 to $40 range. For good meals at modest prices, try Captain Ray's Sailmaker, Houston's, Morrison's Buffet, The Old Spaghetti Factory, and Loveless Motel Restaurant.

LAKE COUNTRY HIGHLIGHTS

At **Edgar Evins State Park** (130) en route to Knoxville, you can camp or rent a cabin on a lake surrounded by foothills of the Cumberland Mountains (camping $2 per person, $6.50 per couple with hookups; cabins $45 to $50; reservations 615/858-2446). About 12 miles farther east, near Smithville, you come to the **Appalachian Center for Crafts.** There you may observe professional classes in exquisite crafts work (most weekdays). The center's gallery also stays open on weekends. To reach the center, make a sharp left into the hills after crossing the bridge five miles south of I-40.

About 40 minutes north of the interstate, via State-42 and -52 from Cookeville, lies one of the Cumberland's most beautiful man-made lakes—**Dale Hollow** (120). Some 620 miles of convoluted shoreline lap up into the lake's tributary valleys. Sheltered bays are ideal for fish-

continued



The Brinegar Cabin, a pleasant stop along the Blue Ridge Parkway, is a pioneer home and crafts center.



You can view eagles at Grandfather Mountain (top). Jonesboro is a quaint mountain town (below).

Photographs: Edgar Cheatham, Hugh Morton, George Bush



Make a Splash in Your Bathroom . . . with Cubs 'n Tubs

From Better Homes and Gardens®









Delightful Bathroom Decorator Plaques

These lighthearted, lovable little cubs make a bright and happy addition to your bath or powder room. And they're also right at home in a child's bedroom . . . playroom . . . or hallway.

In choosing these plaques, Better Homes and Gardens® offers you a unique decorating opportunity that combines versatility with a practical, affordable price. As a grouping of four, they tell a full, fanciful story of bearcub fun. But you can also display them separately or in pairs.

Merry Scenes Delight All Ages

Each plaque shows the cubs splashing and cavorting in a different "tubbing" antic. In the upper left, they're all starting a scrubdown in the tub. But in the upper right, playtime begins to be more fun than scrubbing. In the lower left it's a fun and frolicking free-for-all, as the cubs stop sudsing themselves and turn the tub over. And finally, one brave little bear cub dives in the water to make a final splash.

Quality Craftsmanship, Distinct Design

The CUBS 'N TUBS plaques are specially-selected lithographed prints. Each plaque measures 8" x 10", and is mounted and laminated to a durable backing, with beveled-edge finish in rich-looking gold.

Easy to Care For

Because the fun-loving appearance of the cubs will tempt small tots to touch them, the surface of the plaques is moisture-resistant. A damp cloth will wipe away any little fingerprints, and keep the design fresh and new-looking all the time!

FREE Decorating Tips

With your order of the CUBS 'N TUBS plaques, you will also receive a **FREE** copy of "Decorating Tips," a handy little guide that gives you dozens of different tips and hints to help you in decorating your home.

Money Back Guarantee

We know you will be delighted with CUBS 'N TUBS, and will find they add a charming, lively touch to your home. However, Better Homes and Gardens® guarantees your satisfaction. If you are not completely satisfied with your plaques, you will get a full refund.

ORDER TODAY while supplies last. Complete the coupon below and mail it to the post office box listed with our name.

Better Homes and Gardens

Dept. 2AB, Box 374
Des Moines, Iowa 50336

Yes! Please send me _____ sets(s) No. 23172 CUBS 'N TUBS wall plaques (a set of four) @$19.95 per set, plus shipping and handling charges.

Shipping and Handling Chart:

For orders up to $25.00	$2.25
$25.01 to $50.00	$3.50
Over $50.00	$4.00

Only $19.95!

Total Merchandise $ _____

Tax* $ _____

Shipping and handling $ _____

Total Amount: $ _____

* **Tax** Note: We are required to collect and pay **STATE** taxes in: **Arizona, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Pennsylvania, Wisconsin.** We are required to pay **STATE AND LOCAL** taxes in: **California, Georgia, Nebraska, New Mexico, New York, Tennessee, Texas, Virginia, Washington**

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

Check, money order, or credit cards are acceptable.

To use your credit card, fill in below:

☐ MasterCard ☐ VISA ☐ American Express

Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Expiration Date: ☐☐☐☐

CREDIT CARD USERS: To speed delivery, **PHONE TOLL-FREE 1-800-247-5099.** Toll-Free not available in Alaska or Hawaii. (In Iowa, call 1-800-532-1526.)

OUR GUARANTEE: 100% REFUND if you are not completely satisfied!

Better Homes and Gardens HOME DECOR

The Decorating Experts America Knows Best

continued

Appalachian vacations

ing and houseboating. Horse Creek Dock and Resort is one of several operations that rent houseboats ($115 a day, $650 a week; discounts after mid-September). Neat cottages are available ($25 a night).

Though you can see energy exhibits at the fair, you also may want to visit **Oak Ridge** (20). This city was built secretly by the government in 1942 to produce fission materials. Now the facilities are devoted to research on medical and industrial uses of atomic particles. The American Museum of Science & Energy there features exhibits, plus films and demonstrations of research techniques (free).

FROM THE NORTH

The hills of Kentucky's Bluegrass Country grow higher and more rugged as you travel I-75 toward Knoxville from Lexington, until you arrive in the heart of Appalachia at the Tennessee line. The valleys you cross here were tamed by settlers—Daniel Boone among them—who journeyed through the Cumberland Gap. Their traditions remain deeply rooted in their descendants.

BEREA AND RENFRO VALLEY

One inspiring place to visit is **Berea, Kentucky** (150). Back in 1855, a young preacher rode into this town to found a school that would offer the best of educations at minimal cost to anyone who wanted more out of life than scruffy mountain acres could provide. This school is now Berea College, and its purpose hasn't changed.

All students work ten to 15 hours a week, many of them at the delightful 1909 Boone Tavern Hotel. The hotel is a good place to eat and stay (doubles $25 to $42). You'll be surrounded by eager young employees. Other students staff the college farm or are occupied in college industries whose products—such as brooms, rugs, and furniture—are sold across the country.

You can join a tour of the school and its workshops on weekdays. The school's Appalachian Museum also stays open weekends ($1), when you can browse in the unique Appalachian Book and Record Shop, too. The college's repertory theater performs in July, and there's a Traditional Music Celebration in October.

About 15 miles south of Berea, also on I-75, lies **Renfro Valley,** with its own intimate version of the Grand Ole Opry called the Renfro Valley Country Music Center. The center's two shows—one traditional country music, the other new-sound—are staged Saturday nights in neighboring barn theaters. Performances are at 7:30 and 9:30, so you can enjoy both the same evening ($4 each; early reservations suggested). Then, Sunday mornings, you can attend the live broadcast of the Renfro Valley Gatherin'.

The best plan is to arrive in Berea Friday morning, tour the college in the afternoon, see the museum on Saturday morning, then continue to Renfro Valley for the shows. Doubles at Renfro Valley Lodge run about $25.

WONDERFUL WORLD OF APPALACHIA

If you head fairward right after the Sunday morning Gatherin', you'll reach the Norris Dam area in time to spend the afternoon at the **Museum of Appalachia** (16) at Norris, off I-75. This living museum is the life's work of one man who has collected nearly three dozen Appalachian cabins,

continued



The best-looking bed.

Make your bed the good-looking way, the easiest way, with new, patented Custom Corner,® the fitted mattress pad. It offers every advantage—fit, appearance, comfort, protection, slips on easily.

Your sheets will look better, smoother, because Custom Corner doesn't bunch, stays put and snug even through a night's tossing and turning.

Better made, too, of luxurious fabrics, generous PerfectPuff™ bonded polyester filling, no-thread Quiltrasonic™ quilting.

Machine wash, tumble dry, no-iron. New, patented* Custom Corner—no other pad is as fit for your mattress. At linen departments everywhere, with matching PillowSack.™

It's made easy with custom corner® the fitted mattress pad

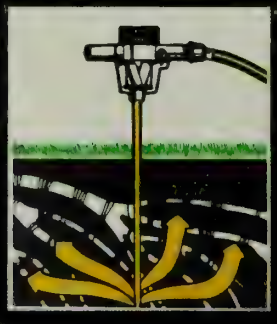
PERFECT FIT INDUSTRIES, INC., Monroe, N.C.
*Registered U.S. Patent Office © 1981 PFII



It's easy...just load the ROSS Root Feeder with specially formulated ROSS Root Feeder Cartridges. Together they deliver water and essential nutrients in solution directly to the root zone, where growth begins. There's no waste, no run-off, no root burn.

Use ROSS right from the start. New ROSS Tree & Shrub Starter Cartridges reduce transplanting shock, stimulate sound root development plus promote lush, green foliage.

To maintain the vigor and beauty of all your trees, shrubs, evergreens and roses, depend on a full selection of specially formulated ROSS Root Feeder Cartridges for use season after season.



ROSS

The Better Way to Grow... Right From the Start.

Available at your local garden
Ross Daniels, Inc., Box 65430, W nes, IA 50265

continued

Appalachian vacations

churches, barns, privies, pigpens, and workshops. He assembled them on 75 acres, then filled them with authentic furnishings ($2.50, kids $1.50). Something is always going on—from craft demonstrations to old-time music.

Seven miles from the museum, off US-441, is Norris Dam, the first dam built by the TVA to harness the Tennessee River. You can tour the turbines on weekdays. Overlooking the scene is **Norris Dam State Resort Park,** with camping ($4.50 to $6.25) and cabins ($30 to $45). The park makes a good base for a fair visit (reservations 615/494-0518).

To camp, get a map of **Daniel Boone National Forest,** which parallels stretches of I-75 in Kentucky. Especially inviting are the forest's Turkey Foot region (east of Berea), and its Laurel River Lake and National Arch Scenic Area (west of Corbin).

FROM THE NORTHEAST

Rather than rushing down I-81 to Knoxville, take the Skyline Drive, which feeds into the Blue Ridge Parkway. On reaching the Boone-Blowing Rock area, you can pick up routing described in "From the East." But after exploring this area of the Blue Ridge, you may want to cut across the Appalachians into Tennessee, instead of going to Asheville. This route is rich in history. On the other side of the mountains here, the first settlers established the original Southwest Territory.

UP INTO THE MOUNTAINS

If you pick this route, you follow back roads: State-181 and -194 from Grandfather Mountain at Linville, or State-105, -84, and -194 from Boone. Either way, you join US-19E at Elk Park, North Carolina. From there, it's only a few miles before you reach Roan Mountain, Tennessee.

Except on weekends, you shouldn't have trouble finding space at **Roan Mountain State Park** (137) (campsites $4.50 to $6.25; cabins $40 to $45; reservations 615/772-3303). Out of nearby Erwin, outfitters arrange trips on the Nolichuckey and other area white-water rivers. Rates run $10 a day per person for canoes to $35 for raft trips.

TENNESSEE HISTORY

Coming down from the mountains, US-19E leads to US-11E at Johnson City. Turn north for six miles and you'll be at **Rocky Mount,** once seat of the territorial government. The original Rocky Mount log-cabin settlement still stands ($2.50, kids $1.25).

About six miles south of Johnson City is **Jonesboro** (102), oldest town in Tennessee. The downtown is pretty much the same as it was in the 1800s. What put Jonesboro on the map, however, wasn't tranquil mood or architecture, but the National Storytelling Festival. At this event, down-home experts engage in an Appalachian "art" dating back to when most folks couldn't read (October 1 to 3 this year).

The place to eat is the Parson's Table or Widow Brown's. Nearby lodgings include Cleek Motel, 11-E Tourist Court, and Fox Motel ($25 to $35).

En route from Jonesboro to Knoxville, you'll want to stop at **Davy Crockett's Birthplace,** off US-11E near Greeneville. You also can visit the **Crockett Tavern Museum** at Morristown ($2, kids $1.25).



- Blue Ridge Parkway—National Park Service, 700 Northwestern Bank Building, Asheville, NC 28801.
- Dawnena Walkingstick-Darnall, Cherokee Tribal Travel and Promotion, Box 465, Cherokee, NC 28719.
- Pat Callan, Chamber of Commerce, Box 527, Gatlinburg, TN 37738.
- Great Smoky Mountains National Park, Gatlinburg, TN 37738.

FROM THE SOUTH

- Chamber of Commerce, Dahlonega, GA 30533.
- John C. Campbell Folk School, Brasstown, NC 28902.
- Fontana Village Resort, Fontana Dam, NC 28733.
- Nantahala Outdoor Center, Star Route Box 68, Bryson City, NC 28713.
- Bob Elmore, Chattanooga Visitors Bureau, 1001 Market Street, Chattanooga, TN 37402.

FROM THE WEST

- Richard M. Kinney, Nashville Area Chamber of Commerce, 161 Fourth Avenue N., Nashville, TN 37219.
- Grand Ole Opry Information or Opryland Information Center, Room 2802 Opryland Drive, Nashville, TN 37214.

FROM THE NORTH

- Janet Kreider, Berea College, CPO 2316, Berea, KY 40404.
- Renfro Valley Folks, Inc., Renfro Valley, KY 40473.
- Museum of Appalachia, Box 359, Norris, TN 37828.

FROM THE NORTHEAST

- Teresa Estepp, Upper East Tennessee Tourist Council, Box 375, Jonesboro, TN 37659.

WORLD'S FAIR '82 AND KNOXVILLE

- Marc Grossman, World's Fair, Box 1982, Knoxville, TN 37901.
- Knoxvisit, Box 15012, Knoxville, TN 37001.

AREA INFORMATION

- Tennessee Tourist Development, Box 23170, Nashville, TN 37202.
- North Carolina Division of Travel and Tourism, 430 North Salisbury, Raleigh, NC 27611.
- Kentucky Tourism Development, Fort Boone Plaza, Frankfort, KY 40601.
- Georgia Tourist Division, Box 1776, Atlanta, GA 30301.

TENNESSEE STATE PARKS

- Joe Gaines, Division of Parks and Recreation, 2611 West End Avenue, Nashville, TN 37203.

NATIONAL FORESTS

- Daniel Boone National Forest, 100 Vaught Road, Winchester, KY 40391.
- Cherokee National Forest, Box 2010, Cleveland, TN 37311.
- Chattahoochee National Forest, 601 Broad Street NE., Gainesville, GA 30501.
- Pisgah and Nantahala National Forests, Box 2750, Asheville, NC 28802.

FROM THE EAST

- Boone area—Sue Wilmoth, High Country Host, 600 Highway 105 Extension, Boone, NC 28607.



Kings, 1 mg. "tar", 0.2 mg. nicotine av. per cigarette by FTC method.

©1982 B&W T Co.





99% tar free.™

The pleasure is back.

BARCLAY

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

MY TURN TO COOK: BEER PANCAKES

Page 32 (right): Pitcher—Pilgrim Glass Corp., 225 Fifth Ave., New York, NY 10010. Plate "Blue Print"—Wedgwood, 41 Madison Ave., New York, NY 10010

DESIGNER BATHS WITH IDEAS YOU CAN ADAPT

Page 42-45: All bathroom fixtures and fittings—Kohler Co., Kohler, WI 53044

Page 42: Floor tile—American Olean Tile Co., Lansdale, PA 19446. Laminate on vanity top—Formica Corp., Berdan Ave., Wayne, NJ 07470. Monogram towel—Cecil Saydah, 2935 E. 12th St., Los Angeles, CA 90023. Edge-trimmed towel—Country Gear, 19 W. 34th St., New York, NY 10001.

Page 43 (top): Tile—Dallas Ceramics Co., 7834 C. F. Hawn Freeway, Dallas, TX 75217. Towel—Utica by J. P. Stevens, 1185 Ave. of the Americas, New York, NY 10036. (Bottom) Towel—Fieldcrest Div. of Fieldcrest Mills, Inc., 60 W. 40th St., New York, NY 10018.

Page 44 (top): Wallpaper—Mitchell Designs, P.O. Box 831, Culver City, CA 90230. Glass block—Pittsburgh Corning Corp., 800 Presque Isle Dr., Pittsburgh, PA 15239. (Bottom) Tile—Dallas Ceramics Co. (address above). Towel bar and ring—Allibert, Inc., Raritan Center, Bldg. 423, 100 Northfield Ave., Edison, NJ 08837. Tumbler and soap dish—Country Gear (address above). Towel on lavatory—Fashion Towel Imports Corp., 3261 NW. 79th Ave., Miami, FL 33122. Other towels—Fieldcrest (address above).

Page 45: Brown towels—Fieldcrest (address above). Patterned towel—Marimekko from Dan River, 107 Frederick St., Greenville, SC 29606. Wall covering—Henry Calvin Fabrics, 724 Battery St., San Francisco, CA 94111. (Bottom) Floor tile—American Olean Tile Co. (address above). Laminate on vanity top—Wilsonart Decorative Laminates, 600 General Bruce Dr., Temple, TX 76501. Towels on tub—Utica by J. P. Stevens (address above).

VEGETABLE GARDEN SEASON STRETCHERS

Page 51: Solar vent—Geo. Park Seed Co., Inc., Cokesbury Rd. (Hwy. 254), Greenwood, SC 29647.

Page 53: Plastic row-long tents—Sears, Roebuck & Co., 7401 Skokie Blvd., Skokie, IL 60076. Solar cones—Solar Survival, Box BH 275, Harrisville, NH 03450-0275; send $2 for catalog of books, kits, seminars, and videotapes of gardening systems.

Page 54: Wire-reinforced plastic tents—G&B Energy Saver, Gilbert & Bennett, Georgetown, CT 06829. Aluminum clips—Walt Niche, Box 667G, Hudson, NY 12534.

Page 57: Solar vent—Geo. W. Park Seed Co., Inc., (address above). Solar pod kit—Solar Survival (address above).

MAIL-ORDER CLOSET ORGANIZERS

Page 66: Sears, Roebuck and Co., Sears Tower, Chicago, IL 60684. Spiegel, 1061 W. 35th St., Chicago, IL 60609.

Page 68: Sears, Roebuck and Co. (address above). Spiegel (address above). J C Penney Company, Inc., 1301 Ave. of the Americas, New York, NY 10019.

AN EFFICIENCY APARTMENT FROM AN EXPENDABLE GARAGE

Page 105 (top): Wicker love seat and matching chairs—Kreiss Ports O'Call, 8445 Santa Monica Blvd., Los Angeles, CA 90069. (Bottom left): Range—Caloric Corp., 5300 Harbor Blvd., Los Angeles, CA 90022. Dishwasher—KitchenAid, Hobart Mfg. Co., 711 Pennsylvania Ave., Troy, OH 45373.

SMALL SPACE/BIG STYLE

Page 106 (left): Carpet—Karastan Rug Mills, 919 Third Ave., New York, NY 10022. Round table and chairs—Knoll International, 655 Madison Ave., New York, NY 10022. (Right) Carpet—Berven Rug Mills, Inc., 2600 Ventura Ave., Fresno, CA 93717. Armchair—Vecta Contract Co., 740 W. Mockingbird Lane, Dallas, TX 75247. Desk chair—Herman Miller, Inc., 8500 Byron Rd., Zeeland, MI 49464.

Page 107 (right): Chairs and tables—Knoll International (address above).

Page 108 (right): Sofa—Hickory Mfg. Co., Box 998, Hickory, NC 28601. Coffee tables—Henredon Furniture Ind., P.O. Box 70, Morganton, NC 28655. Fabric for sofa pillows and cushions on rattan chairs—Westgate, 100 Fountain Pky., Grand Prairie, TX 75050. Blinds—Levolor Lorentzen, Inc., 720 Monroe St., Hoboken, NJ 07030. Rug—Pier I Imports, 2520 West Freeway, Ft. Worth, TX 76102

Page 109: Wall system—Omni Furniture, P.O. Box 699, Vernon, AL 35592. Area rug—Rosecore Carpet Co., Inc., 979 Third Ave., New York, NY 10022. Sofa fabric—Boris Kroll Fabrics, Inc., 979 Third Ave., New York, NY 10022. Chairs—McGuire Co., 38 Hotaling Pl., San Francisco, CA 94111. Coffee table—Design Institute of America, 815 Park Ave., New York, NY 10021.

Page 110 (upper and lower left): Seating and bed units—Sherwood Corp., P.O. Box 519, Spring City, TN 37381. Side table—Beylerian Ltd., 11 E. 26th St., New York, NY 10010. Track lighting—Halo Lighting, Inc., Div. of McGraw-Edison Co., 400 Busse Rd., Elk Grove Village, IL 60007. Bed sheets—Marimekko, 7 W. 56th St., New York, NY 10022. (Right) Table—Vecta Contract Co. (address above). Chairs—Stendig International, 410 E. 62nd St., New York, NY 10021. Oak cylinder—Intrex, Inc., 341 E. 62nd St., New York, NY 10021.

Page 111 (right): Desk chair—Knoll International (address above). Pair of chairs—Castelli Furniture, 745 Fifth Ave., New York, NY 10022.

DESIGN FOR ENTERTAINMENT GEAR

Page 112: Projection TV—Mitsubishi Electric Sales Americas, Inc., 745 N. Ridgeway, Lincolnwood, IL 60645. Rug—Patterson, Flynn, and Martin Inc., 950 Third Ave., New York, NY 10022. Cylinder tables—Western Contempo, 6017 S. Lenzi, Hodgkins, IL 60527. Modular seating pieces—Castelli Furniture, P.O. Box 509, Bohemia, NY 11716.

Page 113 (top right): TV—Sony Corp. of America, 4737 Van Dam, Long Island, NY 11101. Stereo—Zenith Radio Corp., 1000 Milwaukee Ave., Glenview, IL 60025. Wire mesh cart—Metro-Wire-Container Systems International, 65 E. South Water, Chicago, IL 60608. (Center): Black cart—Conran's, 145 Huguenot St., New Rochelle, NY 10801. Wood cabinet and seating pieces—Workbench, 470 Park Ave. S., New York, NY 10016. Artwork—Gallery 3619, 2843 Ingersoll, Des Moines, IA 50312. (Lower): TV—GTE Sylvania, 4740 N. Broadway, Chicago, IL 60640. Modular seating pieces—Drexel Church Furnishings, P.O. Drawer 2187, Hickory, NC 28601. Coffee table—I.C.F. Inc., 1010 Merchandise Mart, Chicago, IL 60654.

WONDERFUL ONE-POT MEALS

Page 114: Roaster—Schiller & Asmus, Inc., 1525 Merchandise Mart, Chicago, IL 60654.

Page 116 (top left): Blue covered pot—Copco, Inc., 11 E. 26th St., New York, NY 10010. (Top right): Shallow dish "Signature Collection"—Revere Copper and Brass, Inc., P.O. Box 250, Clinton, IL 61727. (Center right): Platter—Hutschenreuther Corp., 100 Shaw Rd., North Branford, CT 06471.

KIDS COOKING

Page 120 (left): Bowl—Brod International Housewares, 11 E. 26th St., New York, NY 10010. Plate—Serendipity, Box 9025, 601 SE. Second, Amarillo, TX 79105.

PRIZE TESTED RECIPES

Page 142 (left): Glass bowl—Williams-Sonoma, 532 Sutter St., San Francisco, CA 94102. Plates—Royal Doulton Group, 700 Cottontail Ln., Somerset, NJ 08873. (Middle left): Glass dessert dishes—West Virginia Glass Co., Drawer 510, Weston, WV 26452. Pitcher—Noritake Company Inc., 41 Madison Ave., New York, NY 10010. (Middle right): Wood container—BUR OAK, Star Route, Laporte, MN 56461. Glass container—Pilgrim Glass Corp., 225 Fifth Ave., New York, NY 10010. BH&G



Free Offer from Pella.

A new book filled with ideas and information on Pella wood windows, doors, sunrooms and skylights.

24 full-color pages of photos, facts and figures on Pella products for all around the house — and even on the roof. Because now Pella offers a full line of ventilating and fixed skylights for your house. Plus you'll find Pella Windows of all styles, energy-efficient sliding glass doors, space-saving wood folding doors and the exciting Pella Sunroom. Send for your copy today.

Please send me a free copy of the Pella Idea Book. I plan to
☐ build ☐ remodel ☐ replace windows and doors.

Name _____

Address _____

City _____

State _____ Zip _____

Telephone _____

Mail to: Pella Windows & Doors, Dept. CO1D2, 100 Main St., Pella, Iowa 50219

Also available throughout Canada

This coupon answered within 24 hours

©1982 Rolscreen Co

Pella. The significant difference in windows.

Somewhere in this picture is the secret that will start you losing up to a pound a day.



It's the telephone

One simple phone call is all it takes to find out how the professionally supervised Nutri/System Weight Loss Program can help you lose up to 30 pounds in 40 days. Many people have lost 40, 50, 60 pounds and more.

Mistake proof

There's no constantly counting calories, no weighing or measuring foods. No strenuous exercise. No drugs. Part of the secret is that Nutri/System is mistake proof.

Hunger-free

You'll eat delicious foods like sweet and sour meatballs, chili beef, pancakes with syrup, gourmet cannelloni, even milkshakes and rich tasting desserts.

Trained supervision

Nutri/System Weight Loss Counselors support you while losing. And teach you the secrets of being slim, secrets slender people know, but don't always tell.

Nutri/System is guaranteed

Follow the Nutri/System program and you'll achieve your weight loss goal by the date specified or there's no additional charge for Nutri/System's services until you do. The system really works. Call and put it to work for you.

nutri/system
weight loss centers

Over 500 centers nationwide

Call today for a free, no-obligation consultation. And lose the systematic way.

For the number of your local center, check the listing on the next page.

© 1982 Nutri/System, Inc.

Take Debbie's advice. Call now for a free no-obligation consultation.

CALIFORNIA:
Anaheim: 714-778-2102
1173 North Euclid, Unit #A-7
Bakersfield: 805-833-3796
1601 New Stine Road, Suite 100
Brea:
932 E. Imperial Hwy.
Campbell: 408-377-7311
2542 S. Bascomb Avenue, 127
Chulavista: 714-425-8080
296 "H" Street, Suite 203
Concord: 415-671-7703
1410 Monument Boulevard
Cupertino: 408-996-6874
10420 S. De Anza Boulevard
Suite C-1
Downey: 213-862-3573
9941 Lakewood Boulevard
El Toro: 714-855-8122
24328 Swartz Drive
Escondido: 714-489-8605
435 W. 13th
Fair Oaks: 916-961-2121
5252 Sunrise Boulevard
Fairfield: 707-427-1166
2750 N. Texas Street, Suite 320
Fremont: 415-794-9496
3325 Walnut Avenue
Fresno: 209-221-9357
347 E. Barstow, Suite 104
Glendale: 213-507-1070
300 West Glenoaks Boulevard
Goleta: 805-683-3711
5664 Calle Real
Garden Grove: 714-892-8324
12062 Valley View, Suite 107
Huntington Beach: 714-842-3400
18029 Beach Boulevard
La Jolla: 714-459-3281
5659 La Jolla Boulevard
La Mesa: 714-462-8900
7339 El Cajon Blvd., Suite L
Lakewood: 213-634-9333
4340-42 South Street
Long Beach: 213-594-8891
6302-B East Pacific Coast Hwy.
Los Angeles: 213-487-5696
3325 Wilshire Blvd., Suite 211
Modesto: 209-578-2755
2937 Veneman Road, Bldg. "C", Suite 145
Montclair: 714-621-6926
5323 Holt Blvd.
Monterey: 418-375-6070
712 Cass Street
Mountain View: 415-962-9602
2290 El Camino Real
Northridge: 213-701-5070
9062 Tampa Avenue
Oakland:
3678 Broadway
Orange: 714-532-6885
3114 Chapman Blvd.
Pasadena: 213-793-0085
350 S. Lake Avenue, Suite 280
Redding: 916-243-0563
2771 Bechelli Lane
Riverside: 714-689-9090
3852 La Sierra
N.W. Corner Magnolia & La Sier
Sacramento: 916-422-3100
4433 Florin Road, Suite 110
Sacramento: 916-929-1400
2020 Hurley Avenue, Suite 220
San Bernardino: 714-884-9431
599 Inland Center Drive, Suite 116-117
San Carlos: 415-595-4011
183 El Camino Real, Suite C-5
San Diego: 714-277-6960
5450 Clairemont Mesa Blvd., Suite C & D
San Francisco: 415-334-7274
2367 Ocean Avenue
San Francisco: 415-668-7703
3627 California Street
San Jose: 408-281-2222
5440 Thornwood Drive #C
San Leandro: 415-481-2820
1338 Fairmont Drive
Santa Maria: 805-928-5614
218 W. Carmen Lane, Suite 111
San Rafael: 415-499-1636
2400 Las Gallinas
Santa Ana: 714-545-7123
3500 South Bristol, Suite 201
Santa Cruz: 408-425-7744
340 Soquel Avenue
Santa Monica: 213-453-3385
2114 Wilshire Boulevard
Santa Rosa: 707-526-1155
3444 Mendocino Avenue
Stockton: 209-952-4343
7743 N. West Lane #A-1
Thousand Oaks: 805-497-3282
435 W. Pennfield Place
Torrance: 213-373-0496
22821 Hawthorne Blvd.
Van Nuys: 213-787-6222
7218 Van Nuys Blvd.
Ventura: 805-644-4809
3585 Maple Street, Suite 232
Visalia: 209-627-4320
2942 S. Mooney Blvd., Suite A
West Covina: 213-960-6591
1009 S. Glendora Avenue
Whittier: 213-945-3346
8039 S. Painter, Suite 300
Coming Soon:
Oceanside
HAWAII:
Coming Soon:
Honolulu

New Ideas

Cook up some fun with your wok

We owe a lot of culinary delights to oriental cooking, but maybe the biggest impact on American cuisine in recent years has been the wok. For those who've tried wok cooking, that comes as little surprise, because they've discovered that it's hard to beat a wok for sheer entertaining fun — and nutritious, economical eating, too. Whether you use an electric wok right on the dinner table (try cooking in front of guests — it's a great ice-breaker), or a regular wok on your stove, you'll find this new book from Better Homes and Gardens® a delight.

More From Your Wok covers everything from main meat and fish dishes, to desserts, to the creative use of leftovers. In its 96 pages there are 225 entertaining and nutritious ways to enjoy your wok — recipes that include Mexican, French, Spanish, Italian and American favorites — plus, of course, scores of oriental dishes. *More From Your Wok* includes several different techniques, too, so you'll learn not only to stir-fry, but to steam dishes, flame them — and even to make breads.

You'll find the colorful, hardcover *More From Your Wok* at just $4.95 wherever books are sold. So why not use it to add a little pizzazz to your cooking. And have fun!

Colorful and clever ideas for windows & walls

A window should be a lot more than a mere glass-filled hole in the wall ... and a wall ought to be more than just the solid bit that surrounds it. At least, that's what the editors of *Window & Wall Ideas* believe. If you're with them, you'll enjoy the many clever, colorful (and practical) ideas for dressing up windows and walls that are crammed between the covers of *Windows & Wall Ideas* from Better Homes and Gardens®.

The 1982 edition of this Special Interest Publication starts with a discussion on basic decorating principles and examples of how they make rooms come alive — and then there are ten more chapters including window treatments, shade buymanship, energy saving, kids' rooms, color selection, wall coverings (including textures such as brick and metallics), and designer tricks with mirrors. If you are looking for ideas on how to liven up your home, you'll find them where you buy your magazines and books ... in Better Homes and Gardens® *Window & Wall Ideas.*



Getting the most out of your toaster oven

If you are using your countertop toaster oven/broiler just for making toast or warming yesterday's macaroni-and-cheese, you're missing out on a lot of simply delicious and, above all, *economical* dishes. Because today's toaster oven is a versatile little marvel that can do just about everything a big oven can do, but at a fraction of the energy cost — it is ideal if most of the time you're cooking for just one or two. In fact, with the help of the new *Toaster Oven Cookbook*, we'll bet that you'll start using your toaster oven more than your big oven.

Better Homes and Gardens' *Toaster Oven Cookbook* is a unique collection of creative recipes and techniques designed to get the most out of your appliance. Most serve 1 to 3 people, so they are ideal for smaller families, and they include snacks, main dishes and desserts. This new hardcover cook book from Better Homes and Gardens is the *only* one you can buy that's written especially for toaster ovens, and it costs just $4.95.

TRAVEL west

Vancouver Island's Other Pleasures

British Columbia's charming old-world capital, Victoria, has long been the magnet that has drawn vacationers to splendid Vancouver Island. But beyond Victoria, on the 300-mile-long island's southern tip, delightfully simple pleasures beckon—little fishing villages and bucolic offshore isles. You can explore the best of the island in a couple of days or add a stopover in Victoria for a longer stay.

From Victoria, you can drive in two directions: along the east or the west coast. The shortest route is to the end of the road at Port Renfrew, 60 miles northwest on BC-14. At Botanical Beach, discover the starfish that populate the shallow tide pools. Cozy Sooke Harbour House on tiny Whiffen Spit at Sooke (doubles $28 to $45) also boasts a gourmet restaurant. Pacific Rim, one of Canada's newest national parks, stretches north from Port Renfrew. Experienced hikers can traverse part of the park via the rugged 45-mile West Coast Trail.

Trans-Canada Highway 1 and BC-19 follow the island's east coast to Port Hardy. The highways wind through lush forests that overlook the 100-plus islands scattered about the Strait of Georgia. Ferries connect the larger islands, all crisscrossed with byways you can explore by bike or car. You'll find pleasant lodgings in roomy cottages that dot the waterfront.

At Duncan, about 30 miles north of Victoria, visit the Forest Museum, a re-creation of an old-time logging camp. You even can ride a spunky little steam train (mid-May to mid-September). The Cowichan Valley Inn at Duncan is a good choice for accommodations (doubles $47). Nanaimo, farther north, was a Hudson's Bay post back in the 1850s. For a view of the busy harbor, climb to the top of the old fortress watchtower. There's a replica of a coal mine in the rustic Centennial Museum close by.

But the highlight of a Vancouver Island vacation is the daylong cruise down Alberni Inlet to the Pacific. Every morning except Monday, the *M.V. Lady Rose* departs Port Alberni, 50 miles northwest of Nanaimo, for some of the most spectacular cruising this side of Alaska's Inside Passage. You'll arrive in the coastal fishing village of Ucluelet around noon on Wednesdays and Fridays; other days, you'll cruise to Banfield ($20 to $26 round trip, children half fare).

Getting there

You can reach Victoria by ferryboat from Seattle May through September and year round from Vancouver and Port Angeles, Washington. Major airlines, bus lines, and trains serve Seattle and Vancouver.

For more information, contact Joyce Brookbank, Vancouver Island Publicity Bureau, M36-635 Humboldt Street, Victoria, BC V8W 1A7.

Travel Planning

See page G4 for a listing of free travel information and literature you can order.

ARIZONA TRAFFIC JAM



You don't just look at Arizona . . . you *do* it. You putt it. Splash in it. Sail it. You ride off into a breathtaking sunset. You experience Arizona. From scenic wonders like the Grand Canyon, to all the wide-open fun that surrounds you. You and Arizona. Together you can do it all.

ARIZONA
Does it all!

For information write: **Arizona Office of Tourism**, Dept. B482, 3507 N. Central Ave., Phoenix, Arizona 85012

NEW MEXICO

A SUMMER PLACE.



Adjacent to the Cibola National Forest, Albuquerque offers every kind of high country magic. Hitch a ride by horse, by hang glider, by hot air balloon. "Fly" America's longest Tram, or take a scenic drive to the two-mile high Sandia Crest. Historic Indian Pueblos and the rugged wilderness nearby make this a special place. Especially in the summer.

Albuquerque Convention & Visitors Bureau
125 Second NW, Dept. B
Albuquerque, NM 87102
Phone 505-243-3693



The summer of 82°

82°F. That's the average mean temperature in the summer in the American paradise. With trade winds blowing almost without exception from an easterly direction. (Now that doesn't sound mean at all!) See your travel agent.

United States Virgin Islands

St. Croix · St. John · St. Thomas

©1981 United States Virgin Islands Division of Tourism, 1270 Avenue of the Americas, NY, NY 10020.

TRAVEL DIRECTORY

VACATION INFORMATION, IDEAS, TRIPS AND PLACES TO STAY

COLORADO

We're giving away the state of Colorado.

We packed up just about everything we know about the entire state of Colorado, put it between the covers of a booklet, named it "Colorado Adventure Guide," and now we're giving it away. Just for the asking.

Be forewarned, however, that once you read about our fascinating history, spectacular scenery, and friendly natives, you won't be able to resist a visit. But that's okay. Because we're also giving away the secret to the best vacation you've ever taken.

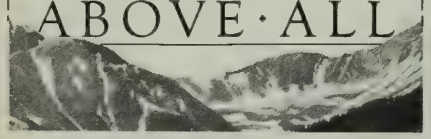
☐ *Give me the state of Colorado.*
☐ *Give me even more Colorado. I'm enclosing a check for $3.50 for a big 18" x 24" poster of everybody's favorite state. (Important note: Make checks payable to Colorado Poster and be sure to write "Poster" on the outside of your envelope.) Mail to: State of Colorado/Dept. BHT Box 38700/Denver, Colorado 80238*

Name _____

Address _____

City *State* *Zip*

COLORADO
ABOVE · ALL



It's new. It's old. It's The Way It Wuz Days. (It's a summer packed with Old West adventures in Steamboat, Colorado.)

The Way it Wuz Days includes a mountain man's rendezvous, Indian powwow, square dancing, lots of rodeos, steak rides and all kinds of Old West excitement.

(Plus the Sheraton at Steamboat's usual array of summer fun—tennis, swimming and golf on our own Robert Trent Jones, Jr. course.)

If you're hankerin' for Old West adventure, call your travel agent or call toll-free 800-325-3535.

Please send me the schedule that'll tell me the way it'll be every day of The Way It Wuz Days.

Name _____

Address _____

City/State/Zip _____

Sheraton at Steamboat

SHERATON HOTELS & INNS WORLDWIDE

STEAMBOAT SPRINGS, COLORADO 80477
(303) 879-2220

BW

TRAVEL PLANNING GUIDE
Free Information

The Better Homes and Gardens travel advertisers listed below will be happy to provide you with free information about their facilities and services. Simply circle the numbers for the material you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers.

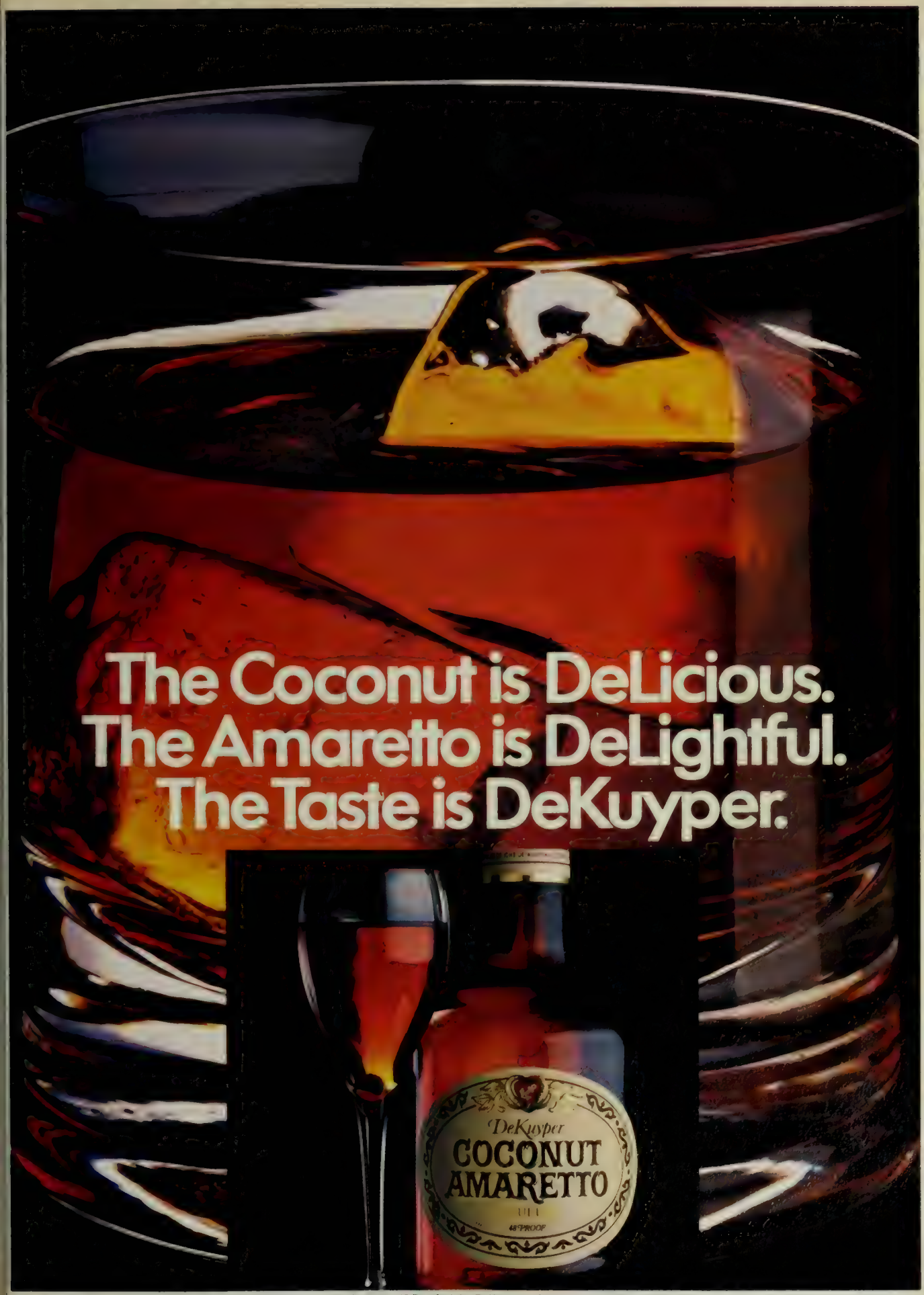
1. **Albuquerque, N.M.**—High Country Magic, Sun Belt City, great year round climate.
2. **Arkansas**—Vacation Planning Kit, tour maps, lodging, attractions, coupons worth $300
3. **Beach & Racquet Club**—Near Charleston, S.C. Golf, tennis, meeting facilities, villas.
4. **Bermuda Village**—Color brochure describes finest retirement concept in the Southeast.
5. **Bucks County**—Historical sights, events, hotel-motel guide, museums, parks.
6. **Cape Cod, Mass.**—Resort directory. Over 700 places to stay.
7. **Chester Co., Pa.**—Where Brandywine begins, Longwood Gardens, museums, and antiques.
8. **Colonial Williamsburg, Va.**—18th-century experience and 20th-century delights.
9. **Colorado**—Come splash around in our Rocky Mountain streams and much more.
10. **Corning Glass Center, Corning, N.Y.**—Experience the wonder of glass.
11. **Cotton Bay Club**—Eleuthera, Bahamas—Color brochure, information and rates.
12. **Days Inn**—Send for directory listing more than 300 locations with rates.
13. **Eastern Cruise Line**—*SS. Emerald Seas* to Nassau/Freeport from Miami, all ports.
14. **Essex, the Olympic County, N.Y.**—Heart of Adirondack Mts. along Lake Champlain.
15. **Florida Cypress Gardens**—Exquisite botanical gardens, world famous water ski revue.
16. **Fredericksburg, Va.**—Historic buildings, Civil War battlefields, antique shops.
17. **Galveston Island, Texas**—Sand, sea and sun. The rest is history.
18. **Georgia**—"The Way To Fun"—76-page comprehensive travel guide.
19. **Greenfield Village, Mich.**—Descriptive brochure for Good-Old-Days.
20. **Hershey, Pa.**—Theme park, Chocolate World, fine hotels. Free brochure.
21. **Kiawah Island, S.C.**—10 miles of secluded beach, new Nicklaus Course.
22. **Maine Coast Cruises**—Sail *Victory Chimes*, New England's Windjammer vacations.
23. **Maryland**—Send for your free Maryland State of Excitement Kit.
24. **Missouri**—52-page vacation guide, Fun Money Coupons, save up to $500.
25. **Myrtle Beach, S.C.**—Breathtaking beaches, superb shopping, seafood, and a lot more.
26. **Nebraska**—Discover the difference. Send for free travel packet and map.
27. **North Carolina**—Free full-color travel vacation planning kit.
28. **North Dakota**—Free—over $500 in discount coupons for travelers.
29. **Philadelphia**—Celebrate Century IV—our 300th Birthday—all year long!
30. **Plymouth County**—Beaches, *Mayflower II*, replica of Pilgrim Village.
31. **Ramada Inn**—For free directory of more than 600 Ramada Inns worldwide.
32. **Rhode Island**—Tours of Newport, "Great Gatsby" mansions, camping.
33. **San Antonio**—The Texas original. Historic, unique riverwalk. The Alamo.
34. **Saratoga County, N.Y.**—History, performing arts, horse and auto races.
35. **Sleepy Hollow Country, N.Y.**—Explore fabled land on the Banks of Hudson.
36. **South Carolina**—Come see S.C. Myrtle Beach, historic Charleston, resort islands.
37. **South Dakota**—Mt. Rushmore, Badlands, beautiful Black Hills, Old West.
38. **Stardust Tours, Nashville**—Send for color brochure.
39. **Texas**—"Texas, where the past meets the future."
40. **Tryon Palace**—18th-century Royal Governors Palace in New Bern, N.C.
41. **TWA Getaway Europe**—America's #1 vacation choice to Europe. Brochure.
42. **Ulster County, Catskills Vacationland**—Breathtaking scenery, fishing, golf.
43. **U.S. Virgin Islands**—Send for vacation kits: St. Croix, St. John, St. Thomas.
44. **Valley Forge Country**—44 attractions, near Philadelphia, Brandywine, casinos.
45. **Virginia**—Williamsburg, Blue Ridge Mts., Virginia Beach, Vacation Guide.
46. **Virginia Beach**—Sports, restaurants, night life, beaches. Self-guided motor tours.
47. **Walt Disney World**—Information for the #1 vacation destination in the world.
48. **Weight Watchers Adult Course**—Coast-to-coast. Brochure.
49. **Western Cruise Lines**—*SS. Azure Seas*, 3- and 4-night cruises from L.A. to Ensenada, Mex.
50. **Hilton Head Rentals**—Vacation in private homes and villas, Hilton Head, S.C. 800-845-6134.
51. **Cloister Hotel, Sea Island, Ga.**—Offers golf, tennis and 5 miles of private beach.

Name _____

Address _____

City _____ **State** _____ **Zip** _____

Mail To: BETTER HOMES AND GARDENS
P.O. BOX 4534, DEPT. 204W
DES MOINES, IA 50336



Coconut Amaretto Liqueur • 48 Proof • John DeKuyper & Son • Elmwood Place, Ohio.

Make-Your-Own Cake Mix

Cake making can be hassle-free when you have a batch of this homemade cake mix on hand. Just stir it up and store it in a cool dry place for six weeks or for as long as six months in the freezer. When a cake-baking occasion arises, you can create one of these quick one-bowl cakes by simply adding a few extra ingredients to a portion of the mix.

BASIC CAKE MIX

Be sure to measure precise amounts of the mix for each portion. Using too much or too little of the mix in a cake recipe will affect the quality of the baked cake—

8 cups all-purpose flour
5 cups sugar
¼ cup baking powder
1 tablespoon salt
2 cups shortening

Stir together the flour, sugar, baking powder, and salt. With pastry blender cut in shortening till mixture resembles very fine crumbs. Divide mix into five *equal* portions (about 19 ounces or 3⅓ cups each). Place in airtight containers; label. Store in a cool, dry place up to six weeks. (Or, place in freezer containers; seal and freeze up to 6 months. To use, allow mix to come to room temperature.) Makes five 3⅓-cup portions mix.

FEATHERY YELLOW CAKE

⅕ recipe (3⅓ cups) Basic Cake Mix
¾ cup milk
2 eggs
1 teaspoon vanilla

Grease and lightly flour two 8x1½-inch cake pans. Set aside. In mixer bowl combine the Basic Cake Mix and the milk. Beat at low speed of electric mixer till moistened. Beat 1 minute at medium speed. Add eggs and vanilla. Beat 2 minutes at medium speed. Spread batter evenly in prepared pans. Bake in a 350° oven about 20 minutes or till wooden pick inserted near center comes out clean. Cool cakes in pan on wire rack for 10 minutes. Remove from pans; cool thoroughly on wire rack. Frost as desired.

Microwave directions for Feathery Yellow Cake: Prepare Feathery Yellow Cake as directed. Spoon batter into two waxed-paper lined 8-inch round glass dishes. Micro-cook one cake layer at a time. Micro-cook, uncovered, on MEDIUM for 7 minutes, rotating dish a quarter turn after 4 and 7 minutes. Micro-cook, uncovered, on HIGH for 1½ to 2 minutes more or till top is slightly moist but firm. Cool on a wire rack 10 minutes. Remove from pan; cool. Repeat with remaining cake layer. Frost as desired.



Photograph: Mike Dieter

Easy Yellow Cupcakes: Prepare Feathery Yellow Cake as above *except* spoon batter into paper-bake-cup-lined muffin pans, filling ⅔ full. Bake in a 350° oven 20 to 25 minutes. Cool on rack. Frost as desired. Makes 18.

Microwave directions for Easy Yellow Cupcakes: Prepare cupcakes as directed. Spoon 2 tablespoons batter into each of six paper-bake-cup-lined microwave muffin pans. Micro-cook, uncovered, on MEDIUM for 2½ minutes. Rotate dish a quarter-turn. Micro-cook, uncovered, on HIGH for 1 to 2 minutes or till tops are slightly moist and spring back when touched, turning dish a quarter turn once. Remove from pans. Cool. Repeat with remaining batter. Frost as desired. Makes 24.

Chocolate Chip Cake: Prepare Feathery Yellow Cake as above *except* pour *one-fourth* of the batter into each prepared pan. Sprinkle ¼ cup *semisweet chocolate pieces* over batter in each pan. Add remaining batter to both pans, spreading over chips. Sprinkle another ¼ cup *semisweet chocolate pieces* over each. Bake as directed.

CHOCOLATE CAKE SQUARES

⅕ recipe (3⅓ cups) Basic Cake Mix
⅓ cup unsweetened cocoa powder
1 cup milk

• • •

2 eggs
1 teaspoon vanilla
1 can vanilla frosting
Cocoa Icing (optional)

Grease and flour a 9x9x2-inch square baking pan. In a large mixer bowl combine the Basic Cake Mix and the cocoa powder. Add the milk. Beat at low speed of electric mixer till moistened. Beat 1 minute on medium speed. Add eggs and vanilla. Beat 2 minutes at medium speed. Turn batter into prepared pan. Bake in a 350° oven for 35 to 40 minutes or till done. Cool on wire rack. Top with vanilla frosting. Drizzle with *Cocoa Icing:* Stir together 1 cup *sifted powdered sugar* and 2 tablespoons *unsweetened cocoa powder.* Stir in enough *milk* to make of drizzling consistency.

UPSIDE-DOWN SPICE CAKE

¼ cup butter *or* margarine
¾ cup packed brown sugar
½ cup shredded coconut
1 16-ounce can peach slices, drained
⅕ recipe (3⅓ cups) Basic Cake Mix
½ teaspoon ground allspice
¾ cup milk
2 eggs
1 teaspoon vanilla

In a 13x9x2-inch baking pan melt the butter or margarine. Stir in the brown sugar and coconut. Top with the peach slices. In mixer bowl combine the Basic Cake Mix and allspice. Add the milk. Beat at low speed of electric mixer till moistened. Beat 1 minute at medium speed. Add eggs and vanilla. Beat 2 minutes at medium speed. Spread batter evenly over peach mixture in pan. Bake in a 350° oven for 35 to 40 minutes or till wooden pick inserted near center comes out clean. Cool cake 5 minutes on wire rack; invert onto cake plate. Serve warm.

HOW TO BE A TOUGH CUSTOMER WHEN YOU'RE PICKING FRESH PRODUCE.

To get the best produce at the best price, you have to look for lots of things. Low prices, of course. And you'll get them at today's Safeway. But look for more. Look for the little things that say you're getting the freshest, ripest, best produce possible. That's the kind of fruit and vegetables you'll find every day at Safeway.

Because every day our buyers are right in the field applying their tough standards to get you the pick of the crop. One more reason why today's tough customers shop at today's Safeway.



TODAY'S SAFEWAY. WHERE YOU GET A LITTLE BIT MORE.

THE FRESHEST LETTUCE.
Crisp. Springs back to a gentle squeeze.

THE RIPE AND READY RADISH.
Rich color. Solid. Crisp, dark green leaves.

THE PERFECT ASPARAGUS.
Tightly closed tips mean perfect freshness.

THE BEST TOMATO.
Deep red. Firm. Round, not puffy.

THE CRISPEST CUCUMBER.
Firm and smooth outside. Stem not shriveled.

Money-Savers For Mature Travelers

For anyone who likes to travel, the passing years can add up to new opportunities. Not only do those 50 and over often have more time to roam, but they are eligible for an increasing number of travel discounts.

Shopping for special discounts

Money-saving bargains for mature travelers fall into two broad categories, those based on club memberships and those based just on age. The major national organizations that promote price breaks for seniors include: The American Association of Retired Persons (AARP) and its affiliate, the National Retired Teachers Association (NRTA); the National Association of Mature People (NAMP); the National Council of Senior Citizens; and Days Inns' September Days Club. Membership in most organizations is limited to persons 55 and older. But anyone on a fixed income will find memberships affordable—$4 to $7.50 per year for an individual or couple. Though benefits vary, belonging to one of these groups usually qualifies you for lodging and rental car discounts, plus tour packages.

Most major hotel chains offer 10-percent discounts to members of various senior organizations. Not every motel/hotel in a chain, however, offers the same lower rates. Discounts also may be limited to specific seasons and rooms. But always request senior rates when you book a hotel room.

For information, write to:

- American Association of Retired Persons, 215 Long Beach Boulevard, Long Beach, CA 90801.
- National Association of Mature People, 2212 NW. 50th Street, Box 26792, Oklahoma City, OK 73126.
- National Council of Senior Citizens, 925 15th Street NW., Washington, DC 20005.
- September Days Club, 2751 Buford Highway NE., Atlanta, GA 30324.

Other savings for seniors

You don't have to belong to a club to reap all the travel benefits. Many travel-related operations and organizations offer across-the-board discounts to travelers whose minimum ages range from 50 to 65. But it's up to you to seek out these savings.

Lodging and dining: Like lodging chains, independent hostelries may offer their own price breaks to guests who are 50 and over.

Few major restaurant chains slash prices for senior diners. But members of the September Days Club can get 10 percent off meals at restaurants affiliated with Days Inns. Some individual eateries also give discounts, usually between 4:30 and 6 p.m.—a slack time for most restaurants.

Transportation: Getting there can be cheaper for mature travelers, too. Ask about discounts when you rent a car or travel by cruise ship, plane, train, or bus. Usually, these reductions are available regardless of when you make your reservations. But you must show proof of your age, or your membership if discounts are club-related.

Major car rental agencies offer 20- to 35-percent discounts both in the U.S. and abroad to members of AARP/NRTA, NAMP, or September Days Club. For persons 65 and older, standard fares are reduced by 10 percent on Greyhound and Trailways buses (Greyhound knocks off another 5 percent if you buy a round-trip ticket), by an average of 33 percent on many airlines based in the U.S., and by 25 percent on Amtrak (when the coach fare is at least $40; never on Metroliner trains).

Though discounts often don't apply to special excursion and promotional fares, check out these rates anyway. They may be better deals than regular rates with seniors' discounts.

Admissions: To find out about reduced admissions at museums, theaters, and other attractions, contact local chambers of commerce or tourist offices. Most reductions are good year round, but seasonal discounts are offered, too. In fact, many tourist sights are trying to attract retired travelers during fall, when few families vacation.

Anyone age 62 and up qualifies for the National Park Service's free Golden Age Passport. It guarantees that you'll be admitted without charge to federally administered parks, monuments, and recreational areas. The permit also entitles you to half-off fees at government-run campsites, parking lots, and such. You can get a passport by showing proof of your age at any park that charges an entry fee.

Going with a group

Several tour operators and other organizations have package vacations for seniors similar to those offered by clubs for mature travelers. Among the largest tour operators is Grand Circle Travel, Inc. It specializes in extended vacations—from two to 25 weeks—in addition to shorter trips and cruises. For example, you might base yourself in a French Alpine village for six weeks, take some language classes, and sightsee by bus. Write Grand Circle at 555 Madison Avenue, New York, NY 10022.

Similar tour operators include:

- Gadabout Tours, 700 East Tahquitz McCallum Way, Palm Springs, CA 92262.
- Saga International Holidays Ltd., 1162 Park Square Building, Boston, MA 02116.

For active travelers, the National Senior Sports Association (NSSA) arranges golf, tennis, fishing, and bowling tournaments at resorts in the U.S. and abroad. In most cases, events are scheduled off season to take advantage of resorts' lower rates (dues are $15 a year). Write the NSAA at 1900 M Street NW., Washington, DC 20036.

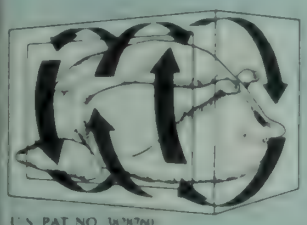
For those over 60 who like to learn as they travel, Elderhostel offers year-round study programs at more than 450 colleges and universities in North America and Europe. Subjects range from Alaskan ecology to foreign policy in the '80s. Cost is $150 per week in the U.S. for tuition, room, board, and activities (more in Alaska and Hawaii). Write Elderhostel at 100 Boylston Street, Suite 200, Boston, MA 02116.

WARNING: READING THIS MAY END THE WARM RELATIONSHIP BETWEEN YOU AND YOUR OVEN.

The Farberware Convection Oven. A Cooler, Cleaner, Faster and More Economical Way to Cook.

The Farberware Convection Oven does an amazing thing with hot air: it continuously recirculates it within the oven, instead of heating up your kitchen and wasting costly energy. In fact, it cooks so fast and efficiently that it uses less electricity than an ordinary electric oven.

Circulating hot air is not only efficient; it roasts, bakes and broils beautifully and evenly, without your having to turn the food.



U.S. PAT NO. 3287601

You can cook more than one thing simultaneously; several more with two racks. Meats come out pink and juicy inside, brown and sizzling outside. Poultry is golden brown and moist. And your baking results will have you beaming. That's why many commercial bakeries and restaurant kitchens have been cooking by convection for years.

We also offer faster roasting. Our oven does an 18 lb. turkey in up to 1/3 less time than an electric oven. (Time savings may vary with type of food.)

If you're still feeling a little sentimental about your oven, think of this. You won't have to scour our Convection Oven's walls because we've treated them to vaporize food spatters while the oven is on.

The Farberware Convection Oven. It comes in several models, with features like our Precision Probe-A-Matic™ Control and Delay Start. People who own any of them are feeling a lot cooler toward their old ovens.



THE FARBERWARE® CONVECTION OVEN

1500 Bassett Avenue, Bronx, New York 10461
Subsidiary of Kidde, Inc.
KIDDE



In his straw hat, striped overalls and pickup truck, August Sebastiani was widely recognized as a winemaker, farmer, ornithologist and country gentleman. At his family winery in the Sonoma Valley, he was the first California vintner to put premium varietal wines into large bottles.

Now the third generation honors and enriches this heritage with *a distinctive new style of wine* that celebrates the great soils and climatic regions of California Wine Country. Explore with us the great vineyards of California and you will discover the Fine Country Wines of August Sebastiani.

Careful vineyard selection and the skill of the Sebastiani family winemakers have combined to create wines that are fresh and appealing, with exceptional fruit character and loads of country charm.

Drink the Fine Country Wines of August Sebastiani and you will discover that Vin Ordinaire has quite suddenly become Vin Extraordinary!

August Sebastiani
Fine Country Wines

CHARDONNAY • CHENIN BLANC • FRENCH COLOMBARD • GAMAY ROSÉ
CABERNET SAUVIGNON • ZINFANDEL • PINOT NOIR
Available in 1.5 Liter Country Magnums

© 1982 SEBASTIANI VINEYARDS - A FAMILY WINERY IN THE SONOMA VALLEY - PO BOX AA, SONOMA, CA 95476

DECORATING

Mirrored Hallways

Need an easy fix-up for your foyer? Start with sparkling, space-expanding mirrors and create a warm visual welcome for your guests. Here are two examples.



Photograph: Harry Hartman, Design: Suzy Taylor, ASID

Four pie-sliced mirrors form a dramatic focal point in this understated entryway. Two contemporary lamps balance the no-fuss grouping, and focus the mood-making glow of soft light on the dark painted wall. A contemporary console table, a round area rug in a striking geometric pattern, and a few simple accessories complete the eye-catching vignette.



Photograph: Jessie Walker
Design: Suzanne Bush, Casella Interiors

In this small front hallway, a shell collection turns a mirror into an immediate attention-getter. The simple frame is made of birch and stained a dark brown. A glue meant for hobby projects was used to secure the shells to the frame. A lamp, a potted plant, and a basket for holding mail decorate the tabletop.

8 REASONS WHY NOBODY MAKES DECORATING EASIER THAN WALLPAPERS TO GO.®

1. Choose from hundreds and hundreds of exciting designs. All displayed separately, not hidden in sample books.



Everything's conveniently grouped by color, pattern and texture, including many exclusive designs found only at Wallpapers To Go stores. And everything's first quality with no seconds or manufacturers' close-outs.

2. You'll get decorating ideas, the easy way.



Whether it's from our easy-to-use videotape, exciting room-setting photos or full-size display vignettes, you'll leave Wallpapers To Go with many stimulating decorating ideas.

3. You'll find what you need in our complete tool and supply section.



It's all here. Everything you'll need to prepare your wall and hang your wallpaper. From individual tools and supplies to complete kits. All conveniently located in one handy section.

4. You'll have an easy time visualizing your selection.



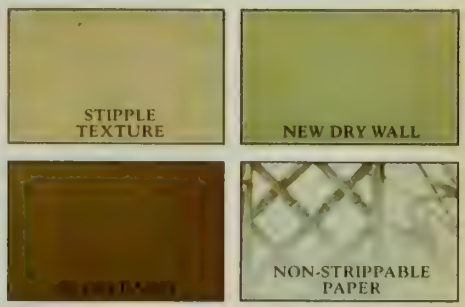
Why guess how a pattern will look? Just place it on one of our handy viewing racks. Unroll it. And step back for a real good look. Or, take it home with you for an even better look.

5. You'll learn how to do it yourself with our free wallpapering lessons.



We offer free videotape lessons any time, or live demonstrations daily. Just call your nearest store for times. Each employee is trained in wallpapering techniques to answer any of your questions.

6. We'll teach you how to prepare your wall surfaces.



Different wall surfaces require different preparations. Our handy Wall Preparation Chart features the 4 most common wall surfaces and simple step-by-step instructions on how to get them ready for wallpapering.

7. Everything's in stock so you can take your selection home right away.



At Wallpapers To Go stores there's no waiting days or weeks for delivery. Just make your selection and start wallpapering right away.

8. Your guarantee of customer satisfaction.

Take your selection home. Unroll it. Live with it for a few days. Even hang 2 single rolls. If you're not satisfied with it for any reason, return the remainder with your receipt within one month of purchase. We'll give you a full refund or exchange.

Wallpapers to go®

We make it easy for you.

AMERICAN EXPRESS VISA MasterCard

Over 100 stores nationwide — See your Yellow Pages

©1980 Wallpapers To Go.



Kills fleas dead on contact.

New Raid Flea Killer kills biting household fleas fast. Spray Raid on rugs and around your pet's basket or favorite place. Its wide aerosol spray covers large carpet areas quickly—without the mess of powders.

So the next time fleas bite, don't get mad. Get Raid.

© 1981 S.C. Johnson & Son, Inc.

Johnson Wax

Home Air Cleaners

Even in a house that looks squeaky clean, the air is cluttered with millions of microscopic particles—pollen, mold, tobacco smoke, cooking grease, bacteria, and common dust—that can trigger allergic reactions and add to your cleaning chores. How can you purify the air in your house? Install a two-stage electronic air cleaner (also called a precipitator). It will filter out most of those particles, thus relieving allergies and reducing household cleaning duties.

A built-in electronic air cleaner fits between the return air duct of a forced-air furnace or central air conditioner and the heating or cooling unit itself. The precipitator cleans the air drawn from throughout the house before the air is heated or cooled for recirculation. Since air is being cleaned only when the furnace or air conditioner is in operation, you must let the blower run continuously to get maximum benefit from the air cleaner.

How it works

The particle-laden air passes through a series of small wires which carry an extremely high voltage. The particles are given a positive electrical charge and then pass through a series of alternately charged cell plates. The positive plates repel the charged particles, while the negatively charged plates attract them. The particles cling to the cell plates until the collector unit is cleaned.

Some air cleaners have a built-in cleaning system that hooks up to the home's plumbing system. Other units have one or two removable collectors which must be washed occasionally. Collectors on newer models will fit into a dishwasher for easy cleaning. Manufacturers recommend once-a-month cleaning for most in-home installations. A built-in unit is relatively expensive—$400-$500—but it operates on regular household 115-volt current and uses no more electricity than a 60-watt light bulb.

Single-room air cleaners

Less expensive counter-top or wall-hung air cleaners are available for single-room operation. A fan on the unit sucks the room air in; the speed of the fan determines how many times per hour the air in the room is cleaned. Although single-room air cleaners are effective, you may find the noise of the fan annoying since the unit is right in the room with you. Air cleaners also may occasionally snap or arc as dust particles are trapped. Excessive arcing indicates a mechanical problem. If you're sensitive to noise, listen to a single-room air cleaner in operation before deciding to buy.

In case a single-room unit doesn't meet your needs and a built-in unit seems too expensive, consider installing the built-in unit yourself. Installation is fairly simple and can save you approximately $100. For even greater savings, you can buy a do-it-yourself model for under $300. This type replaces your conventional filter (you buy the size that matches your filter) and includes a power pack that plugs into any 115-volt outlet. To install a do-it-yourself model, just remove your furnace filter and slip in the air cleaner, then plug the unit into the nearest outlet.

Vintage Storage Pieces

An old chest or armoire can be just the place to store and display your electronic gear. With a few changes, these not-quite-antique pieces can be ready for use. Just be sure you know the age and value of the piece before beginning; altering a fine antique will probably decrease its market value.



Photographs: Maris Semle. Design: Ginger McDowell, ASID. Field editor: Bonnie Warren.

Converting this old chest, *above*, for TV/stereo storage was simply a matter of drilling two small holes in its back panel for electrical plugs. Several inches of air space behind the components prevent heat buildup.



Design: Kirby and Faye Guidry

Another spruce-up turned a middle-aged armoire into this attractive TV storage/display piece, *above*. To raise the TV, a box-like platform was added atop the armoire's bottom shelf. Then the interior was painted apricot.

SPREAD THE NEWS!

Chicken Sandwich Mix from Valley Fresh!



Meal on a bun for everyone!

Big energy break!

Use our recipe or go creative!

Valley Fresh Chicken Sandwich Mix makes a marvelous meal on a bun. Farm fresh chicken — perfectly spreadable. Economical in the big 12½ ounce can! Try this wonderful new way to serve a trouble free anytime treat. Chicken Sandwich Mix — new from Valley Fresh!

STORE COUPON

25¢ OFF

on Valley Fresh Chicken Mexicana, White Chunked Chicken, Chunked Chicken or Chicken Sandwich Mix.



Mr. Grocer: For prompt payment of this coupon please send to Valley Fresh, P.O. Box 1481, Clinton, Iowa 52734. You will be paid 25¢ plus 7¢ handling, provided coupon is redeemed by you from the consumer at the time of purchase of a 12½ oz. can of Valley Fresh Chicken Mexicana, White Chunked Chicken, Chunked Chicken, or Chicken Sandwich Mix. Invoices proving purchase of sufficient stock must be shown upon request. Failure to do so may at our option void all coupons. This offer void wherever prohibited. Cash redemption value is 1.20 of 1¢. Limit one coupon to a customer. OFFER EXPIRES JULY 31, 1982

74785 100384

STORE COUPON

WIN A WEEK IN PARIS WITH THE GREAT CHEFS OF FRANCE.

Enter the SilverStone®/Leroux Liqueurs Gourmet Recipe Contest.

Your original recipe could be your ticket to an all-expense-paid week for you and a companion at one of the world's great cooking schools. As one of five Grand Prize winners, you'll learn the secrets of French cuisine—in English—from Master Chefs at Paris' famed cooking school—L'Ecole de Cuisine La Varenne.

There'll be plenty of time and spending money to enjoy all that Paris has to offer. And luxury accommodations at the Paris-Sheraton hotel.

To enter, just create a recipe using one (or more) of the 47 natural flavored Leroux Liqueurs. Creativity counts, so anything goes—main dishes, appetizers, desserts—as long as they're original. Submit as many recipes as you like for each category (Crèmes, Fruits, Herbs, Peels, and Seeds). And remember, nothing makes gourmet cuisine easier to prepare than quality cookware with SilverStone, Du Pont's premium nonstick surface.



THE LIQUEURS OF LEROUX

Crèmes: Crème de Café; Crème de Menthe (Green or White); Crème de Cacao (Brown or White); Crème de Cassis; Crème de Noya; Crème de Banana.

Fruits: Cherry Karise; Fraise de Bois; Sloe Gin; Apricot, Blackberry, Peach and Cherry Flavored Brandies and Liqueurs; Apple Flavored Brandy; Strawberry; Raspberry.

Herbs & Specialties: Claristine; Rock & Rye Fruit: Irish Moss Rock & Rye; Maraschino; Grenadine; Ginger Flavored Brandy; Cinnamon & Peppermint Schnapps (Green or White) in 60 & 100 Proof; Kirsch; Chocolate Amaretto.

Peels: Triple Sec; Blue Curaçao; Orange Curçao; Cognac à l'Orange.

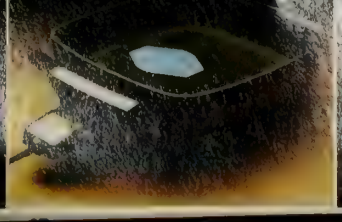
Seeds: Amaretto di Torino; Anisette; Abisante; Kummel; Aquavit; Coffee Flavored Brandy; Coffee Amaretto; Anesone; Sambuca; Ouzo.

General Wine and Spirits Co.,
NY, NY 10152
25-100 Proof.

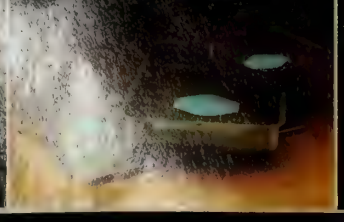
LEROUX

DU PONT
SilverStone
PREMIUM
NONSTICK SURFACE

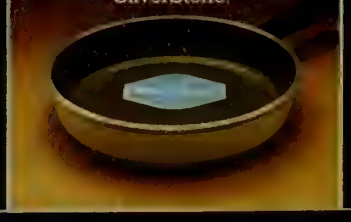
50 FIRST PRIZES
Electric skillets with SilverStone.



75 SECOND PRIZES
Three-piece bakeware sets with SilverStone.



250 THIRD PRIZES
Ten-inch fry pans with premium nonstick SilverStone.





ENTRY RULES

1. On a single piece of paper no larger than 8½" x 11" (please use one side only), hand-print or type your name, address, telephone number and recipe. At the top of your recipe submission and on the outer envelope, indicate which one of the five (5) recipe categories you are entering. All the entries must be original copies, no mechanical reproductions are allowed.

2. Mail your entry to: SilverStone®/Leroux Gourmet Recipe Contest, P.O. Box 1008, Ridgely, MD 21660. Each entry must be mailed separately and received by June 30, 1982.

3. Your recipe for any food dish must use at least one (1) Leroux Liqueur as an ingredient. Each entry submitted will be eligible in only the one (1) category indicated on the entry. Entries must include directions for preparation, mixing, cooking, temperature setting, cooking time and list all ingredients in standard U.S. liquid/dry measurements.

4. All entries will be judged, and all winners chosen, by an independent judging organization, whose decision is final. Judging will be based on the following criteria: Originality – 30%, Creativity – 30%, Ease of preparation – 20%, Appropriateness – 20%. The top 65 recipes will be judged by the chefs of L'Ecole de Cuisine La Varenne; the 5 Grand and 50 First Prize winners will be selected from the top 65 group of entries.

5. All winners will be required to sign an affidavit certifying that their entries are their own original recipe and have not been previously published, have not won a previous prize or award and that they have followed the official rules of this contest. All entries submitted become the exclusive property of General Wine & Spirits Co. and E.I. du Pont de Nemours & Co., and none will be returned.

6. Submission of an entry gives Du Pont and General Wine & Spirits Co. the right to edit, modify, adapt and publish or use the recipe as it sees appropriate without further consideration to the entrant.

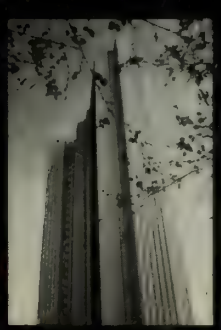
7. The contest is open to residents of the U.S.A. of legal drinking age in their state of residence at time of entry except employees of the SilverStone/Teflon Division of Du Pont, and General Wine & Spirits Co., their affiliates, subsidiaries, distribution, advertising and promotion agencies, alcohol beverage licensees and the families of each. Void in Ohio, Texas, Pennsylvania and wherever prohibited by law. Limit one prize per family. No substitutions of prizes permitted. Taxes on prizes are the sole responsibility of prize winners. All federal, state and local laws and regulations apply.

8. Winners will be notified by mail. To obtain a list of prize winners, write: Leroux/SilverStone Prize Winners, P.O. Box 1009, Ridgely, MD 21660.

9. Grand Prize winners and companions will receive a 6-night, 7-day trip to Paris, France. 5 days of cooking instruction will be given at L'Ecole de Cuisine La Varenne including various side trips and excursions as arranged by La Varenne. Winners will stay at the Paris-Sheraton Hotel and receive $500 per couple spending money. All trips must be taken in October, 1982.

Participating Du Pont SilverStone licensees providing cookware prizes are: Club Products, Ekco Products, Enterprise, Maxim, Nitro, National Presto, Nordic Ware, Regal Ware, Revere, Sunbeam, Toastmaster, Wearever, and West Bend.

Hotel accomodations, courtesy of Sheraton Corporation.



Paris-Sheraton Hotel

SHERATON HOTELS & INNS, WORLDWIDE
AVENUE DU MAINE AT RUE MOUCHOTTE
75014 PARIS, FRANCE

An Energy-Saving Addition

With energy costs rising every day, it's particularly important to take full advantage of a southern exposure—especially one with summer shade *and* winter sun. Here's a great way to put those natural assets to good use.



Photographs: E. Alan McGee. Designer: Tom McGowan
Field editor: Ruth Reiter

Originally, the advantages of this home's southern exposure were largely wasted on a little-used back-bedroom addition. To cut energy costs, and make the house more livable year round, the homeowners replaced the shabby old addition with a sun-room/deck *(right)*.

In warm weather, the sun-room links the kitchen to outdoor activities on the new deck and scoops in cool breezes through the wide glass doors. In cold weather when the trees are bare, the sun's warmth streams in through the window wall and heats the sun-room *(below)*. Some of the excess heat soaks into the brick floor and is directed into the main living areas as needed. For optimum heat gain, the windows are double-glazed, and the two lower sections flanking the double doors are fitted with translucent plastic panels that spread the sun's heat evenly across the bricks.

Piers of concrete block support the sun-room, and the space between the piers is enclosed for storage. The criss-cross detailing on the storage door is repeated in the deck railing and the side panels of the window wall. Steps (not shown) connect deck to lawn.



Cooking With Caraway

Adding crunch and flavor to rye bread isn't all crescent-shaped caraway seed can do. Here it enhances breadsticks and a cheese appetizer. You also can use caraway seed to enliven eggs, vegetables, and stews.

CARAWAY CHEESE WEDGES
Pastry for 1-crust 9-inch pie
2 slices bacon, diced
1 small onion, chopped
4 beaten eggs
¼ cup dairy sour cream
1 cup shredded Swiss cheese (4 ounces)
½ teaspoon caraway seed

Prepare and roll out pastry. Fit into an 8-inch quiche dish. Trim and flute pastry. *Do not prick.* Line pastry with heavy-duty foil. Bake in 450° oven 8 minutes. Remove foil; bake 5 minutes more. Remove from oven; reduce oven to 350°. Meanwhile, cook bacon and onion till onion is tender; drain excess fat. Combine eggs and sour cream. Stir in bacon mixture, cheese, caraway, and dash *pepper.* Pour into pastry shell. Bake in a 350° oven 20 minutes or till just set. Cut in small wedges. Serve warm. Makes 16 to 20 appetizer servings.



CARAWAY BREADSTICKS
1 package active dry yeast
¼ cup light molasses
1 tablespoon cooking oil
1 tablespoon caraway seed
1½ to 1¾ cups all-purpose flour
1 cup whole wheat flour
Milk
Coarse salt *or* caraway seed

In large mixer bowl soften yeast in ½ cup *warm water* (110° to 115°). Add molasses, oil, the 1 tablespoon caraway, and 1 teaspoon *salt.* Add *1 cup* of the all-purpose flour. Beat at low speed of electric mixer for ½ minute, scraping bowl. Beat 3 minutes at high speed. Stir in whole wheat flour. Stir in as much of the remaining all-purpose flour as you can mix in with a spoon. On floured surface, knead in enough of the remaining all-purpose flour to make a dough that is smooth and elastic. Place in greased bowl; turn once to grease surface. Cover; let rise till double. Punch down. Divide dough in half; cover and let rest 10 minutes. Cut each half into 12 pieces. Roll each piece into a rope 12 inches long. Place on greased baking sheets. Brush with *milk*; sprinkle with coarse salt or additional caraway. Cover; let rise till nearly double. Bake in a 375° oven 10 to 15 minutes. Cool on wire racks. Makes 24.

A smile like this doesn't cost a lot.



No one else can bring out a smile *quite* like Knott's. A smile that comes from the deliciously natural taste of our good old-fashioned preserves. Like our Boysenberry, when smothered on doubly-thick and loaded with big, luscious chunks of goodness. Or everybody's favorite—Knott's farm fresh Strawberry preserves, heaped with sweet, savory pieces of plump, juicy fruit. These are just two of our umpteen delicious flavors. And all you have to do is choose your family's favorites...we throw in the smiles for free!

Knott's BERRY FARM®



Knott's...stirrin' up good taste for generations

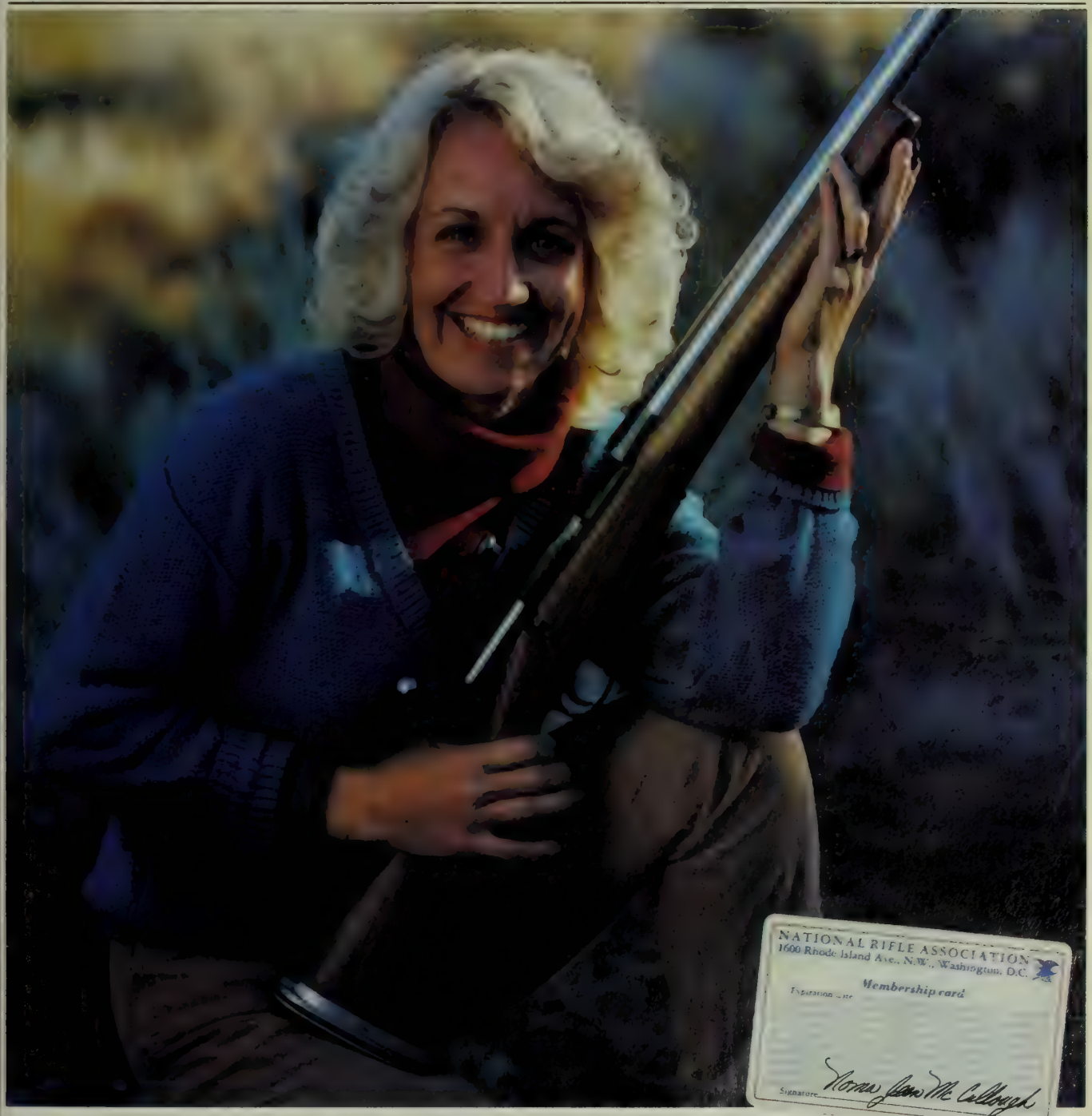
NOMA McCOLLOUGH: Wife, mother and High Power Shooting Champion.
Two-time National Women's Champion and
the first woman to ever win the 1000 yard Wimbledon Championship.
Member of the National Rifle Association.

"Most people are surprised when I tell them I still shoot for fun.
But it's true. I find competitive shooting very relaxing and personally satisfying.

"Ever since I started winning some big matches and competing equally with men,
I hear many women say 'You only weigh 100 pounds! If you can do it, so can I.'
And I tell them they don't have to be champions to win at shooting. A person can win
at trying. Practicing, getting better and enjoying yourself are the real rewards.

"I'm a member of the NRA and so is my husband. They do so much
to support competition and protect shooting programs. And thanks to the NRA,
I'll continue to compete and my children will grow up
with the same opportunity to enjoy the sport."

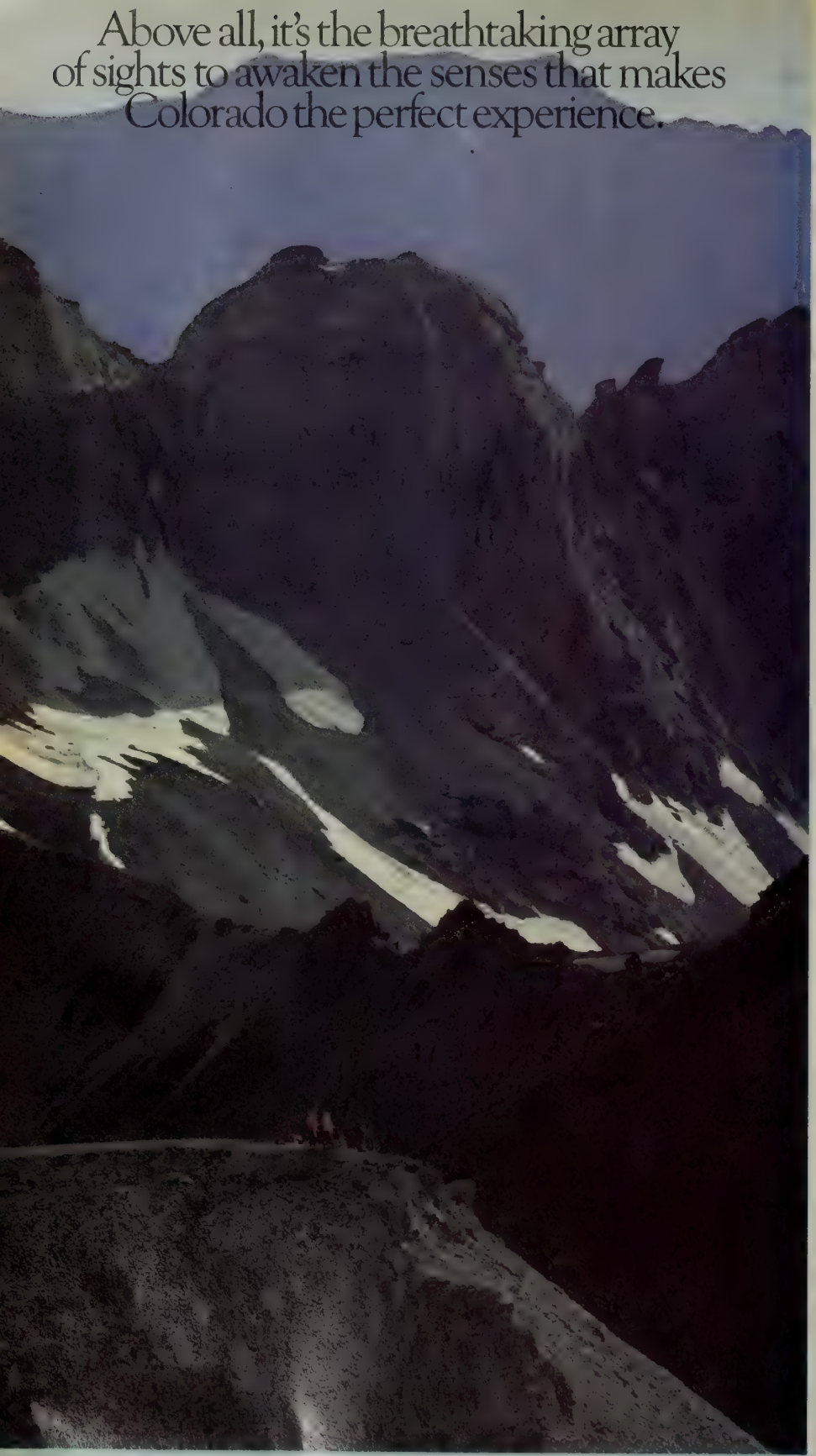
I'm the NRA.



**Last year, the NRA sanctioned over 6,000 tournaments in
24 shooting disciplines involving more than 100,000 men and women.
If you would like to join the NRA and want more information
about our programs and benefits, write Harlon Carter, Executive Vice President,
P.O. Box 37484, Dept. NM-4, Washington, D.C. 20013.**

Paid for by the members of the National Rifle Association of America.

Above all, it's the breathtaking array of sights to awaken the senses that makes Colorado the perfect experience.



□ *If you'd like to know how to take a perfect vacation in the perfectly beautiful state of Colorado, send away for our free 4-color "Colorado Adventure Guide."* □ *For further inspiration, send us $3.50 and we'll send you a big 18" x 24" poster of this picture. (Important note: Make checks payable to Colorado Poster and be sure to write "Poster" on the outside of your envelope.) Mail to: State of Colorado/Dept. BH/Box 38700/Denver, Colorado 80238*

Name

Address

City State Zip

COLORADO·ABOVE·ALL

Safeguarding Nutrients

There's more to serving your family healthful meals than buying nutritious foods. Equally important is how you store, clean, and cook fresh produce. Here's how to retain the nutritional value of the fruits and vegetables you buy.

Storage tips

—Ideally, fresh produce should be washed and trimmed just before using. But, if you do wash the food before storing, drain it thoroughly to remove moisture that can cause deterioration.

—Properly store fresh vegetables to retard vitamin loss. Store fresh green vegetables in plastic bags or airtight containers in the refrigerator. Sweet corn in husks and ripe tomatoes should be refrigerated uncovered. Potatoes and onions should be stored in a cool, dry, dark place. Hard-rind squash, eggplant, rutabaga, and sweet potatoes should be stored at about 60° F.

—Fresh fruits also lose vitamins if not properly stored. Store these ripe fruits, uncovered, in the refrigerator: grapefruit, plums, rhubarb, apples, lemons, limes, oranges, peaches, nectarines, pears, and pineapple. Cover and refrigerate tangerines, melons, apricots, berries, and cherries. Let bananas ripen before chilling them uncovered.

Preparation and cooking tips

—The B vitamins, vitamin C, some mineral salts, and iron are water-soluble, which means they leak out of food when it's placed in water. To minimize this loss, cut vegetables and fruits into large pieces or leave whole, prepare vegetables in as little water as possible, and don't overcook them.

—Use a vegetable-seasoned braising or poaching liquid as the basis for a sauce. The soluble vitamins from the vegetables improve the nutritional value of the sauce.

—Wash vegetables such as potatoes rather than peeling them. Also, use the outer, nutrient-rich leaves as well as the inner leaves of cabbage and lettuce.

—Don't add baking soda to the cooking liquid of vegetables. Soda destroys thiamine and vitamin C.

Blue Diamond Almonds

Be impulsive! Make yourself a sundae now with chocolate sauce and lots of chopped Blue Diamond Almonds. (Pour them right from the package, or toast them briefly for even more flavor.) Blue Diamond Almonds are ready-to-go in five handy forms for your recipes. Want some ideas? Write for our colorful Almond Treasury booklet of over 100 great recipes. Please send 75¢ to: California Almond Growers Exchange, P.O. Box 42577, San Francisco, CA 94142.



Sprinkle some almonds on your sundaes



THE ALMOND PEOPLE CALIFORNIA ALMOND GROWERS EXCHANGE P.O. BOX 1768, SACRAMENTO, CA 95808

Caring for Antique Quilts

Whether your antique quilt is a collector's item or a treasured family keepsake, you'll want to keep it in the best possible shape. In most cases, that means cleaning the quilt periodically and making small repairs as they're needed. Here's how you can do both safely and simply.

Before you clean or display an antique quilt, look it over carefully for fraying fabric or broken stitches. While you probably can make minor repairs yourself, major repairs should be handled by a professional trained in textile restoration. Ask your local antiques club, art center, museum, or other collectors to recommend persons who do this type of work.

All repairs should be done by hand and with fabrics that are as old as your quilt. You can usually find old fabrics in antique shops, secondhand stores, and specialty shops.

To repair a small section of a patchwork quilt, you can appliqué new patches directly over the damaged ones. Or you can carefully remove the worn patches, use them as patterns for cutting new pieces, then apply the new patches to the quilt. To mend small holes, appliqué over the area with cotton thread that matches the color of the original cloth or with transparent nylon thread. The cotton thread will duplicate the quilt's color now, but may not later as it fades. The nylon, while it doesn't match the old fabric, is inconspicuous and does keep the damage from spreading.

To repair frayed edges on a quilt, hand-stitch new binding over the old.

If you plan to sell your quilt someday, however, don't try to mend it. Collectors often prefer items in their original condition, and any alterations may lower your final selling price.

Removing stains

If your quilt has noticeable stains and spots, consult an expert before trying to remove them. They may need special treatment since untreated stains on cloth can undergo complicated chemical changes. If you experiment with home remedies, you may remove the delicate fabric along with the stain. It might be better to live with the spots than to risk damaging the quilt.

Cleaning your quilt

How you should clean your quilt depends largely on its condition and fiber content. A quilt that's in extremely poor condition shouldn't be cleaned at all because it might fall apart in the process. To identify the types of fabrics in your quilt, ask a quilt expert or a quilt cleaner for help. Most antique quilts are made of cotton or wool; a few are made of silk, linen, or a combination of fabrics.

If the quilt has any silk or wool fabrics, have it dry-cleaned by a reputable firm familiar with cleaning antique fabrics. Caution the cleaner to use only fresh dry-cleaning solution and emphasize that the quilt should *not* be pressed after cleaning.

A cotton or linen quilt can usually be hand washed, but first test the fabric for colorfastness. Here's how to do it. First mix one teaspoon of liquid cold-water detergent in one quart of cold soft water. Apply two or three drops of this solution onto a patch. Wait a few seconds, then press a white cloth on the moist area to see if the color bleeds. Rinse off the detergent solution with a few drops of clean water and blot with a towel.

Repeat these steps until you have tested all the various types of patches. If none of the colors bleed, the quilt should be safe to wash.

To provide extra support for the quilt during washing, sew a flat "bag" of white nylon net. Make the bag about eight to nine inches wider and longer than the quilt. Leave one side open and slip the quilt into the bag. Then, using white thread, baste the end closed and hand-stitch a large X in each of the corners through all three layers. This will keep the quilt flat and protect it from damage when it becomes heavy with water. If your quilt is very dusty, gently vacuum it through the nylon net bag before washing. Use the soft brush attachment and set the vacuum for minimum suction. Carefully remove the loose surface dirt, front and back.

A clean bathtub, free of all traces of scouring powder, is a good place to wash your quilt. Run three to four inches of lukewarm water into the tub, or just enough to cover the quilt. If the water is hard, add 1½ tablespoons of water softener for every three gallons of water in the tub. Soak the quilt for about one hour, then drain the tub.

Run the same amount of water into the tub again, adding 1½ tablespoons of liquid cold-water detergent per gallon of softened water. Mix well and soak the quilt for about 30 minutes. With the palms of your hands, gently move the fabric up and down. Then drain the sudsy water, run more water, and repeat this step at least two or three times until the wash water shows no trace of yellow.

Next, gently rinse the quilt in lukewarm, softened water and drain. Repeat about five to seven times or until all the soap has been removed from the fabric. For the final rinse, use clear water and omit the water softener.

Gently press the water from the quilt with your hands. Do not wring or squeeze the fabric. Continue by blotting the cloth with towels until all the excess moisture has been removed.

Dry your quilt in the shade over three or four parallel clotheslines on a dry, slightly breezy day. Use clothespins without metal hinges to keep the quilt in place. Then when the quilt is dry, remove it from the nylon bag.

If your cotton quilt is extremely sturdy or not very valuable, you can probably machine-wash it. For extra protection, first sew the quilt into a white nylon mesh bag as you would if you were hand-washing the quilt.

Then fill the machine tub with lukewarm, softened water. Add and dissolve 1½ teaspoons of cold-water detergent per gallon of water. Submerge the quilt and let it soak for about 30 to 40 minutes. Next, set the machine on a gentle cycle and let the quilt agitate for about three minutes. Drain and continue soaking and washing until the dirt is removed. Rinse the quilt thoroughly in cool water, then either machine-dry on a gentle cycle or hang the quilt on the line to dry.

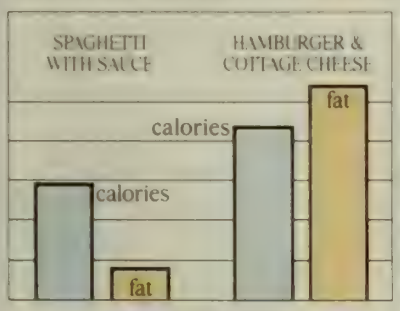


It only tastes fattening.

Looks can be deceiving. The more you know about nutrition, the more you realize how nutritious spaghetti with Ragu'® sauce really is.

THE 280 CALORIE ENTREE.

That's all. 280 calories in a full-sized serving of spaghetti with Ragu' Homestyle spaghetti sauce. (4 ounces of sauce over 5 ounces of cooked pasta.) When you compare it to other meals you'll realize you can enjoy a spaghetti dinner with Ragu' sauce more often than you thought. For instance, a ¼ pound broiled hamburger with a ½ cup of cottage cheese has 155 more calories and about 9 times the fat. (See chart.) While 5 ounces of flounder baked with about two pats of margarine, and a plain baked potato (without butter or sour cream) has 110 more calories and nearly 4 times as much fat as that same dish of spaghetti.



MEAL COMPARISON.

A BALANCED MEAL.

Every meal we eat should supply us with certain nutrients essential for a balanced diet. And a plate of spaghetti with Ragu' sauce contains many of these nutrients. In addition to Vitamin A, Vitamin C, and protein, it also provides 20% of the iron you need each day. And that's not all. You also get, in every serving, 25 to 35% of these B vitamins: Niacin, Riboflavin, and Thiamine. And in any meatless Ragu' Homestyle spaghetti sauce you get absolutely zero cholesterol.

THAT'S ITALIAN!

Check the back label on any Ragu' spaghetti sauce for more nutrition information about Ragu' and spaghetti. Because the more you know about what a plate of spaghetti with Ragu' sauce provides, the more you'll understand why it's not only good, it's nutritious.

Everything we put in our sauces is all natural. So when you pour that 100% natural sauce over any pasta you'll get a meal that you can feel good about serving to your family. A meal that's just naturally delicious.



© 1982 Ragu Foods, Inc., owner of the registered trademark RAGU. Here we're using new Ragu' Homestyle spaghetti sauce.



Plantation Country

Walk into another century when you visit Louisiana's romantic Plantation Country around Baton Rouge.

The hustle and bustle of modern life fade away as you stroll through the stately halls of over a score of the South's most beautiful antebellum homes, filled with heirlooms and treasures from the gracious era before the Civil War.

No trip to the Deep South is complete without a visit to the land of history and romance. Clip the coupon for more information.

Baton Rouge Area Convention and Visitors Bureau
P.O. Box 3202-4BH
Baton Rouge, LA 70821-3202

Please send me free Plantation Country tour guides and travel information.

Name_____

Address_____

City_____ State_____ Zip_____

THE MOST PRACTICAL ORGANIZER YOU'VE EVER SEEN!

HANDY SUSAN™

holds dozens of tools, utensils, gadgets...swivels to give you every item at your fingertips!

FREE Surprise Kitchen Gift with every order

INTRODUCTORY SALE PRICE only $9.95



Great for hobbyists Holds brushes, pens, rulers, scissors, cutters, model kit parts and more!

Perfect shop organizer Puts all your wrenches, screwdrivers, pliers, drill bits, marking pencils in one easy-to-reach spot

With HANDY SUSAN™ all this—enough to fill three kitchen drawers..takes up less counter space than a dinner plate!

HANDY SUSAN™ gives you all this

- Over a dozen separate compartments to store 40, 50 or more of the utensils you use most!
- Spins effortlessly... nearly hands you the tool you want!
- Ends clutter forever in the kitchen, hobby room, shop. Also great for organizing cosmetic drawers, bathroom cabinets, office supplies!
- Made of high-impact plastic, cleans easily. Natural ivory color complements every decor.

FREE Surprise Kitchen Gift with every order

24-hour fast credit card service, toll free: 1-800-228-2028 Ext. 73

ORDER TODAY

STERLING HOUSE, Dept. HS-5854
Sterling Building, Garnerville, N.Y. 10923

Please send me ____ Handy Susan(s) for only $9.95 each plus $1.80 shipping.

SAVE 2! Order 2 Handy Susans for only $17.95 plus $2.00 shipping.

If after receiving your order you are not completely satisfied, you may return it within 30 days for a full refund of your purchase price.

Total amount enclosed $ ____ (NY, CT residents add sales tax.) Check or money order. No COD's please.

Charge it: (Check one) ☐ Visa ☐ MasterCharge Exp. Date ____

Card No. ____

Name ____

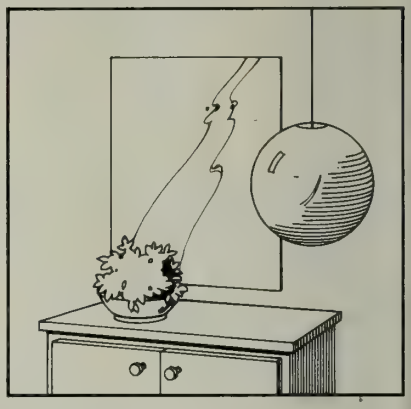
Address ____

City ____

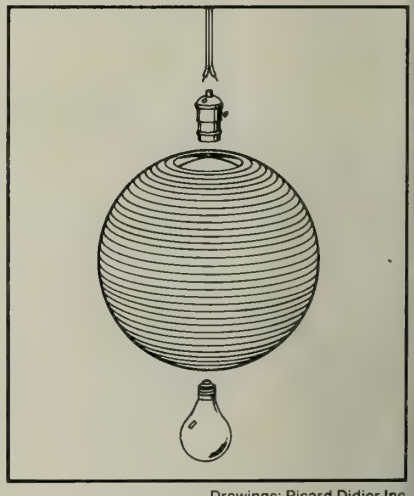
State ____ Zip ____

Do-it-yourself globe lamp

This ceiling-hung globe is as easy on your budget as it is to put together. An inexpensive paper lantern, a stock hardware store light socket, and an electrical cord and plug are all the supplies you need to make your own globe lamp.



First select a lantern that's the right size for your lighting needs. You'll find several sizes of ready-to-assemble globes at furniture and discount stores.



Drawings: Picard Didier Inc.

Next, wire a three-way light socket with a standard electrical cord, as shown *above*. Make sure the cord is long enough to reach your ceiling or wall outlet. Then insert the socket through the lantern's top opening. Secure the socket with electrical tape. Add a three-way light bulb from the bottom, and your custom-made lamp is ready to be hung from the ceiling.



This buttermilk spoils.



This buttermilk doesn't.

New Swiss Miss All Purpose Buttermilk powder stays fresh—unrefrigerated—for a full year. Liquid buttermilk spoils within three weeks.





So with Swiss Miss Buttermilk powder in your pantry, you don't have to worry about spoiled buttermilk—or spoiled dinner plans. Swiss Miss Buttermilk powder is made with real cultured buttermilk. So it's every bit as good as liquid buttermilk for baking, cooking, and salad dressings. You'll find it in your grocer's baking section.

Swiss Miss Buttermilk powder is as easy to use as it is to keep on hand. Just mix it with your dry ingredients and add water as directed with liquid ingredients.

New Swiss Miss All Purpose Buttermilk powder. It doesn't spoil.

We make good things from milk.

© 1981 Sanna Inc., Sub. Beatrice Foods Co.



20¢ SAVE 20¢

662-468

on Swiss Miss All Purpose Buttermilk



Dear Grocer: We redeem this nontransferable coupon for 20¢ plus 7¢ handling on any size of Swiss Miss All Purpose Buttermilk provided you and the consumer have complied with the terms of this offer. Any other application constitutes fraud. Failure on request to submit proof you bought stock to cover coupons submitted may void them all. Void if prohibited, taxed or restricted. The consumer must pay any sales tax. Cash value 1 200¢. Redeemable only by retailers. Mail coupons to: Sanna Dairies Coupon Redemption Program, P.O. Box 1689, Elm City, N.C. 27898. Limit one coupon per purchase.

This offer expires March 31, 1983.

662-468

20¢ **STORE COUPON** 20¢

You'll find it in your grocer's baking section.



With Les Pensées Cristal giftware it's better to give than receive. Almost.

cristal d'arques

«Les Pensées Cristal» Gift Collection.

Gifts begin at $15. For catalogue write : J.G. Durand, N.J. 08332.



With Les Pensées Cristal giftware it's better to give than receive. Almost.

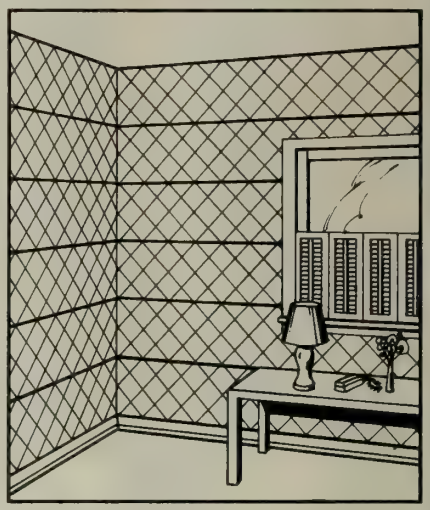
cristal d'arques

«Les Pensées Cristal» Gift Collection.

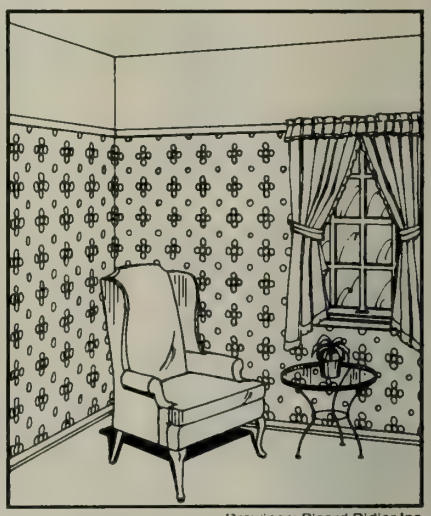
Gifts begin at $15. For catalogue write : J.G. Durand, N.J. 08332.

Down With Too-Tall Ceilings!

Instead of spending a fortune to lower a too-tall ceiling, try these fool-the-eye wall treatments.



▲ To visually cut a ceiling down to size, try using a horizontally striped wall covering. The horizontal lines emphasize the room's length and width while reducing its apparent height.



Drawings: Picard Didier Inc.

▲ Another way to make a ceiling look lower is to create a mock dado. Here, molding strips, painted to match the wall covering, are applied to the wall surface at window height. Flowered wallpaper beneath the molding draws attention to the wall below the dado.



...style tables and bookcases have an oak finish ...on oak veneers, select hardwoods and engraved ...wood products. Tables have diamond matched tops!

REG.$349-Door cocktail table . . . **$297**
REG.$299-Library commode **$247**
REG.$249-Hexagonal door commode **$227**
REG.$349-Sofa table (not shown) . . **$297**
REG.$349-Library bookcase with drawer . . . **$297**
REG.$399-Door bookcase with drawer . . **$319**
REG.$449-Desk/bar bookcase . . . **$377**

Bookcases not available in all stores

Add Natural Textured Beauty By Famous International!

You've been looking for this combination of good looks and wearability! Contemporary upholstered pieces feature nubby, natural-textured covers treated with Scotchgard® stain/soil resistant finish. You'll love their multi-pillowed backs and macrame throw pillows. Quality built for maximum comfort and durability, they're at giant savings right now. Hurry to Levitz and take advantage of this special offer!

REG.$569-Sofa **$449**
REG.$499-Loveseat **$399**
REG.$219-Chair **$199**

Prices good through April 27, 1982



SAVE $56 to $1,10







Discover "Entourage" Crafted By Thomasville.

Enjoy styling that anticipates the future, quality workmanship rooted in a long tradition of excellence! Striking new Entourage group by Thomasville has pared-down modern lines . . . a satin-sleek finish . . . is available in selected pieces for bedroom or dining room. Every inch of it is rich, beautiful wood: pecan solids and veneers with oak drawer sides and bottoms. Designed to meet the storage needs and decorating challenges of tomorrow, at savings today!

REG.$3999-Wall system and queen size canopy bed. **$2899**
REG.$799-Triple dresser (9 drawers) and vertical mirror **$597**
REG.$1149-Door dresser with split landscape mirror **$849**
REG.$255-Full/queen size headboard . **$165** REG.$295-Nightstand . **$235**
REG.$899-Armoire . . **$797** REG.$599-6 drawer chest (not shown) . . . **$449**
Matching king size headboard is also available

Savings shown are minimums. Regular prices may be higher in some markets. Prices good through April 27, 1982.

Thomasville



t Levitz Now!

It's The Dramatic Look Of Things To Come!







Exquisite matching dining pieces are impeccably crafted, feature the same splendid pecan construction, enhanced by rich cane accents. Choose the pieces you need. Tailor them to large or small scale dining needs. Enjoy a look of polished contemporary elegance, the unmistakable quality of Thomasville!

REG.$1799-Buffet and lighted deck, 66" wide	$1399
REG.$1049-Trestle table, 42"x72"-112"	$759
REG.$225-Side chair	$169
REG.$275-Arm chair	$219
REG.$849-Pedestal table (44"x44"-84")	$579
REG.$799-Flip-top server	$599
REG.$1049-Bar unit, 2 pcs.	$779
REG.$1449-Lighted china deck and base, 51" wide	$1099

All merchandise is priced for pick-up at our dock. Or we'll deliver for an additional charge. Save either way at Levitz!

Choose Traditional Style For Classic Comfort And Luxury

LEVITZ
SINCE 1910
COAST TO COAST



$599 WITH 4 THR PILLOWS

You'll recognize the quality at a glance! Classic living roo pieces feature white and coral rayon velvet covers with jacquard skirts, Scotchgard® finish. The tailoring impeccable with contrasting welts, button tufting, attached padded backs and matching throw pillows. Thic Dacron® wrapped seat cushions provide maximum softness, plus excellent shape-retention... reverse for extra wear. Inside, strong kiln dried, double doweled hardwood frames assure lasting structural integrity. It's look you'll own with pride... and a giant Levitz valu

REG.$479-Square cocktail table **$377**
REG.$379-Octagonal table... **$297**
REG.$379-Drawer end table... **$297**
REG.$649-Loveseat with 2 throw pillows... **$569**
REG.$399-Chair **$349** REG.$199-Ottoman **$169**

ARIZONA
Phoenix
Mesa
CALIFORNIA
Anaheim
Concord
Fresno
Huntington Beach
Puente Hills
Los Angeles
Modesto
Northridge
Oxnard
Redondo Beach
Sacramento
San Bernardino
San Diego
San Dimas
San Francisco
San Leandro
Santa Clara
COLORADO
Denver (2)
CONNECTICUT
Southington
Enfield
DELAWARE
Wilmington
FLORIDA
Clearwater
Ft. Lauderdale
Ft. Myers
Jacksonville
Miami
Perrine
Tampa
West Palm Beach
Winter Park
GEORGIA
College Park
Doraville
INDIANA
Indianapolis
KANSAS
Lenexa
LOUISIANA
New Orleans
MARYLAND
Camp Springs
Glen Burnie
Rockville
Timonium
MASSACHUSETTS
Danvers
Dedham
Westboro
MINNESOTA
Minneapolis
St. Paul
MISSOURI
Independence
St. Louis
NEW JERSEY
Cherry Hill
Fairfield
Paramus
Woodbridge
NEW YORK
Farmingdale
Garden City
OKLAHOMA
Oklahoma City
OHIO
Cincinnati
Columbus
Dayton
OREGON
Portland
PENNSYLVANIA
Allentown
King Of Prussia
Langhorne
TENNESSEE
Memphis
TEXAS
Austin
Dallas
El Paso
Ft. Worth
Houston (2)
San Antonio
UTAH
Salt Lake City
VIRGINIA
Fairfax
WASHINGTO
Seattle
Lynnwood

Prices good through April 27, 1982

Plan-As-You-Go Kitchen Storage

Planning a kitchen remodeling down to the last detail can be a taxing experience. Sandra and Jim Koepnick found that out with their first do-it-yourself remodeling, so they adopted a different approach the second time around. Instead of meticulously preplanning the kitchen, they improvised and designed as they went along.



Photographs: William N. Hopkins. Design: Jim and Sandra Koepnick. Field editor: Maxine Schweiker

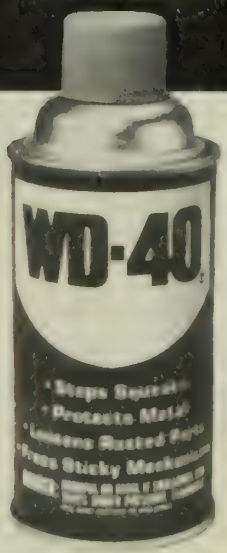
Jim and Sandra had the basics sketched out: they knew where they wanted the major appliances, which partitions had to be removed, and what look they wanted to achieve. The storage areas were the main stumbling block in their kitchen plans.

After removing the old cabinetry and repositioning the appliances, Jim and Sandra pulled out their pencils and measuring tapes and roughed out their storage plans right on the kitchen walls. Then they carefully measured all of their kitchen paraphernalia and indicated which items they wanted on display and which they preferred to leave behind closed doors. The result is a carefully balanced and efficient system of open and closed storage.

The storage wall shown here was not expensive. By keeping an eagle eye out for recyclable portions of their old cabinetry, the Koepnicks were able to build the new unit almost entirely from salvaged materials.

The tall, skinny cupboard is a broom closet for all the cleaning supplies needed in the kitchen. The tilted spice shelf is efficient and attractive; spices are easy for the cook to reach while tasting the stew! Rather than boxing in their refrigerator with cabinets, Jim and Sandra topped it with a clay-pipe wine rack. The rack continues down to the floor on the far side of the refrigerator and holds 36 bottles of wine.

Do it yourself with



For anything that Sticks or Squeaks. Use in house, shop or car. Protects against rust, cleans and lubricates.

It really works.

Mother's Day Special!

Baby's First Shoes Bronze-Plated in Solid Metal... only $3.99



Limited time only! Baby's precious shoes gorgeously plated in SOLID METAL, only $3.99 pr. Don't confuse this offer of genuine lifetime BRONZE-PLATING with painted imitations. Your order is fully protected by our 100% Money Back Guarantee. Also Portrait Stands (illustrated,) ashtrays, bookends, TV lamps at great savings. Ideal Gift for Dad or Grandparents SEND NO MONEY! Rush name & address for full details, money-saving certificate and handy mailing sack to:
AMERICAN BRONZING CO., Box 6504-02, Bexley, Ohio 43209



Mr. Zip Speeds Your Mail Please let us know, at least five weeks before you move, what your new address *and zip code* will be.

LOOK FOR BEDDING AND FURNITURE MADE WITH L&P COMPONENTS

Leggett & Platt INCORPORATED

Write for FREE folder "ALL ABOUT BEDDING"



BRIGHTEN YOUR KITCHEN THE WAY EUROPEANS DO!

Do you find your Range Burners very unattractive and hard to keep clean? With Burner Covers you protect burners from spills and grease while adding a beautiful touch to your kitchen decor. Burner Covers are manufactured from strong steel and fine porcelain enamel, heat resistant and dishwasher safe. New, great conversation pieces. You love to show them to your friends. Burner Covers make unique gifts. Many colorful designs available. Three sizes: Small 8″ diameter $7.95, large 10″ diameter $8.95, and 9″ square $9.95.

MAX BURTON ENTERPRISES, INC.
502 Puyallup Ave., Tacoma, Washington 98421

Please mail me your free color Brochure and Price List, for ☐ Electric ☐ Gas Ranges. BH-4

Name_____

Street_____ Apt._____

City_____

State_____ Zip_____

WIND DIRECTION AT A GLANCE



WEATHER VANES add the finishing touch to your country home! Perfect for your garage, farm or ranch too. Ornamental as well as useful. Precise wind direction at a glance. Balanced arrow on friction free bearing responds to slightest breeze! Made of aluminum with baked vinyl coating for rust free care with Gold ornamental ball. Complete with mounting bracket and screws. Arrow 23″ long, Support 24″ to 27″ high.

Crowing Rooster **$14.95 + $3 p&h**
Galloping Horse **$14.95 + $3 p&h**
SAVE two for **$29.50 + $3 p&h** Great gifts
Send check or M.O. 15 day money back guarantee
For a catalog of uniquely beautiful Weathervanes and art metal home decor, send $1.00.

HOLST, Inc. Dept. BHV-482, 1118 W. Lake, Box 370, Tawas City, Mich. 48763

greenhouses

Shatterproof fiberglass/California Redwood. Designed for the home gardener. Freestanding and lean-to models and accessories. Use my "guaranteed lay-away" plan.

Send $1.00 (refundable) for my color catalog, plus a regular $1.50 greenhouse booklet.

Peter Reimuller
—The Greenhouseman ®
P.O. Box 2666, Dept. 7-D, Santa Cruz, CA 95063

Better Homes™ Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

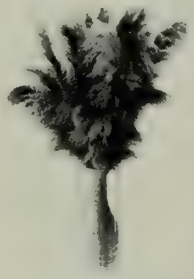
by Ann Lively



Early Americana
Of flecked Oznaburg, natural crease-resistant cotton. 4″ fringe. 84″ W per pr. 30″, 36″ L, $17.50 pr. 45″, 54″ L, $22. 63″, 72″ L, $26.50. 84″ L, $28.50. Ties $4 pr. Val. $8 ea. Add $2.50 post. Free color cat. Colonial Maid Curtains, BH4, Mamaroneck, NY 10543.

Hair today—gone tomorrow
Perma Tweez, a permanent electrolysis method, removes hair from face, legs, body. Original patented feature destroys roots without puncturing skin. $16.95 ppd. General Medical, Dept. BHE-69, 1935 Armacost, W Los Angeles, CA 90025.





Giant 5′ grass plumes
Browns, golds, beige with your choice of one accent color: orange, yellow, green or blue (specify). 25 plumes, $12.95 + $3 post. 24″ Basket Urn $10.95 + $3 post. Color port. $1. Tropical Plant Inst. Dept. C4, 901 NW. 8th Ave., Ft. Lauderdale, FL 33311.



Beautifully plated
Solid metal baby shoes $3.99 pair. A keepsake forever. Available: Portrait Stands (shown) Bookends, TV lamps. Makes the perfect gift for dad, grandparents. Send no money. Write for details and postpaid mailer. American Bronzing, Box 6504-De2, Bexley, OH 43209.



The best insulated log homes
You too can now have an insulated log home. Choose from any of these forty designs. The complete kits are available in hand-crafted Cedar or Pine. Prices range from $5900. Please send $5 for Brochure/Plan Book, or $8.75 for Dealership Information Package (includes brochure). Order from Wilderness Log Homes, Route 2, Dept. BHE-42, Plymouth, Wisconsin 53073.



Measure your own mileage
Pedometer automatically counts the miles you walk, jog, hike! A great item for sportsmen, housewives etc. Tallies the hidden miles you walk doing housework, shopping etc. 2¾″ diameter, metal; clips to belt or pocket. Records quarter miles up to 5 miles then resets itself. Order F2159, $1.99, 2/ $2.99 postpaid. Walter Drake, BH52 Drake Bldg., Colorado Springs, CO 80940.



Bavarian clock kit
Solid ¾″ and ⅝″ cherry pre-cut case pieces; solid brass, key-wound, hour-striking movement and solid brass dial. All hardware and screws, easy-to-follow instructions. No woodworking experience necessary. 26½″H x 10⅜″W x 6¼″D. Factory direct prices. Free info. Emperor Clock Co., Emperor Industrial Park, Fairhope, AL 36532 or call (205) 928-2316.



Smart comfortable sandal
Ginger pattern in soft leather on the famous "Walk'n Natural" Kraton bottom, 1½″ wedge. A "must" for your spring wardrobe. Available in rust, camel, navy or white. Sizes: SS/6½-10, S/6-11, N/5-11 & 12, M/3-11 & 12, W/5-10 & 11. $40 (sizes over 10 add $2). Add $2 post. Catalog Free. Order style GINGER, Naturalizer Shoes, Dept. BHE, 504 Main, Newton, Kansas 67114.



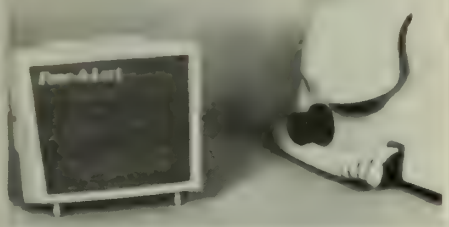
Free catalog for easy mail order shopping. See these beautiful wigs in 20 flattering styles. 28 natural-looking colors. Lightweight for real comfort and easy to style. A convenience for those surprise occasions! Write: Wigs by Paula, Dept. 42A, Brockton, MA 02430.

Stair-Glide® Deluxe
Ride up, down stairs in a normal sitting position. Designed for those who can't or shouldn't climb stairs. Uses 110-volt household current. For info. write: American Stair-Glide Corp., Dept. EBHG-0482, 4001 E. 138th Street, Grandview, MO 64030 (816-763-3100)





Make tap water pure
With The Shetland Company's Distil-Clear. A distillation unit makes water clear, safer to drink. UL-approved. 1½ gal. capacity, uses ordinary household current. Write for free info. Universal Merchandise Corp., Dept. 172, 44 Gerrish Ave., Chelsea, MA 02150



Fone-A-Lert
Don't miss calls when you're in the yard or away from the phone or door. Lets you hear your phone or doorbell anywhere on your premises. Just apply suction cup to surface of phone or doorbell chime box. 40' wire. Uses standard 9-volt battery (not included). 4¼ x 3½ x 2½". $21.95 + $2 postage. Order from Hoist, Inc., Dept. BH-482, 1118 West Lake, Box 370, Tawas City, MI 48763.



400 1½ and Two-Story home plans
A 320 page book, 1200 illustrations featuring authentic Early American exteriors. Also, English, French, Spanish, Contemporary styles. Practical floor plans for all budgets and a wide variety of family living patterns. Blueprints avail. A must for those interested in homes. $5.95 ppd. Order from Home Planners, Inc., Dept. BHE24, 23761 Research Drive, Farmington Hills, Michigan 48024.



Who says the shortest distance between two points has to be a straight line?

Install your own spiral stairs!

Handsome and dramatic. Space-saving and rugged.
Complete instructions included. No special skills or tools needed.

Send 50¢ for brochure:

Mylen Industries

850D Washington St., Peekskill, N.Y. 10566 (914) 739-8488; (212) 585-6767

Showroom: Daily 9-5, Thur. 'til 9, Sat. 'til 2. Design services available



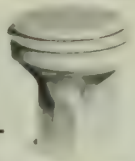


ADDRESS LABELS WITH NICE DESIGNS
Any initial in Old English or Script, most dogs, palm, gull, sunset, U.S. flag, pines, horse, treble clef, rose, happy face, also my zodiac sign, roadrunner, palette. Printed in black ink on 500 white or 250 gold gummed labels. To 20 letters per line, 4 lines. Order by initials shown.

#DD	500 white 1¼"x ⅞"	$3.95
#GDD	250 gold 1¼"x ⅞"	$3.95
#DR	500 white 1⅝"x⅞"	$3.50
#GDR	250 gold 1⅝"x⅞"	$3.50

Please add $1.00 postage and handling. Useful 80-P Gift Catalog $1.00. Bee-A Box no. 154-I Bolind Bldg., PO Box [illegible] Boulder, CO 80301. (Since 1956, thanks to you!)

THE ORIGINAL
BASEMENT TOILET
Genuine Porcelain



FLUSHES **UP** TO SEWER OR SEPTIC TANK
-No Digging Up Floors-
INSTALLS EASY ANYWHERE!
Write McPHERSON, Inc., Dept. BH
Box 15133 Tampa, Florida 33684

SEND MOTHER FRESH FLOWERS FROM HAWAII

half doz. anthurium & orchids $31.00*	2 sprays orchids with foliage $31.00*
1 doz. anthuriums in tropical foliage $26.00*	4 potted anthurium plant in bloom $20.00*

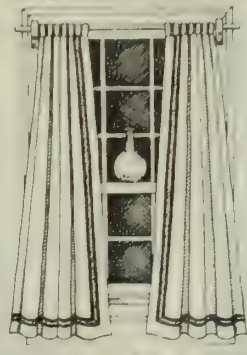
remit check/money order to:
KHI, P.O. Box 27785, Honolulu, HI 96827
*includes postage
name _____
address _____
city _____ state _____ zip _____
FROM _____
Allow 2 wks. for delivery. Offer good in US & Canada only.

SAVE 50% OFF SUGG. RETAIL

- LEVOLOR 1" Mini Blinds
- GRASSCLOTH WALLPAPER SAVE 40%
- VEROSOL Sunscreen Blinds
- WOVEN WOODS Name Brand
- VERTICALS + Ship. Charge
- 1" WOOD BLINDS
- ROMAN SHADES Thermal Lined Deco Fabrics

EASY TO MEASURE EASY TO INSTALL
Send $1 (refundable with order) for each sample kit checked.
FOR INFORMATION OR TO ORDER CALL TOLL FREE
1-800-547-8982
NO SHIPPING CHARGES (except in Alaska and Hawaii)
WELLS INTERIORS
4094 W. 11th / Eugene, OR 97402
(503) 683-4974
MasterCard QUALITY GUARANTEED Visa

COUNTRY CURTAINS.



Country Curtains are a tradition, year after year of old fashioned quality, and conscientious service from Nantucket to Nob Hill.

RIBBON TAB classic tailored tab in natural color linen look home spun trimmed with ribbon braid in navy, blue cranberry, green, gold or brown. Washable 36" or 40" long $26 pr. 45" or 54" long $30 pr. 63" or 72" long $34 pr. 81" or 90" long $41 pr. Please specify braid color.

COUNTRY CURTAINS
AT THE RED LION INN
Dept. 42, Stockbridge, Mass. 01262

Check, money order, Mastercard or Visa. Mass. res. add 5% sales tax. Postage handling: orders under $25 add $2.00, over $25 add $3.00. Phone: 413 298 5565. Satisfaction guaranteed.

☐ PLEASE SEND FREE CATALOG
☐ My order totaling $ _____ is enclosed
Name
Address
City
State Zip



LONGEST SEAT-LIFT WARRANTY

Comfortable Burke seat-lift chairs let you stand and sit when you want, with less strain. Chairs sized to fit you. Power recline to any position, automatically elevating your feet and legs. Swivel Rocker available. Write for information and compare.

BURKE INC. P.O. 1064, Dept. BHG-482 Mission, Kansas 66202

or call TOLL FREE 1-800-255-4147



■ Charcoal-filtered BOODABOX® is 100% odor-free ■ Fresh air flows in, only fresh air flows out ■ Ends litter scatter ■ Conceals contents ■ Lift-top makes cleaning easy ■ Fits any decor ■ Rugged Cream Beige ABS plastic ■ Deluxe textured finish ■ Roomy 27″L x 17″H x 16″W ■ Big 8″ x 14″ canopy entry ■ Appeals to cats' privacy instincts ■ No training needed ■ Filters last 6 months, $3.95 each, reorder forms included. @$29.95 + $4.00 Shipping. Check or M.O. to BOODA PRODUCTS, DEPT. BH-42, 439 S. DETROIT ST., L.A., CA 90036. MC/V CALL (213) 934-1093 EXT. 6 PAT PEND

If tweezing your brows and applying eye makeup makes you frantic . . . Fret no more!!!

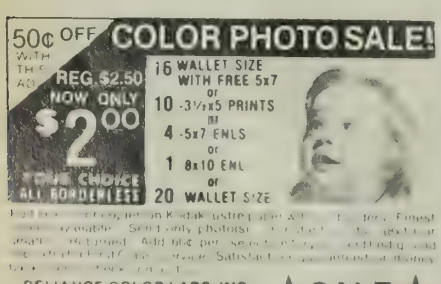


This marvelous Magic-Focus mirror was developed by a noted eye doctor for the woman who can't see what she is doing without her glasses, and can't do what she is seeing with glasses. Distortion-free, optically perfect mirror has a flexible brass gooseneck arm for hands-free grooming; adjusts to perfect focus for your eyes. Tweeze or apply makeup WITHOUT GLASSES, regardless of your prescription or need for bifocals. 4″ mirror; white frame and base.

$19.98

plus $1.95 post & hndlg

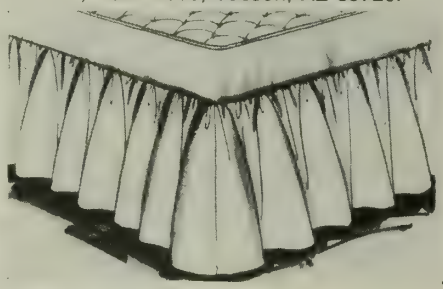
FERRY HOUSE Dept. BX
Briarcliff Manor, N.Y. 10510



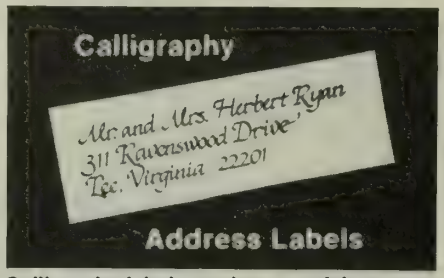
RELIANCE COLOR LABS, INC
Studio 14-4, Box 159, Stamford, CT 06904 ★SALE★



Foot-hugging finesse
Quality & comfort in playtime sandals from Hush Puppies. Elasticized stretch straps for sure fit; matching sailcloth insole. Kraton sole for extra long wear and cushioned stepping. Blue, lilac, natural, yellow or red. Full and half sizes 5-10M. $18.95 or 2 for $34.90 ($1.95 post. one; $2.95/2 or more). Old Pueblo Traders, Dept. BD4HP, Palo Verde at 33rd, Box 27800, Tucson, AZ 85726.



Attractive dust ruffle
Perma-press, poly/cotton dust ruffle in white or natural (eggshell) has extra-full gathered ruffles, split corners and extra-full drops. Rolled handkerchief hems; no-iron platform and ruffle material 18″ drop: Twin $32.50; Full $35.50; Queen $38.50. 22″ drop: Tw. $35: Full $38; Qu. $41. 14″ avail. Add $3 post. Catalog $1. Old Colony Curtains, Dept. B4V, Box 759, Westfield, NJ 07090.



Calligraphy labels—unique, useful
The latest in labels from the greatest label stable! Your name and address artistically hand-lettered (or any 3-line message). 22 letters and spaces per line. Black ink on 500 white or 250 gold gummed labels, ⅝″ x 1¾″ long. Packed in a plastic box. (Allow 4-6 weeks.) $7.95 plus $1 postage. 80-page catalog, $1. Bruce Bolind, BH-4 Bolind Bldg., P.O. Box 9751, Boulder, CO 80302.

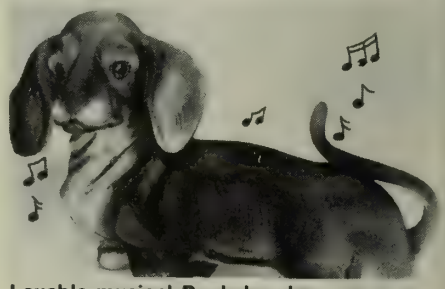


From the Orient
An actual Rattan leaf covered with a layer of 24K Gold! No two are alike . . . perfect for a charm bracelet or with an 18K Gold Plated Necklace (pictured). 24K Gold Plated Rattan Leaf $5.95 each (specify #TM-A7). 18K Gold Plated 18″ Serpentine Necklace $4.95 each (specify #SNC-18). Add $2 Post. Tropical Island Imports, Dept. B4, 901 N.W. 8th Ave., Ft. Lauderdale, FL 33311.

Crochet World's
Clothespin Dolls "Little Kids"



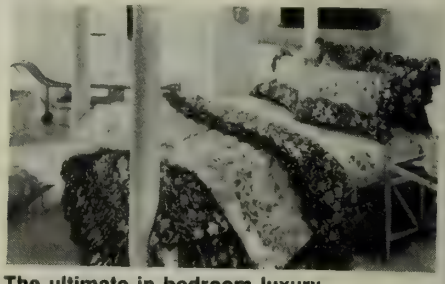
Clothespin dolls "Little Kids"
Booklet includes directions on how to make at least 15 different Clothespin Dolls. A most unique collection created by New Hampshire designer Brenda Le Bel. These dolls have movable arms and legs. Use the books or dolls as wonderful gifts or make them to sell for your favorite charity. $3 per copy. Order from Clothespin Dolls, Box 337-A, Seabrook, New Hampshire 03874.



Lovable musical Dachshund
Darling doggie is a pedigreed pup of genuine bisque porcelain. He plays "EDELWEISS" the beautiful and sentimental melody from The Sound of Music. He's so realistic you expect him to lick you and wag his tail. Makes a delightful table adornment or fireside companion. 9″, $17.98, please add $1.75 postage. Order from Harriet Carter, Dept. BHG-14124 North Wales, PA 19454.



Rolling shoe rack—at lowest prices
Finished in dark pine $59. Kit, $44; please add $4 postage each. Organize up to 24 pairs of women's shoes or 16 pairs of men's shoes in total. Rolls on sturdy 2″ casters. Solid pine cabinetry with hardwood supports. 26″H x 16″W x 22″L overall. AMEX, VISA, MC. Yield House, Dept. D24A, North Conway, NH 03860. Call toll free 1-800-258-4720.



The ultimate in bedroom luxury
At wholesale prices from the Wholesale House Of Designer Linens. Designer sheets (shown, Martex Arabian Nights), cases and comforters plus matching custom-made draperies, shams and dust ruffles. Write for Free Color Brochure and price list. The Wholesale House, Dept. BHG51, 1319 Broadway, Hewlett, New York 11557; or telephone 1 (516) 569-2688.



Pineapple welcome sign
Early American symbol of hospitality hand-painted on pine plaque for SYW by artist Linda Baxter. Antiqued white background, old gold and green pineapple, barn red lettering and border. For use indoors and out. 10" x 8", oval $14.95 ppd. Color cat. free with order. Major credit cards. Sturbridge Yankee Workshop, Dept. 835 Blueberry Rd., Westbrook, ME 04092. Tel. 207-774-9002.



Your favorite photograph—into puzzle
The 8" x 10" jigsaw puzzle can be color or black/white depending on the photo you send. An imaginative holiday gift or greeting, a personalized thank you. Mail print or negative (which will be returned unharmed) and $4.95 ppd. First-class rush order service $2 add'l; processed & shipped immediately. American Studios, Dept. BHE-4, La Crosse, WI 54601.



1½- and 2-story homes
For you to consider at your leisure when planning a new home. Other titles offered are 185 One-Story Homes *over* 2,000 Square Feet; 250 One-Story Homes *under* 2,000 Square Feet; 180 multi-level designs; 223 Vacation Homes. $3 each. Save—buy all for $10.95 postpaid. Order from Home Planners, Dept. BH42, 23761 Research Drive, Farmington Hills, Michigan 48024.



Sandal-ease for true comfort
So easy on your feet and easy on your budget. Two adjustable genuine leather straps for perfect fit on a cushioned insole and 1¼" covered wedge heel. White, beige, black, camel. Full & half sizes: 6-10N & W, 5-10M, + 11N, M & W. $18.95 + $1.95 post. 2/$34.90 + $2.95 post. Old Pueblo Traders, Dept. BD4MM, Palo Verde at 33rd, Box 27800, Tucson, AZ 85726.



SLACK RACK
$9.98
plus $2 shipping

A fantastic space saver! Hangs eight pair of slacks in the space of one. Eight non-slip 14" swivel arms rotate for easy hanging and selection. Sturdy chrome-plated pole is adjustable to fit any floor to closet-rod or floor to under shelf up to 5'8". SPECIAL: 2 for $19 + $3 shpg. 3 for $28 + $3.50 shpg. Check, MC or VISA.

ESSEX HOUSE
Box 80, BH4-2
Scotch Plains, NJ 07076

Solve your Hauling Problems

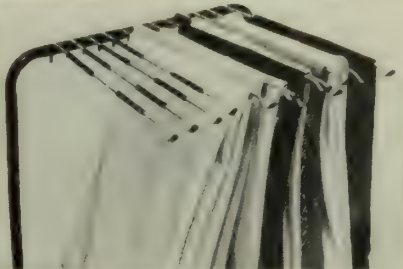


The Stowaway . . . Just . . . Folds Away
Call Toll Free 1-800-243-8550
For Free Color Brochures
Hayes Equipment Corporation
P.O. Box 526 BH
Unionville, CT 06085
ESTABLISHED 1945



New comfort with back shoulders & head raised & cushioned on this buoyant foam wedge. Provides even slope for healthy restful sleep. **Head Elevation** eases discomforts associated with diaphragm hernia, hypertension, acid regurgitation, breathing, bronchial & heart ailments. **Leg Elevation** eases varicose, circulatory & swelling leg discomforts. 27" long, 24" wide. Washable zipper cover. **FOAM-SLANT** is available in heights most prescribed by doctors. 4" for two pillow users $22.00. 7½" for three pillow users $26.00 or 10" at $29.00 or 12½" at $32.00. Extra covers $9.98 each. Order from this ad, we'll pay postage, ship promptly, NJ residents add 5% tax. Money back guarantee.

Send Check or Money Order to - **BETTER SLEEP, INC.** Box BW, New Providence, NJ 07974



Rolling slack rack
Hang 12 pairs of pants in the unused space under jackets and shirts in your closet. Twelve non-slip vinyl-covered arms keep your slacks wrinkle free. Rack can be easily rolled out for easy slack selection. Made of durable enameled steel with plastic rollers. About 18" x 26" tall. Easy to assemble. $12.99 + $2 post. Essex House, Dept. BHG-4, Box 80, Scotch Plains, NJ 07076.

FREE COLOR CATALOG

Build Your Own Grandfather Clock
Prices Starting Under **$255**
(including movement and dial)



- Do-it-yourself case kit, parts pre-cut
- Finished clocks
- Solid 3/4" hardwoods: black walnut, cherry, oak
- Heirloom quality
- Factory direct prices
- Solid brass West German chiming movements
- Money back guarantee
- Prompt shipment

MASTERCARD and VISA ACCEPTED

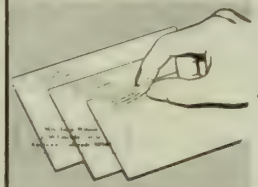
EMPEROR® CLOCK COMPANY
WORLD'S LARGEST MANUFACTURER OF GRANDFATHER CLOCKS
Dept. 302, Emperor Industrial Park
Fairhope, Alabama 36532



COLOR PHOTOS
YOUR CHOICE **$1.95** FULL COLOR
24 Wallet Photos or 3 — 5 x 7 or 1 — 8 x 10 Enlargement
Send any photo or negative (8 x 10 or smaller) and $1.95 per sheet (not for postage and handling). Add 50¢ per sheet (not for postage and handling) for additional sheets. 90¢ for 1st-class service. Satisfaction guaranteed or money back.
COLOR LAB P.O. Box 230 M Irvington, N.J. 07111



1000 RETURN ADDRESS LABELS **$1.00**
1000 gummed economy name and address labels printed in black with your name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) $1.00



250 Crystal-Clear RETURN ADDRESS LABELS **$1.98**
The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $1.98



250 Self-Stick WHITE GLOSS LABELS **$1.98**
Glossy white self-stick labels cling to any smooth surface — no moistening. Sharp black printing up to 4 lines.
Order P6030 Set of 250 White Gloss Labels (boxed) $1.98

Walter Drake 3054 Drake Bldg. Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
____ S717 1000 Labels @ $1 each $_____
____ P2031 Crystal-Clear Labels @ $1.98 ea $_____
____ P6030 White Gloss Labels @ $1.98 ea $_____
Add 20¢ per set for shipping & handling $_____
SATISFACTION GUARANTEED Total $_____



REMOVE HAIR FOREVER

Perma Tweez® electrolysis safely and permanently removes all unwanted hair from face, arms, legs and body. No-puncture safety feature—clinically tested and recommended by dermatologists. Save hundreds of dollars over salon electrolysis. **14 DAY MONEY BACK GUAR.**

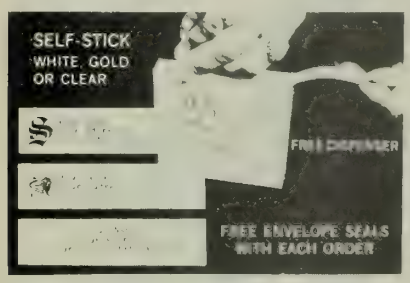
$16.95—*ADVERTISED ELSEWHERE AT $19.95*

Cal. residents add 6% sales tax.

Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE — A LIMITED WARRANTY TO CONSUMERS

☐ I enclose $16.95.
☐ MasterCard/Visa # /Exp. date
☐ COD requires $4.00 deposit. Balance includes COD charges & $1.00 handling. COD in U.S. only

GENERAL MEDICAL CO., Dept. BH-199
1935 Armacost Ave., W. Los Angeles, CA 90025



ADDRESS LABELS IN FREE DISPENSER

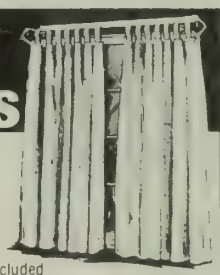
Self-Sticking labels dispense with ease ready to apply. No moistening needed. Up to 4 lines in rich black. FREE ENVELOPE SEALS with each order. Deluxe 2¼" Lg. Money back guarantee. 500 labels per order.

	WHITE	GOLD	CLEAR
1 Order	$3.95	$ 4.95	$ 5.95
3 Orders (Mixed copy OK)	$9.95	$11.95	$14.95

Specify: Plain ( ) Initial ( ) Zodiac ( )
Add 50¢ per order Post/Hdlg. (Cal. res. add 6%)

Send to: LABELS UNLIMITED, Dept. 553
182 Paul Dr., San Rafael, CA 94903

Tab Curtains



Coarse, Textured Homespun.

Crease resistant natural color 100% cotton Osnaburg flecked with brown 84" wide per pr. Fits windows 30" to 55" W. Length includes tabs. Tiebacks not included. Washable 3% shrinkage. © OCC 1981

24" L or 30" L	$14.00 pr	63" L or 72" L	$20.00 pr
36" L or 40" L	16.00 pr	84" L	22.00 pr
45" L or 54" L	18.00 pr	Tiebacks per pair	2.00

Add $3.00 for Pstg. & Hdlg.

Order style "KENT". Use check, Visa, MO, AmEx or M C. NJ res add 5% tax.

SEND $1 FOR CATALOG
B24K Box 759 Westfield NJ 07090
(201) 233-3883

Old Colony Curtains

SCARCE OLD COINS

LINCOLN CENTS: 15 for $3

1917P	18P	19P	20S	21	22	23P	24P	25P			
1928P	29P	29S	30P	31	32	32D	33P				
1936D	37P	37D	38P	39	40S	41P	41D				
1940S	41P	41D	41S	42	42D	43S	44P				
1944D	44S	45D	45S	46D	46S	47D	47S				
1949D	48S	49D	49S	50D	50S	51D	51S				
1952D	52S	53D	53S	54P	54D	54S	55P	55D	56P	56D	
1957P	57D	58P	58D	59P	59D	60P	60D	61P	61D	62P	62D

Circle dates wanted. Also buy Indian cents, proof sets.

TIPSICO COIN CO. P.O. Box 1128H. North Bend, OR 97459

FREE! Full color brochure on clematis "The Queen of Flowering Vines." Learn how to grow it. Illustrates many varieties. Look For Us At Your Local Garden Center. Please send stamped self-addressed envelope to:

Steffen's Clematis

1022 Steffens Bldg. 1250 Fairport Rd. Fairport, NY 14450



EASY-LIFT® Cushion Lifting Chair

- Power cushion gently lifts you to a standing position
- Full, power recline feature
- Simple switch control
- Runs off household current
- Variety of colors, models and fabrics

AMERICAN STAIR-GLIDE CORP.

4001 East 138th Street, Dept. BHE-042
Grandview, Missouri 64030

Sale! Elegant Jeweled Sandals



$14.90 Reg. $19

COLORS
- White
- Gold
- Black
- Silver
- Yellow
- Lt Blue
- Lt Green
- Pink
- Camel

Beautifully made, with sparkling handset multi-colored "gem" stones. Superb comfort and fit. Cushioned insoles, adjustable backstrap, 1½" heels. 5½-12N, 4-12M, 5-12W (no half sizes over 10). **SAVE MORE! 2/$28.** Add $2.00 p/h. For Visa/MC send no., exp. date. Guaranteed.

Faye Lynn
Dept. BH4, 1535 Delcrest Pl., Lakeland, FL 33803



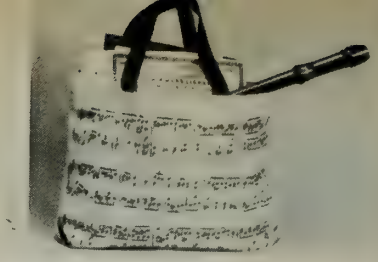
A free 5" x 7" photo

With 20 wallet photos in Full Color. Best quality copies available anywhere on Kodak paper; borderless. Try them, you'll like them. Send ONLY photo(s) or instant print(s) (8x10 or smaller), returned. Price $2.50 + 60¢ postage. Satisfaction guaranteed or your money refunded. Order from Reliance Color Labs, Inc., Studio BH4, Box 159, Stamford, CT 06904.



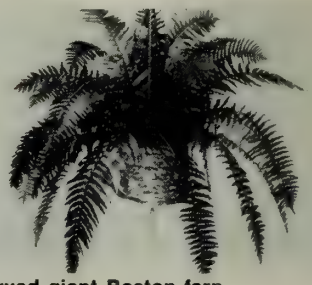
Draw instantly—no lessons!

No talent! Just focus this invention on any person, still life, landscape or photo. Then follow the lines of the "picture image" reflected on the paper. You get a "professional looking" drawing; also reduces or enlarges. You'll delight your family and friends with the results from the Magic Art Reproducer. $4.98 + 75¢ post. Norton Products, Dept. BHG-4, Box 2012, New Rochelle, NY 10802.



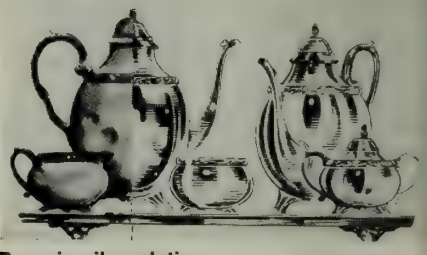
Useful musical tote bag

Attractive and practical, it stashes music, records, even a small instrument. It's a really handy carry-all made of canvas with a flat bottom. The sturdy straps fit over your arm or your shoulder. 16½" long x 11" wide. Available in camel/brown; $5.98 + $1.50 postage. For yourself, the school crowd and ideal for gift giving too! Ferry House, Dept. BH4, Briarcliff Manor, New York 10510.



Preserved giant Boston fern

No care, no water, no sun! Once a living plant, these ferns are preserved to maintain a subtle beauty and fresh green color indefinitely. Potted in a basket urn with macrame hanger. Medium (pictured) 3' wide, $12.95; Large 3'3" wide, $14.95. X-large 3'6" wide, $16.95. Add $3 post. Portfolio $1. 800 Marketing, Inc., Dept. A4, 901 N.W. 8th Ave., Ft. Lauderdale, FL 33311.



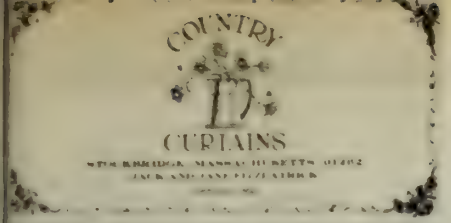
Bargain silverplating

Now's the time to go through your closets, attic, basements, etc. Any item replated at sale prices—there is absolutely no charge for dent removal or straightening. Your worn antiques or heirlooms will be quadruple silverplated. Write for info. on 25-year warranty and price list. Silverplating Div., Senti-Metal Co., Dept. BHe-4, 1919 Memory Lane, Columbus, OH 43209.

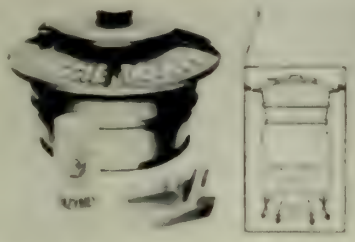


"Goodbye" morning stiffness

Amazing multi-purpose contour pillow eases tension and neck pain discomforts while it helps to preserve your glamour hairdo. Also great for reading, TV or when sitting or driving. Comfortably firm urethane foam neck roll precisely fits the curve of the body. 14½" x 10" x 3½" high. Washable pink satin zipper cover. $11.99 + 50¢ post. Better Sleep, Dept. BH-4, New Providence, NJ 07974.



Country curtains free spring catalog
Curtains in cotton muslin and carefree permanent press and other fabrics; for every room in your home. Some with ruffles, others with fringe or lace trim. Perfect with antiques. Also tab curtains, bedspreads, dust ruffles, canopy covers, tablecloths, pillows and much more. Free 60 page catalog and 16 page color flyer. Country Curtains, Dept. BHG4, Stockbridge, MA 01262.



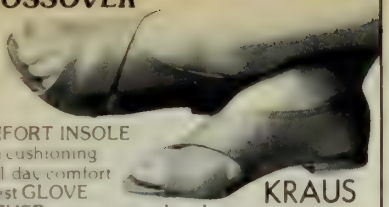
Doggie Dooley
Keeps grounds clean, sanitary. Doggie septic tank installs in ground; uses enzyme action to liquefy waste for ground absorption. Shovel up stools, drop into tank, close lid. Enzyme action does the rest. 17½" x 11½" with foot-operated lid, shovel, 6 mos. of enzymes, $19.95 + $3 post. Extra 12 mos. enzymes, $4.97 + $1 post. Holst, Inc., BH482, 1118 W. Lake, Box 370, Tawas City, MI 48763.



Dispense your address labels
Now available plain or with your initials or Zodiac sign. Order 500 white for only $3.95; gold $4.95; transparent $5.95. Save on three orders (mixed copy OK). White $9.95; gold $11.95; transparent $14.95. Please add 50¢ with each order (CA residents add 6% tax.) A welcome gift. Order from Labels Unlimited, Dept. BH-4, 182 Paul Drive, San Rafael, California 94903.



Charming mantel clock
Circa 1900 Mantel Clock kit comes with precut solid ¾" and ⅝" cherry case pieces; solid brass, key-wound, hour-striking, Westminster chiming movement and solid brass dial with glass bezel made by W. German family firms; easy to follow instr. Also, fin. 12½"H x 15¼"W x 5½"D. Factory direct prices. Emperor Clock Co., Dept. FS, Emperor, Industrial Park, Fairhope, AL 36532.



COMFORT INSOLE extra cushioning for all day comfort. Softest GLOVE LEATHER straps, a sturdy sole and ½" heel give you complete support with every step. BONE, CAMEL, WHITE, BLACK or NAVY. Full & half sizes 6-10 N & W, 5-10 M.

KRAUS of CALIFORNIA
only $19.95
Add $1.95 p&h. AZ res. 6% tax.

FOR FAST SERVICE CALL (602)747-5000
Charge Orders Only

SATISFACTION GUARANTEED OR MONEY BACK!

Dept. BD4KC — *Send $1 for NEW CATALOG*
Palo Verde at 33rd, Box 27800, Tucson, AZ 85726

OLD PUEBLO TRADERS since 1946

START PLAYING BOOGIE OR BACH IN 15 MINUTES

New Simplicity for Reading and Playing Keyboard Music



The RoJan System eliminates **every** complication of reading music, enabling you to play rich chords on sight, using both hands and entire keyboard, piano or organ. Play a **professionally** styled song arrangement 1st day without study, memorizing or lessons — or we refund your money in full! Do not confuse with highly advertised books offering little more than big notes and one finger melodies. RoJan updates traditional notation, frees you of ancient language barriers.

14 SELF-TEACHING SONGS + CHART $12.95 PPD
RoJan, Dept. BH204, Box 31475, Seattle, WA 98103

VISA 24 HR TOLL FREE 1-800-426-4747 Ext.310



SAVE ENERGY
SHOP BY MAIL

IF YOU CAN WRITE... YOU CAN PAINT



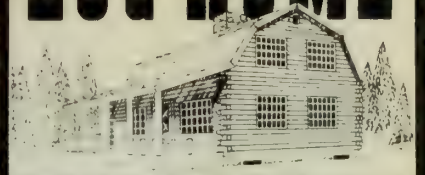
professionally at your first try "even if you've never held a brush before." Send stamped, self-addressed 4"x9½" envelope for details. **DINO COCCI**
OIL PAINTING ART ACADEMY
3355 Wilshire Blvd., Box 412-A
Los Angeles, CA 90010

ENERGY INDEPENDENCE

Our new 1500 watt wind generator will put you back on the road to independent living by allowing you to generate your own electricity. Send **$4.00** for brochure, **$6.00** for Dealer Application pack.

WINDPOWER
Box 158, Dept. B-1, Stanwood, MI 49346

Select Your LOG HOME



Pre-cut Log Home Kits with 10" walls, priced from $5900. Select the natural hand crafted beauty of **Northern White Cedar** or quality **Pine**. New full color Plan Book with 40 exciting designs $5.00, or a Dealership Information Pack $8.75

Wilderness Log Homes
Route 2-BH42 Plymouth, WI 53073

☐ Plan Book $5.00 ☐ Dealership Info Pk w/Plan Book $8.75

Enclosed is $ _____
Name _____
Street _____
City _____ State _____
Zip _____ Phone ( ) _____
I own a lot ☐ Yes ☐ No
Building Date _____



SEND FOR FREE FULL COLOR CATALOG

Colonial Maid Offers 56 pages of quality, no-iron curtains, bedspreads and deep-drop dust ruffles. Authentic colonial reproductions you cannot find elsewhere. There is no other catalog like it.
Send for your free catalog today.

Name
Address
City State Zip

Colonial Maid Curtains, Dept. C44
Mamaroneck, N.Y. 10543

27 COLOR PHOTO SPECIALS $1.95

Full color copies on quality KODAK paper — send any color photo or Polaroid (prints only) up to 8"x10" (original returned)



Your choice only $1.95!
P4079 **27 Wallet Photos** (2½"x3½")
P4080 **15 Wallets, one 8"x10"**
P4081 **15 Wallets, two 5"x7"**
P4082 **Two 5"x7", one 8"x10"**
Order by item no. Satisfaction or money back
Add 50¢ each order for shpg. & hdlg.

Walter Drake Photo Labs
2054 Drake Bldg., Colorado Springs, CO 80940

DURHAM'S Rock Hard WATER PUTTY WILL NOT SHRINK STICKS AND STAYS PUT

MAKES LASTING REPAIRS

Durham's fills cracks and holes in plaster, wood and tile. Won't shrink or fall out. Economical, easy to use. Available at lumber, paint and hardware dealers. If your dealer cannot supply, send $5.00 for 4-lb. can, shipped postpaid in U.S. Moneyback guarantee. Donald Durham Co., Box 804-B (103 SW 3rd St.), Des Moines, Iowa 50304



"GEISHA" NEEDLEPOINT $1.95
10" x 14" 9-color canvas, a $12 value
This offer is below cost because we want to get new friends and customers and tell them about the club that is changing the needlepoint industry
Send $1.95 plus $1 p&h to
Needlecraft Club of America
352 Route 59 Dept. A-031
Monsey, NY 10952

The Man Next Door®

Although the builders call their new development Flowering Apple Valley, Grandpa Hillis complains that the site isn't half as pretty now as when it was called Skunk Hollow and was filled with trees and wildlife.

Christine, who's been swapping houseplants with some friends, comments that plants are like children: "They always seem to behave better after they leave home," she says.

Dick Dresch says people used to learn of the latest trends from barbers and taxi drivers. Then came bumper stickers bearing the latest slogans. Now Dick says you can keep your ear to the ground by keeping your eye on other people's T-shirts.

How the ways of romance have changed, says Aunt Alice, noting that people who used to kiss and tell now feel compelled to kiss and publish.

Isabel Norman has decided that she objects to the use of the term "working mother." "What other kind of mother is there?" she asks.



Judy made me feel years younger instead of one year older on my birthday this month. Rather than giving me the usual tie, pipe, or slippers, she treated me to an afternoon at the roller rink.

Our new puppy Shamrock is responding very well to Christine's "No bark" command. In fact, Chris says she only wishes Judy would do as well when Chris urges "No talk" during marathon phone conversations.

Sometimes, doing even the most onerous household chore has its rewards—if you're in the right frame of mind and have a congenial co-worker.

That was the case at the Hillis house Saturday when Judy and I reenacted an annual rite of spring—cleaning out the garage.

Judy and I found ourselves "volunteered" for the job after both Chris and Burt, Jr., mysteriously disappeared to attend to some "urgent errands."

I had just started the first chore on my list—readying the snowblower for storage—when Judy discovered her basketball in a corner of the garage.

She invited me to do some "fancy shooting" in the driveway, and I couldn't refuse the challenge. (I'm happy to report that the old man held his own at the hoop.)

Then I decided to dust off our bicycles, which hadn't been used since last fall.

Naturally, we couldn't resist the temptation to pedal around the block.

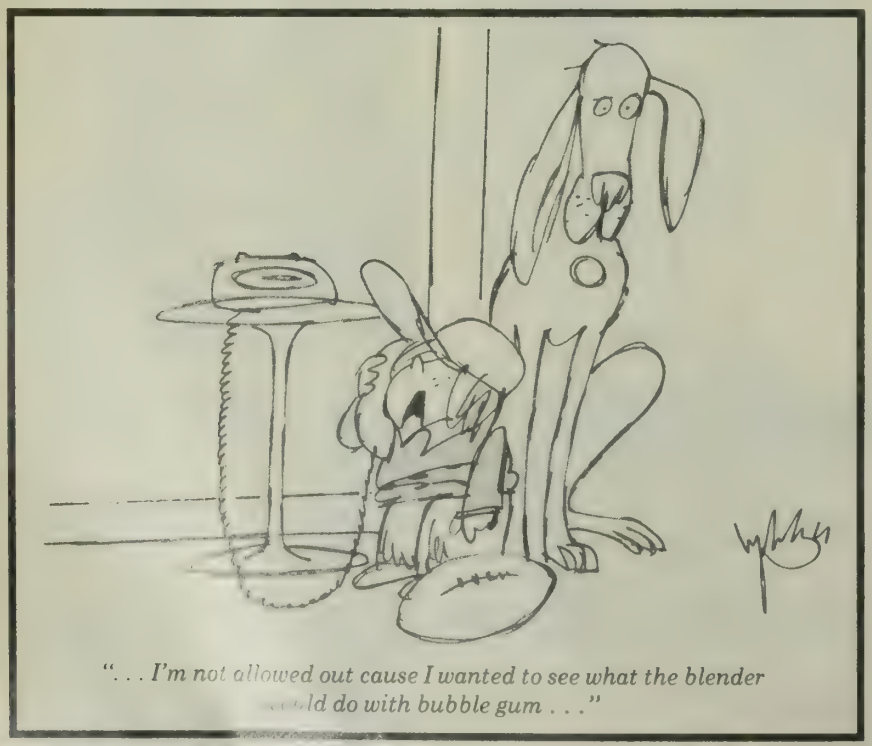
So it went.

It's funny how everyday things like bicycles, roller skates, and garden tools regain their fascination after they've been out of sight for a few months.

Judy and I found that unpacking our summer gear was sort of like meeting old friends we hadn't seen in a long time—we wanted to get reacquainted.

Unfortunately, getting reacquainted with a garageful of odds and ends takes a good deal of time. At day's end, the garage still was anything but shipshape (to be honest, it hasn't looked truly tidy since we moved in 20 years ago). But Judy and I did sift and sort through enough boxes and piles to make the garage "passable" . . . at least until next fall when we'll let someone else do the rearranging.

Burton Hillis



". . . I'm not allowed out cause I wanted to see what the blender would do with bubble gum . . ."

BRAN NEWS

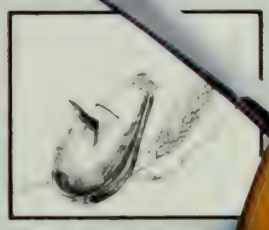
Kellogg's®

NOW KELLOGG'S ADDS THE GOODNESS OF FIBER TO YOUR LIFE!

There's been quite a bit written lately about the benefits of food fiber. Research seems to agree that natural food fiber can be an important part of your diet. It's fiber that helps the digestive system to regulate itself and function smoothly.

Research also indicates that one of the best sources of food fiber is bran cereal.

No other cereal you can buy has more natural food fiber than Kellogg's® All-Bran® cereal.



Bran, the outer layer of the wheat kernel, is one of nature's richest sources of food fiber.

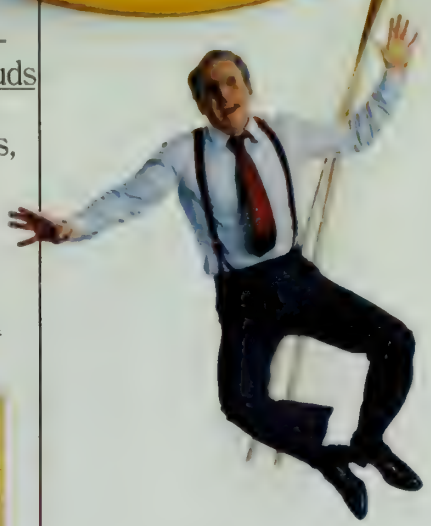
In fact, just to match the fiber content of a single serving of All-Bran cereal, you'd have to eat a dozen stalks of celery or 38 medium-size asparagus spears! Plus, All-Bran cereal and its high-fiber partner, Kellogg's® Bran Buds® cereal, can add the goodness of fiber to hundreds of recipes. Bran Buds cereal makes a delicious crunchy topping for salads, soups, even ice cream.

Add the goodness of fiber to your life with Kellogg's two delicious high-fiber cereals, All-Bran and Bran Buds.



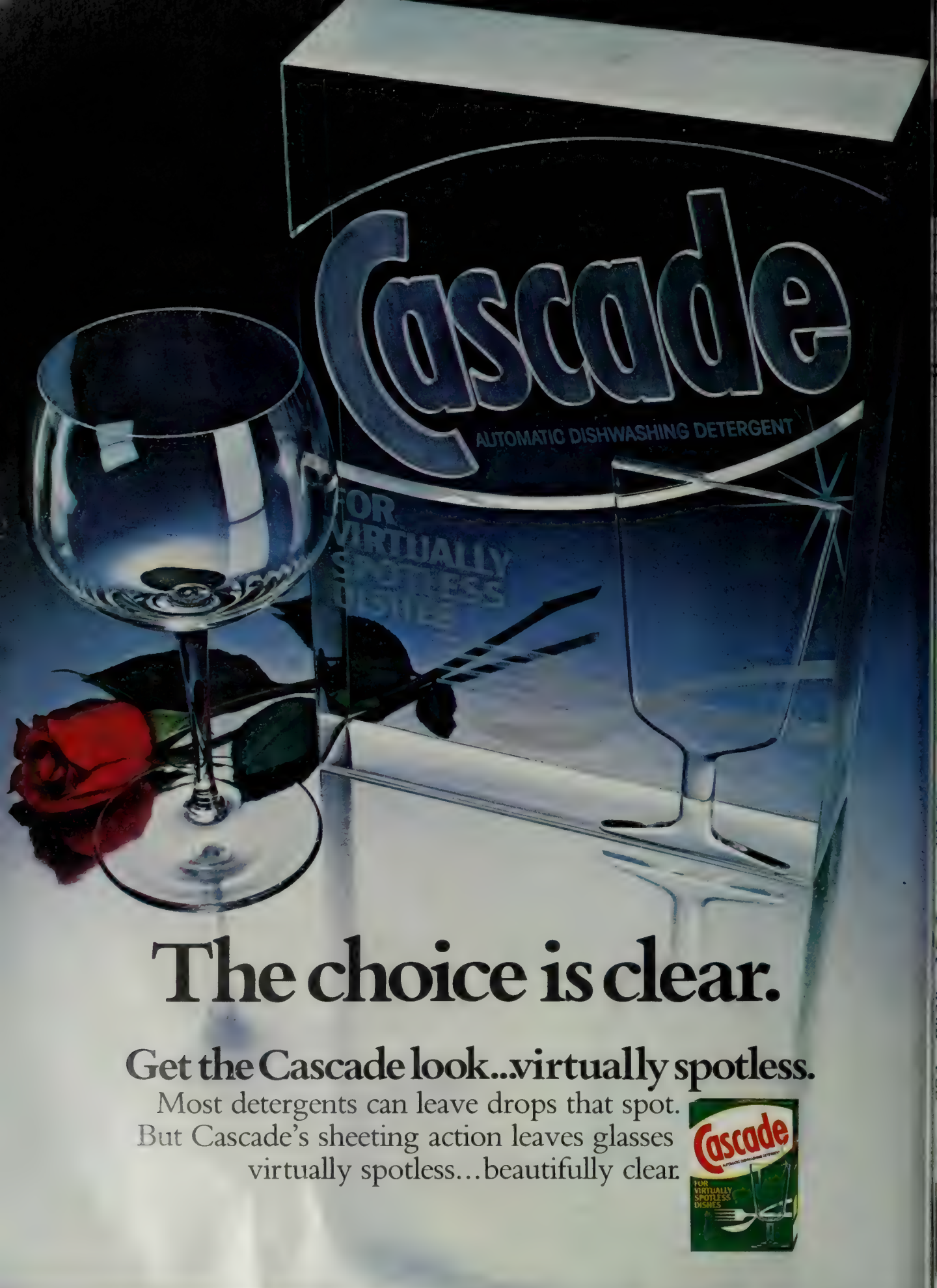






KELLOGG'S ADDS THE GOODNESS OF FIBER TO YOUR LIFE!

® Kellogg Company © 1982 Kellogg Company



The choice is clear.

Get the Cascade look...virtually spotless.

Most detergents can leave drops that spot.
But Cascade's sheeting action leaves glasses
virtually spotless...beautifully clear.

May 1982

-ins: Family comfort in a compact space

Remodeling: Does it pay to be your own contractor?

Better Homes and Gardens®

1982 • $1.50

Superinsulated houses • Show-off cake decorating made easy

A carpetful of quickpoint flowers to make in a jiffy

Family camping vacation guide—where to go and what to know

Decorating: Smart new options for dining spaces

Picture-perfect flower gardens packed with great ideas

AFFORDABLE FISH & SEAFOOD

BURLINGAME
PR 26 1982
LIBRARY



JUN84
002 9434 15 2
11-BRL-----8999
BURLINGAME PUB LIB
BURLINGAME CA 94010
05
140055

ARMSTRONG DESIGNER SOLARIAN®

Because Inlaid Color™ gives you beauty that's more than skin deep.



The Great Ro

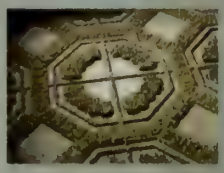


The richness of Inlaid Color

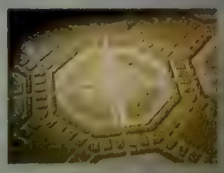
With most no-wax floors, the color and pattern are only printed on. Designer Solarian is different. Its uncommon beauty is the result of ***Inlaid Color,*** our exclusive process that creates such remarkable depth of design, richness of color, and a uniquely "crafted" look no printed floor can begin to match.



Inlaid Color begins with precise placement of varicolored vinyl granules



...building up the pattern, color by color, shade by shade, till the design is complete



...then fused into a solid inlaid vinyl and sealed for lasting beauty.

And Designer Solarian floors have another beautiful difference—Armstrong's extra-durable Mirabond® surface that keeps its lustrous like-new look without waxing far longer than vinyl no-wax floors. If eventually a reduction in gloss should occur in heavy-traffic areas, Armstrong Suncoat® can be used to help maintain the shine.

What could be so nice to come home to as floors with the long-lasting beauty of Designer Solarian? See them at your Armstong retailer, listed in the Yellow Pages under "Floor Materials." Many retailers are authorized Floor Fashion Center® dealers who offer the full selection of Armstrong floors.



The Great Room for two cooks

Here's a great merger of kitchen, dining, and family room, created for two cooks who want to work together without getting in each other's way. It's planned around an island work center with a double sink installed sideways for access from either side. And a wonderful disappearing counter for extra work space or a handy place for lunch.

For a free color brochure, send in the coupon. Or call the toll-free Armstrong Consumer Line: 800-233-3823. (In Pennsylvania, call 800-732-0048.)
Armstrong, Dept.25FBH, P.O. Box 3001, Lancaster, PA 17604

NAME _____

STREET _____

CITY _____ STATE _____ ZIP _____

Armstrong

so nice to come home to™

the Couple Who Cooks

Certain floor designs copyrighted by Armstrong

Mission Tile Designer Solarian II, #82043

For the special floor, see the flooring specialists.



You get more at an Armstrong Floor Fashion Center® store.

Discover for yourself what makes a Floor Fashion Center store such a special place to shop for that very special floor.

You get a wider selection.

You're sure to find the right floor at the right price. You'll see more than 300 Armstrong choices. Every color and pattern of easy-care Solarian® no-wax floors, including our exclusive Armstrong Collectors Solarian. And our special "Floor Selector" lets you compare floors to find the one that suits your needs.



You get great ideas.

Our specially trained staff can show you dozens of color schemes and decorating ideas to help you create that very special room. In addition, we offer a valuable guide for maintaining your new floor.

You get professional installation, backed by warranty.

We're flooring installation specialists, trained by Armstrong. For all installed Armstrong floors, we offer our own installation warranty *and* a warranty from Armstrong.



Ask to see terms and conditions. For names of your nearest authorized Floor Fashion Center stores, look under Armstrong in the "Floor Materials" section of the Yellow Pages or call our toll-free number: 800-233-3823 (in Pennsylvania, call 800-732-0048).

This sign identifies your authorized Armstrong Floor Fashion Center store.

Armstrong floor fashion center®

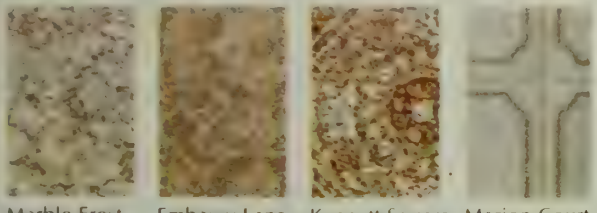
Look for the sign of the flooring specialists.

Discover what makes this floor so special.



Armstrong Collectors Solarian: the floor with the sunny no-wax shine.

Discover this very special collection of no-wax floors with long-lasting, built-in shine. All with Armstrong's extra-durable Mirabond® surface that resists scuffs and scratches, so it keeps its lustrous "like-new" look without waxing far longer than vinyl no-wax floors.



Marble Frost Embassy Lane Kennett Square Marion Court

Built-in toughness makes the beauty last.

The special inlaid construction of Collectors Solarian provides built-in toughness and resistance to damage such as cuts, gouges, and identation.

And its unique inner layer of vinyl chips creates beautiful dimension and realism of design that will help turn any room into a special room.

Available only from your authorized Armstrong Floor Fashion Center store.

See the Collectors Solarian floors now at your Floor Fashion Center store. That's the special store where you'll find the very special floor you're looking for.

Armstrong
so nice to come home to™

EDITOR at large

Often, after a health article appears in our pages, people write to tell us how helpful it proved in some personal or family application. "It might just have saved my life," they sometimes say. But never until now have we received such a message from anyone who also wrote the article itself. The letter on my desk is from free-lance writer William Cole. I encourage you to read his piece in this issue called "Exercise Stress Tests: What Can They Tell You?"



Bill Cole is a good reporter who knows the value of thorough research. To prepare himself properly for writing about stress tests, he made an appointment with a cardiologist to take one himself—"just so I could relate the experience to the reader," his letter says. "I had a heart attack five years ago, but it was about as mild as coronaries come. In a few months, going at it gradually, I was as active as ever, biking up steep hills and battling the murderous waves and undertow at Southern California beaches. The only symptom I had under strenuous exertion was a slight pressure in the chest, but I'd always had that—who doesn't? —and it would pass quickly when I rested. I never would have considered taking the stress test if I hadn't been offered the assignment. I wasn't leading a sedentary existence, I wasn't planning to increase my exercise regimen substantially, and I felt fine, so what was the point?"

Cole started the test in high spirits, he reports. "I was quite enjoying myself as I walked and then jogged on the treadmill, asking questions to get a good start on the article. During the first part of the test, the doctor answered readily, but as the pace quickened and the nurse monitoring the ECG conferred with him more frequently, his replies kept getting briefer. Suddenly, the treadmill was stopped and I was told the test was over. I wondered why. I wasn't the least bit winded or uncomfortable."

After Cole dressed, he was given an explanation. "The doctor told me my ECG showed some significant abnormalities toward the end of my test," he says. "These indicated an insufficient flow of blood through one or more arteries. The number and location of the affected blood vessels were of vital importance in evaluating the severity of the underlying disorder, but these could not be determined by the stress test I'd had. So two days later, in another cardiologist's office, I took a nuclear cardiac imaging test. The findings were the same as those of the first test: distinct evidence of a serious heart condition, indicating blockage of a major artery. Possibly two of the heart's three main arteries were affected—a leading cause of sudden coronary death."

Eventually, it was determined that Cole's condition could be managed by conventional means—medication to reduce the strain on his heart, a prescribed exercise program, and a complete physical each year, including an annual exercise stress test.

Bill Cole concludes his letter by calling himself a lucky man. "I am deeply grateful to those highly competent physicians for detecting a potentially life-threatening condition that required attention," he says. "They may well have saved my life. I am equally grateful for the article assignment. Without that, I would never have taken the test."

Gordon Greer

Gordon Greer, Editor

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $12 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. May, 1982. Vol. 60, No. 5.



Note how the brass-finished hardware, delicately poised on the doors and drawers, echoes its mandarin origins—yet accentuates the contemporary wood finish.



Storage headboard with fold-down compartments features handy electrical outlet, provides plenty of room for newspapers, magazines. Hidden storage unit beneath headboard holds pillows, bedding.



Notice the elegant effect of the hand-cut beveled glass mirror divided by wood mouldings into four dramatic panels. Light bridge's dimmer switch lets you adjust lighting to suit the mood.



Everything you've always wanted to know about fine furniture. And more...



a page of coupons that can save you $700 on fine Thomasville furniture.

It's The Connoisseur's Portfolio—yours for just $2.50 now at participating Thomasville retailers. (Write Thomasville for names of participating retailers.) Or send $10.95 to The Connoisseur's Portfolio, Thomasville Furniture, Dept. 25TBH, Thomasville, NC 27360.



ar East meets West in Mystique by Thomasville.

A subtle Oriental flavor adds a touch of mystery to a bedroom that is as tional as it is beautiful. Styled in rich pecan solids and prized swirly pecan eers. With pier cabinets and storage headboard to satisfy your storage needs. Mystique is just one of the memorable Thomasville looks for bedrooms, ng rooms, and living rooms that are so nice to come home to.
For the name of the Mystique dealer nearest you, call, toll-free, 1-800-447-4700. llinois, call 1-800-322-4400.)

Thomasville
so nice to come home to

America's favorite vacuum cleaner keeps getting better and better.

For over 70 years, the Hoover® upright has been America's best-selling vacuum cleaner.

The cleaner millions of people have relied on to take good care of their homes.

And it's still America's favorite today.

Because we keep making it better.

In recent years, we've made a big improvement in its ability to get deep-down dirt out of carpets.

So its carpet cleaning effectiveness rating is substantially higher than cleaners you could buy five years ago.

We've made our newest upright, the Decade 80,™ better in other ways, too.

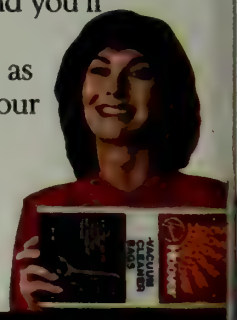


Now the wrap-around headlight illuminates on both sides as well as straight ahead.

We've contoured the handle grip for comfort and easy guiding.

And we use a 15-quart disposable bag, so the suction power stays stronger longer, and so you don't have to replace bags so often.

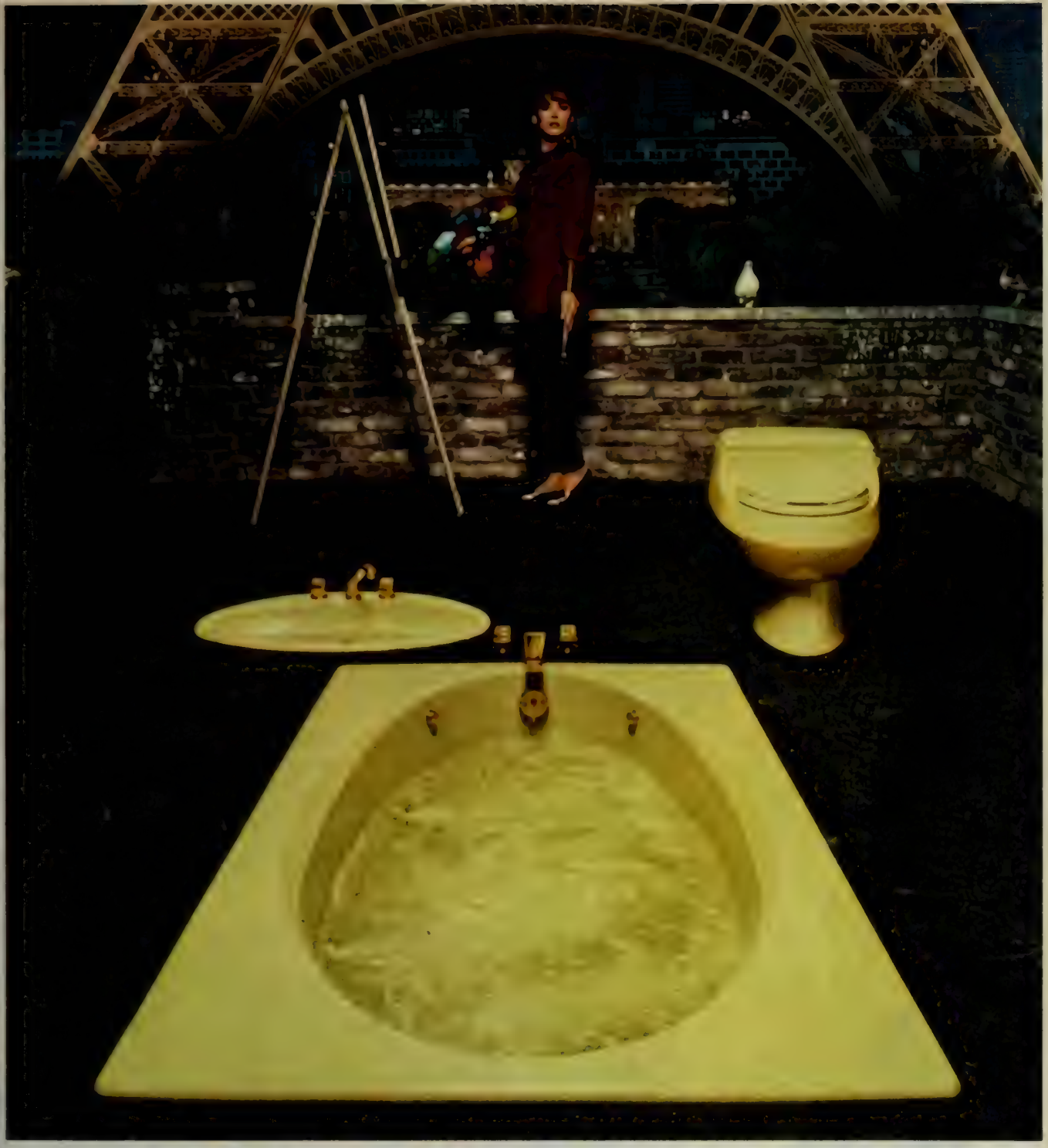
See the Decade 80 at your Hoover dealer, and you'll see why no other upright gives you as much value for your money.



For peak cleaning effectiveness, always use Hoover-brand replacement bags.



AMERICA TRUSTS HOOVER



FRENCH VANILLA..."MAGNIFIQUE."

Leave it to the French to take something as simple as vanilla and give it spice. Make it richer, creamier and tastier than it's been before

Leave it to Kohler to bring it to the bath.

French Vanilla. Kohler's newest color leaves your decorating palette wide open because it blends so beautifully with any shade; yet stands by itself with a flavor uniquely its own. Exhibited here on the new Pristine™ Bath/Whirlpool, Ellipse™ lavatory and Rialto Water-Guard® toilet. Just a small part of the gallery of bath and powder room fixtures Kohler has created in French Vanilla.

For a full spectrum of bold Kohler colors and products for kitchen, bath and powder room, check the Yellow Pages for a Kohler showroom near you or send $2.00 for a color catalog of great ideas to Kohler Co., Dept. AA5, Kohler, Wisconsin 53044.

THE BOLD LOOK OF **KOHLER**

Copyright 1982 Kohler Co



Taste America's favorite bran flake cereal.

Kellogg's® 40% Bran Flakes cereal.

Honest Wheat Taste. That's just the start. Kellogg's 40% Bran Flakes cereal is oven-toasted. Toasted to make it taste especially delicious. Toasted to make 40% Bran Flakes light and crisp. Toasted so every flake is bursting with a hearty wheat bran flavor.

A Fiber Favorite. Kellogg's 40% Bran Flakes cereal is an excellent source of fiber. The fiber many Americans need in their diets. And 40% Bran Flakes is one delicious way to help keep your digestive system running smoothly.

You Love It. You're concerned about a nutritious diet and your health, and you've shown it. In fact, more Americans buy Kellogg's 40% Bran Flakes than the other leading bran flake cereal. That's why Kellogg's is number one.





Kellogg's®

® Kellogg Company ©c 1982 Kellogg Company

CONTENTS

May 1982 Vol. 60, No. 5

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

HEALTH

Exercise stress tests: What can they tell you? 19

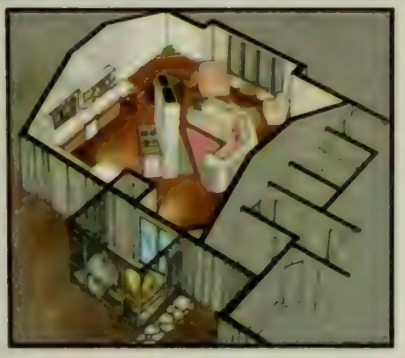
BUILDING

SUPERINSULATED HOUSES 24

Tips, tools, and techniques 54

HOUSE OF BUILT-INS: AFFORDABLE COMFORT IN A COMPACT SPACE 95

- *Step inside our compact space-saver and find out how it makes the most of every square foot. You're sure to like all the neat built-ins and the clean, sleek lines that give our comfy little 1,252-square-footer its one-of-a-kind personality.*



Easy-does-it projects to streamline your kitchen 106

MONEY

DOES IT PAY TO BE YOUR OWN CONTRACTOR? 32

Should you sue? 56

Investing: Should you use a discount broker? 176

GARDENING

CREATIVE FLOWER GARDENERS WITH GREAT IDEAS TO SHARE 47



Gardener's log 64

Never-fade flowers you grow from seed 104

Grow dwarf fruit trees 175

CONTENTS CONTINUED ON PAGE 10

This issue is published in multiple editions. **Subscription Prices:** One year $12 in the United States and its possessions. Canada: add $6 per year. Other countries, add $10 per year. Trademark registered in Canada and Australia. Marca Registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them.

© Copyright Meredith Corporation 1982. All rights reserved. Printed in U.S.A.

VIVARIN® KEEPS YOU GOING



WHEN THE GOING GETS ROUGH.

Working overtime?
Feeling the strain?
Take a Vivarin.

Vivarin is a medically tested stimulant tablet. Taken as directed, it's safe and effective. Its active ingredient is caffeine.

It's like two cups of coffee squeezed into one little tablet.

Whether you're studying, driving, or working late, take Vivarin. You'll stay alert for hours.



Read label for directions

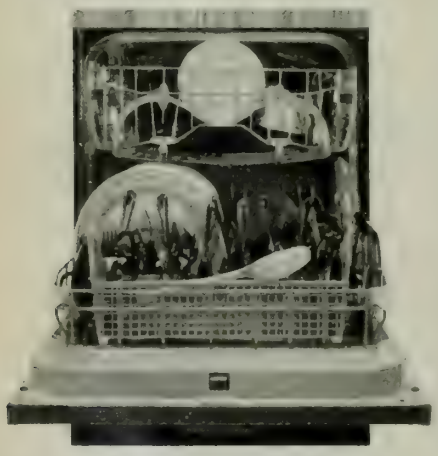
FIND ANOTHER DISHWASHER WITH ALL THESE DISHSCRUBBING AND LONG LASTING FEATURES, AND KITCHENAID WILL BUY IT FOR YOU.

EXTRA-CLEAN DISHSCRUBBING FEATURES

- High Pressure Multi-Level Wash System
- 100% Usable Large Capacity Racks with ChinaGuard
- Sure-Temp Water Heating
- Built-In Soft Food Disposer
- Gentle Forced Air Drying

LONG-LIFE DURABILITY FEATURES

- TriDura® Porcelain and Steel Construction
- Heavy Duty ½ Horsepower Motor
- Overflow Protection Twin Fill Valve
- Reversible Front Panels
- Triple Protection Warranty



It's no gimmick. Check these features and their many benefits against any other dishwasher brand. If you find one with all of these dishscrubbing and long lasting features found in the KitchenAid KD-20 dishwashers, we'll buy it for you. Look for the official Comparison Checklist at your KitchenAid dealer. Offer expires December 31, 1982.

KitchenAid.®
Don't settle for less.
Hobart Corporation, Troy, Ohio 45374

KitchenAid and TriDura are registered trademarks of Hobart Corporation.

CONTENTS

continued

DECORATING

Rooms to relax in 52

NEW OPTIONS FOR DINING SPACES 58D

- *Even if your home has no real dining room, don't despair. You probably have more places for sit-down feasting and entertaining than you think. To demonstrate, we've made room for dining in some spots you may have overlooked.*



Antiques and collectibles 84

PETS

Does your pet need dental care? 66

CARS

What you should know about the new materials in your car 75

FEATURES

Deciphering stereo jargon 87

Good news 90

CRAFTS

A BLOOMING CARPET OF QUICKPOINT FLOWERS 102

FOOD

AFFORDABLE FISH AND SEAFOOD 110



SHOW-OFF CAKE DECORATING MADE EASY 116

Prize Tested Recipes 141

- *Meat loaves and meatballs*
- *Molded salads*

Spring-fresh asparagus specialties 152

Win money for your recipes 154

TRAVEL

FAMILY CAMPING VACATION GUIDE 157

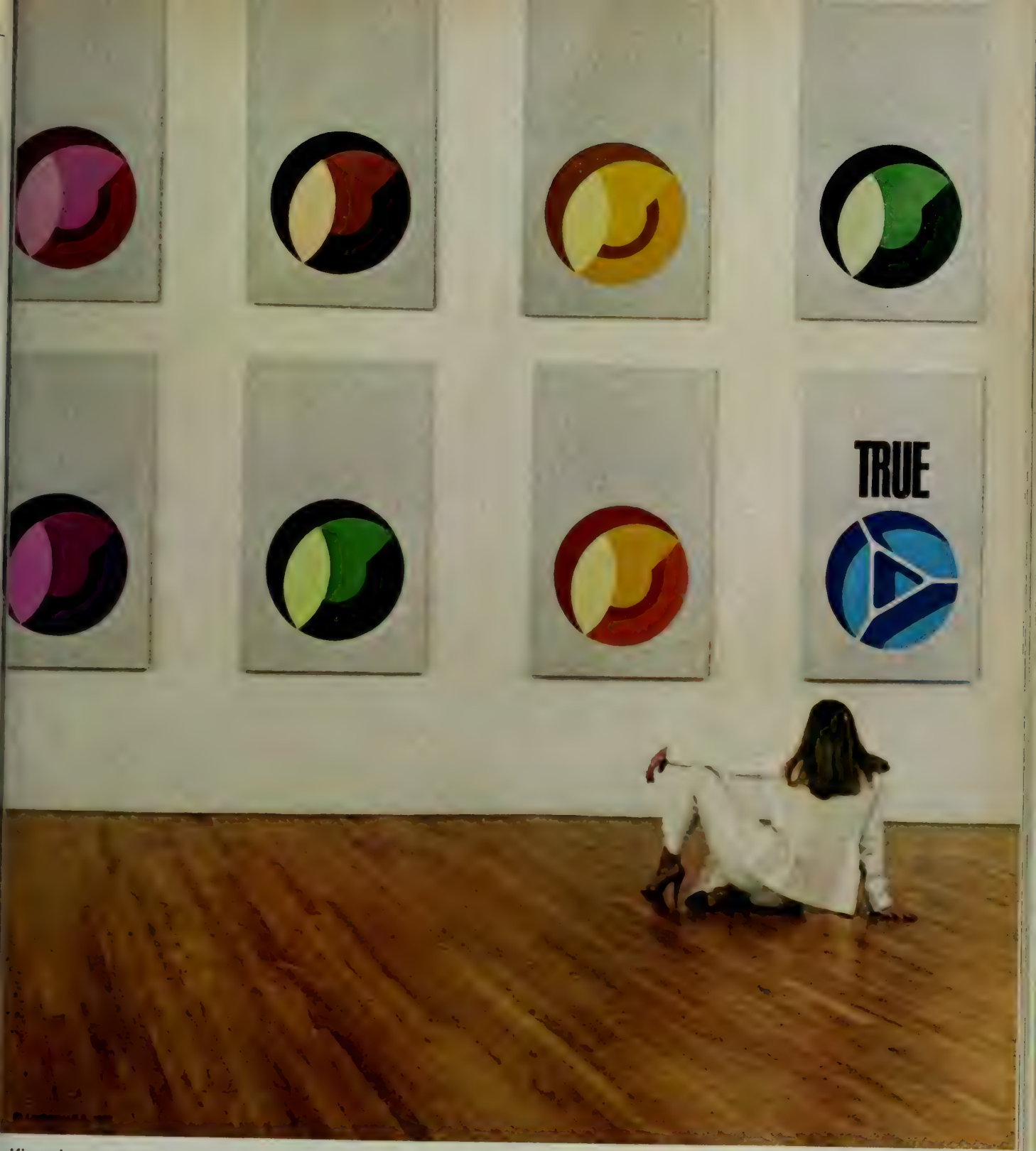
SHOPPING

Buying information 58

How to order material from the magazine 174

Shopping editor's choice 178

CUSTOMER SERVICE:
For service on your magazine subscription, including change of address, write to Robert Austin, P.O. Box 4536, Des Moines, IA 50336. Please enclose an address label from a recent issue.



King size: 4 mg. "tar", 0.4 mg. nicotine av. per cigarette, FTC Report Dec. 1981.

You found it.

True, the enjoyable ultra low tar.
Art you glad you did?

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

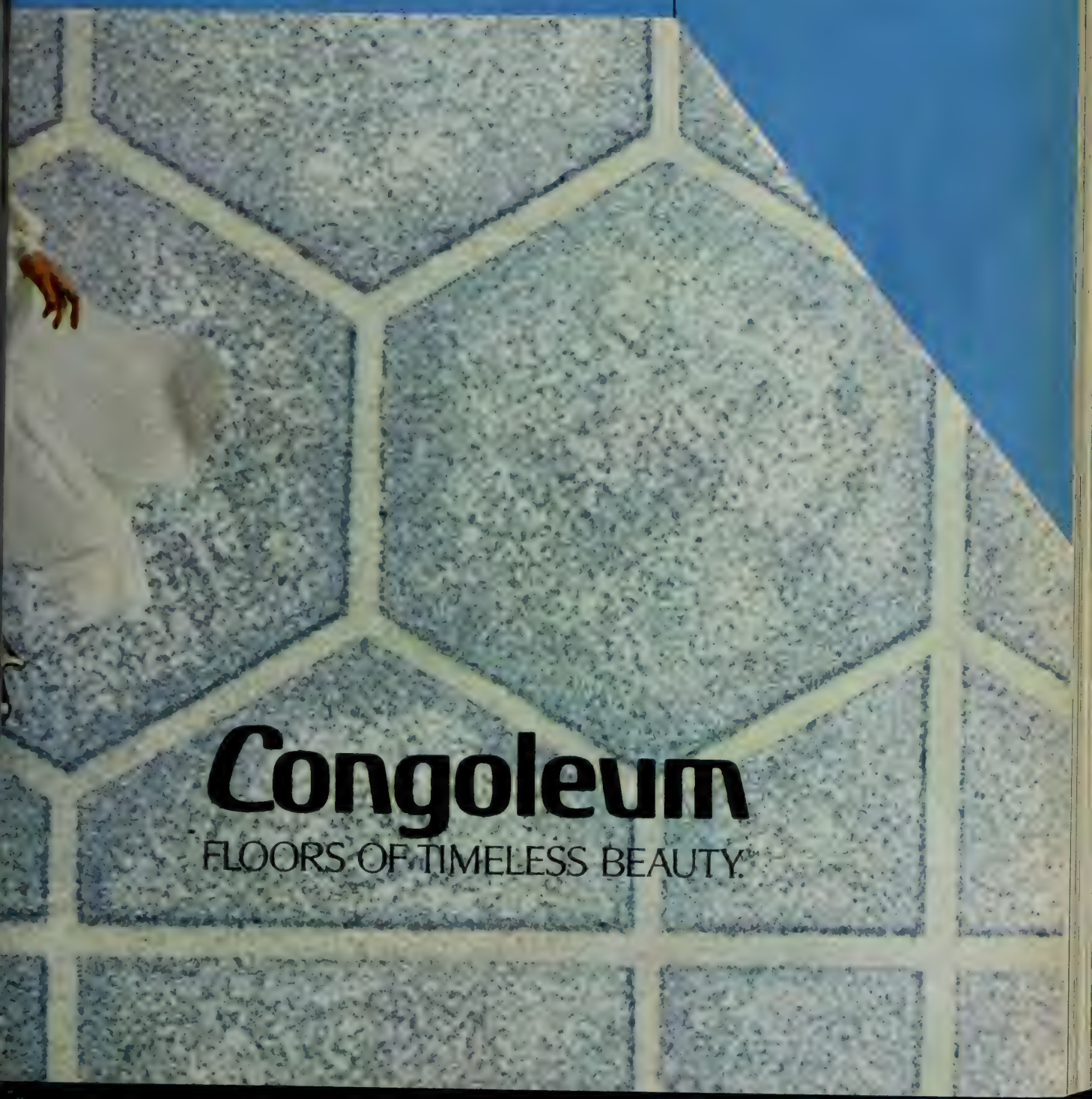


* To locate your Congoleum Studio Showcase of Floors™ retailer, call toll-free 1-800-447-2882; in Illinois, 1-800-322-4400. Or, for the Congoleum retailer nearest you, see the Yellow Pages under "Floors—Materials." Shown here: Ultraflor® Imperial,® style 61018.

Congoleum

Discover floors of timeless beauty.

Discover the Congoleum difference in vinyl flooring. A special sense of style. Marvelously rich colors and textures. Discover Congoleum® floors with new, exclusive Chromabond.® Luxuriously easy care. Remarkably durable floors with superior stain resistance for beauty that lasts year after year. Discover the complete collection at your Congoleum Studio Showcase of Floors™ retailer.*



Congoleum

FLOORS OF TIMELESS BEAUTY.™



Better Homes and Gardens®

Editor GORDON G. GREER
Managing Editor KATE KEATING **Art Director GERALD PREATOR**

Food and Nutrition Editor DORIS EBY
Senior Food Editor NANCY BYAL *Senior Food Editor—Books* SHARYL HEIKEN
Senior Food Editor—Special Interest Publications SALLY PEDERSON
Recipe Development Editor MARION VIALL
Associate Editors ELIZABETH WOOLEVER ROSEMARY HUTCHINSON
SANDRA GRANSETH SANDRA DAY PAT TEBERG JOY TAYLOR
MARCIA STANLEY DIANA McMILLEN JULIA MARTINUSEN DIANE YANNEY
JILL BURMEISTER NANCY WALL JANET FIGG ALETHEA SPARKS

Building and Remodeling Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor DAVID R. HAUPERT
Senior Building Editor—Special Interest Publications DOUGLAS M. LIDSTER
Senior Building Editor—Books LAWRENCE D. CLAYTON
Kitchens and Bath Ideas Editor JOANNE JOHNSON
Associate Editors CAROLANN SHINDELAR PAUL KRANTZ
LINDA JOAN SMITH JIM HARROLD WILLIAM L. NOLAN

Furnishings and Design Editor SHIRLEY VAN ZANTE
Interior Design Editor ROBERT E. DITTMER
Senior Furnishings Editor DENISE L. CARINGER
Senior Furnishings Editor—Books PAMELA WILSON CULLISON
Senior Furnishings Editor—Special Interest Publications PATRICIA POLLOCK
Associate Editors HEATHER SCHRADLE KAROL BROOKHOUSER

Garden and Outdoor Living Editor BEVERLY GARRETT
Senior Garden Editor STEVEN COULTER
Senior Garden Editor—Special Interest Publications DOUGLAS A. JIMERSON
Associate Editor LINDA DALLIMONTI

Money Management and Features Editor MARGARET DALY
Travel and Pets Editor BARBARA HUMESTON
Health and Education Editor DAN KAERCHER
Automotive and New Products Editor KIM GARRETSON
Associate Editors JUDY CRAWFORD MELL MEREDITH
Special Assignments Editor GEORGE S. BUSH

Crafts Editor NANCY LINDEMEYER
Senior Crafts Editor DEBORAH DUGAN
Senior Crafts Editor—Special Interest Publications JOAN CRAVENS
Senior Crafts Editor—Books ANN LEVINE
Associate Editors COLEEN DEERY GARY BOLING
LAURA HOLTORF REBECCA JERDEE DEBBIE FELTON

Copy Chief MARY ANN ROBERTSON *Makeup Editor* KATIE NORRIS
Associate Makeup Editor DOROTHY GRANT *Assistant Makeup Editor* NANCY HALL

Associate Art Director (Creative) BRYAN E. McCAY
Associate Art Director (Managing) DON NICKELL
Assistant Art Director KRISTIN FRANTZ
Graphic Designer (Covers) SUSAN MAHER *Graphic Designers* CHRIS GRECO
JUDY H. NEIGHBOR SUSAN KOCH KEVIN S. LUDGATE
Art Production Director RAY WOODS *Art Production Manager* JOHN BERG
Art Production Associates JOE HEUER KATHRYN DAVIDSON

New York—Associate Editor STACEY SMITH *Shopping Editor* ANN LIVELY

Group Editorial Services Director **DUANE L. GREGG**
Executive Art Director **WILLIAM J. YATES**

Special Interest Publications: *Editor* RICHARD W. ROYER
Associate Art Director (Creative) KAREN HUBER
Associate Art Director (Managing) TOM WEGNER
Assistant Art Director MARISSA CONNER
Graphic Designers JACK YOUNG JILL CAREY RHONDA BLACK
DOUG BYERS CHRISTOPHER J. DAVIA FAITH WESTER
Copy Chief ELIZABETH BROOKS *Copy Editor* JIM WIGDAHL

Books: *Editor* GERALD KNOX *Managing Editor* DAVID A. KIRCHNER
Art Director ERNEST SHELTON *Associate Art Director (Managing)* RANDALL YONTZ
Associate Art Directors (Creative) NEOMA ALT WEST LINDA FORD
Assistant Art Directors HARIJS PRIEKULIS FAITH BERVEN
Graphic Designers ALISANN DIXON LYNDA HAUPERT LYNE NEYMEYER
BILL SHAW GREG THOMPSON MIKE EAGLETON MIKE BURNS DEB MINER
Copy and Production Editors DAVID WALSH LAMONT OLSON
NANCY NOWISZEWSKI MARY HELEN SCHILTZ TRISH PODLASEK

Meredith Publishing Services: *Editor* DOUGLAS A. HOLTHAUS
Managing Editor SYLVIA MILLER
Special Projects Editors MIKE HOLMBERG DON JOHNSON
GREG ERICKSON MARJORIE GROVES
Art Director ROGER IHLENFELDT *Associate Art Director* C. L. GATZKE
Assistant Art Director DEETRA LEECH
Graphic Designers LINDA BENDER ROBERT RILEY STEVE LUEDER

Director, Editorial Research C. RAY DEATON *Associate* CAROLYN A. HAMILTON
Administrative Editor ROSE ANDERSON *Art Business Office Manager* CECILEE LEWIS
Test Kitchen Director SHARON STILWELL *Photo Studio Manager* DON WIPPERMAN

PUBLISHING GROUP PRESIDENT **JACK D. REHM**
Publishing Group Vice-Presidents: JAMES A. AUTRY General Manager, Magazines
NEIL KUEHNL Editor-in-Chief
JAMES R. NARBER General Manager, Publication Marketing Services
ROBERT E. GERHARDT Administration
FRED STINES General Manager, Books and Newspapers

Publisher and Advertising Director J. WESLEY SILK
Publishing Services Director AL NEY
Associate Advertising Sales Director LENNOX E. H. STUART

CORPORATE OFFICERS: **Chairman of the Board E. T. MEREDITH III**
President ROBERT A. BURNETT
Group Presidents JACK D. REHM, Publishing JOHN GREGG, Printing
JAMES CONLEY, Broadcasting JAMES A. RIGGS, Real Estate
Vice-Presidents DONALD L. ARNOLD, Corporate Relations
THOMAS G. FISHER, General Counsel and Assistant Secretary
HERB SCHULTE, Corporate Planning WILLIAM H. STRAW, Finance
GERALD D. THORNTON, Administrative Services WALTER A. VOSS
Secretary BETTY CAMPBELL MADDEN Treasurer MICHAEL A. SELL

©1982, American Tourister Inc., A Hillenbrand Industries Company



American Tourister is beautiful under pressure.

Brutal bungling brings out the true beauty of an American Tourister hard-sided suitcase. Because it's built to take it.

With a sturdy stainless steel frame. The strongest materials we can find. Solid locks that won't spring open even after a beastly bounce. And in the bigger sizes, rugged wheels and a tough t-bar handle.

To us, it's not enough to give a suitcase a handsome shape or a luscious color (even if it is ripe cranberry).

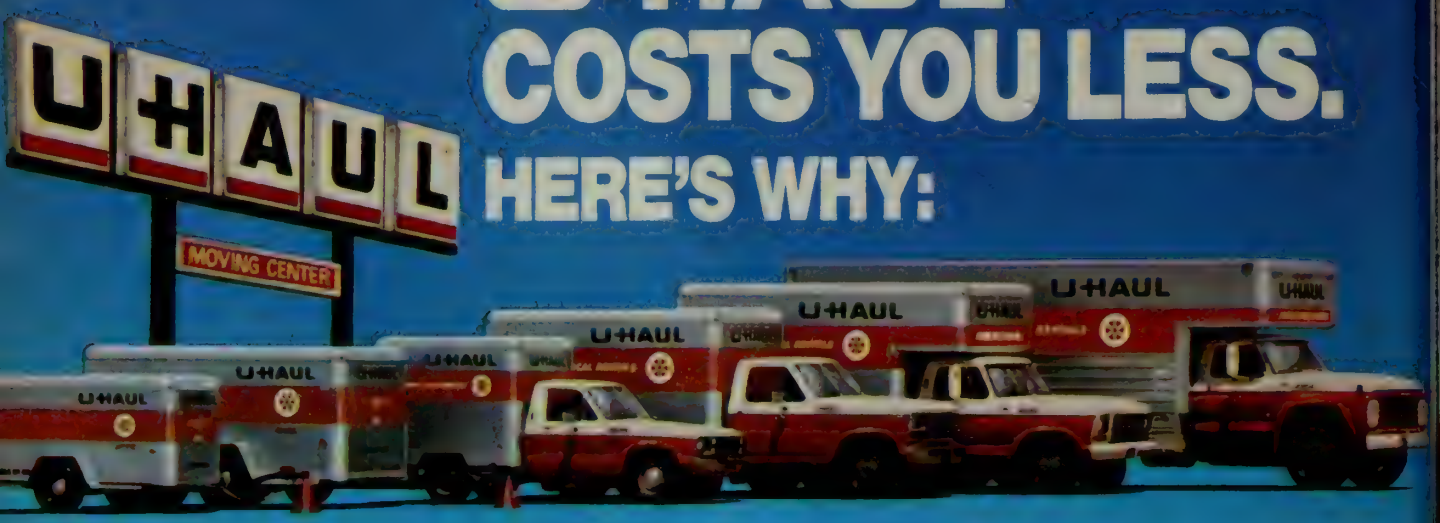
To us, there's no point in building a suitcase at all if you don't build in the most important kind of beauty.

The lasting kind.

It's not just how good it looks. It's how long it looks good.

American Tourister

U-HAUL® COSTS YOU LESS. HERE'S WHY:



1. TRIM LINE GAS SAVER FLEET

With U-HAUL, you get a lightweight, low-profile, aerodynamic moving van designed to safely and economically move your family and furniture.



2. MOVING VANS— NOT FREIGHT TRUCKS

With U-HAUL, you get a moving van, not just a truck or trailer. A moving van that is gentle on you and your furniture. With a soft, furniture-saving suspension, padded interior, easy-loading low deck and lots of tiedowns. And it's easy to drive or tow. U-HAUL designs and manufactures its own trucks and trailers specifically for the household mover. *We don't buy our vehicles for later resale to industrial users.* You can rent or borrow a rough-riding freight truck almost anywhere. U-HAUL won't rent you a gas-guzzling, freight truck for moving. We don't rent trucks—we rent moving vans. And we've been doing this since 1945.

3. SAFETY AND SECURITY

With U-HAUL, you get a moving van that is in first-class mechanical condition. And we make certain it stays that way. We cover the U.S., Canada and Alaska with 6,000 dealers, 1,000 moving centers, 600 mobile repair units, 150 maintenance shops, six manufacturing plants, a research center and a certified test track. You can count on our road service 24-hours a day for no additional money. We are always nearby—willing, quick and able.

4. LOW RENTAL RATES

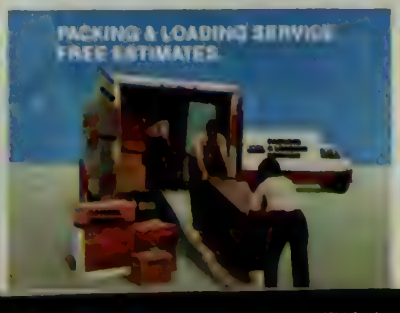
Topping all this, U-HAUL will match any competitor's rate, discount or guarantee.* Just tell us. We mean it when we say "U-HAUL COSTS YOU LESS." Less worry, less time, less work, less damage, less gas—less overall cost.

THE BEST COSTS YOU LESS BECAUSE MOVING IS OUR BUSINESS

U-HAUL®
MOVING & STORAGE

*Except where Traffic Control Fees apply













But we do.

In this break-away, tear-away, throw-away world, it's comforting to know there's someone who still makes products that stand the test of time.

Gibson Appliances.

For over one hundred years, we've been making appliances that last. And, we still make 'em that way today.

Gibson®
Appliances
Time is on our side.

Gibson Quality Appliances: Refrigerators, Food Freezers, Room Air Conditioners, Gas, Electric and Microwave Ranges, Wall Ovens, Dishwashers, Washers, Dryers, Humidifiers, and Dehumidifiers.

Gibson Appliance Company WCI *One of the White Consolidated Industries* © 1982 W.C.I.

Polly Flinders knows that keeping a party dress clean...is no party.

That's why they trust washing the All-Temperature Cheer® way.

Little girls never seem to get tired of wearing their favorite dresses. And Polly Flinders makes their hand-smocked dresses with just that in mind. They use only durable permanent press fabrics. And they want them washed in the right water temperature. That's why Polly Flinders trusts washing the All-Temperature Cheer way.

Cheer does a great job of cleaning in all three temperatures—hot, warm, and cold. Cheer and hot to clean your whites. Warm for your permanent press. And Cheer is great in cold to clean bright colors. But Cheer does more. It even contains a special ingredient that helps reduce wrinkling.

In fact, Polly Flinders thinks washing right is so important, they're sewing a special care label inside every dress. It will approve the use of All-Temperature Cheer, and remind you to wash in the right temperature.

Cheer. It's three temperatures, one detergent. Because the kind of clean you get with All-Temperature Cheer can help your little girl to always look her Sunday best.



All-Temperature Cheer. Cleans in the right temperature hot, warm, or cold.

Cheer has agreed with Polly Flinders to feature their garments in Cheer advertising.

Dan Kaercher

Exercise Stress Tests:
WHAT CAN THEY TELL YOU?

As you've undoubtedly observed, America is in the midst of an unprecedented physical fitness boom. Medical authorities applaud the trend, particularly because exercise may help to prevent coronary artery disease, our number one killer. Yet sometimes a sudden burst of physical activity can create its own medical risks—especially for people who are older, are unaccustomed to strenuous exercise, or have a higher-than-average risk of developing heart problems. Such people may be advised by their physicians to have something called an exercise stress test before starting a fitness program. What do the tests involve? Here's a report.

The purpose of exercise stress testing is to measure the heart's response to physical activity. The test enables physicians to screen patients for heart problems and to develop the "exercise prescription" that best suits a given individual's physical capacity.

According to the Council on Scientific Affairs of the American Medical Association, exercise stress testing can be used to help determine cardiovascular (heart/lung) capacity in healthy persons and in many persons with heart disease (or whose medical history indicates a higher-than-average risk of developing heart disease).

Further, according to the AMA Council, the tests are useful in helping diagnose coronary artery disease in patients with symptoms. In people with known heart disease, the tests can help doctors determine the course and severity of the condition, as well as the efficacy of treatment.

Just what happens during an exercise stress test?

Most exercise stress tests are performed in physicians' offices or in hospital clinics. A physician should be present or in the immediate area during the testing.

In the first phase of the test, 12 (or sometimes fewer) electrodes wired to a device called an electrocardiograph are attached to your bare chest and arms. The electrocardiograph records on paper a tracing of the electric current that triggers the heartbeat (the tracing is known as an electrocardiogram, or ECG).

In the ECG tracing, a normal ECG shows moderate upward and downward movements, called deflections. The pattern of the deflections differs from person to person; any acute changes from a person's normal pattern during exercise may indicate heart disease.

If your initial resting ECG and blood pressure readings indicate no significant abnormalities, the exercise portion of the stress test begins.

Most exercise stress tests are performed on a motor-driven treadmill (a stationary bicycle or stairs also may be used).

Holding on to the handrails of the treadmill unit, you walk—slowly at first, then faster as the pace is accelerated in predetermined stages. Each stage of the test demands increased speed and effort on your part.

Generally, persons taking the test are simply required to walk fast or jog, or the treadmill is slanted upward, until a predetermined heart rate is reached or they ask to stop.

Your blood pressure will be measured at the end of each stage of the test (blood pressure readings normally rise with increased levels of activity). Blood pressure readings also are taken if you experience symptoms such as chest pains, dizziness, fatigue, or shortness of breath.

The ECG tracing is monitored during the test by a nurse or a technician watching a device called an oscilloscope.

continued



Illustration: Bill Ersland, Hellman Studio

Sears Custom Decorating Studio Sale

Free drapery lining with any custom drapery fabric purchase. Most custom blinds 30-40% off.

Save 25% on over 500 custom drapery fabrics

We'll bring hundreds of samples to your home. And give you polyester challis lining free with any drapery fabric purchase!
Window shop at home—and save. Buy any of Sears custom drapery fabrics and get 100% polyester challis lining free.

Save 25% on a selection of custom fabrics
Choose from an assortment of over 500 fabrics: antique satins, open and close weave casement fabrics, prints, jacquards, sheers—even Sears finest upholstery fabrics.*

Save 30-40% on custom blinds
Sensational savings on all Sears custom vertical and most horizontals—over 300 colors—a wide variety of styles.

Turn any room into a showplace with 1-inch aluminum horizontals, fabrics, wood-looks or two-tone sun-reflectant blinds.

Or, select versatile vertical blinds in fabrics, warm wood-looks, mirrored-finish or unique macrame styles.

But make your selection now—and save. And remember, you can use your Sears credit card.

Free home visit, free estimate, at no obligation
Items that look one color in the store may look entirely different in the lighting of your home. But coordinating colors and patterns to your walls and furnishings is a cinch—when a Sears Decorator Consultant brings the samples to you. And, if you'd like, your Consultant will also bring samples of custom bedspreads, upholstery fabrics,* woven woods,



Make the right choices for your home in your home

decorative shades and shutters

Sears stands behind every job
How reassuring to know—the work will be done expertly—from measuring to installation superb craftsmanship to precision fitting. You can count on it.

Call or visit a Sears Custom Decorating Studio and let us call on you. We have a free 68-page booklet for you—full of new ideas to help you decorate one window, one room, the whole house.

**Upholstery fabrics in selected markets. Custom Decorating Studios in most Sears retail stores. Dates apply only to the continental United States. Labor and installation extra.*

Sale April 25-May 22

You can count on Sears

© Sears, Roebuck and Co. 1982

continued

Exercise Stress Tests

How long does the test last?

An exercise stress test usually takes approximately one hour to complete (which includes about 15 minutes spent on the treadmill). The test is continued until:

- a predetermined heart rate is reached (usually this is about double the normal heart rate for someone your age)
- you have serious adverse symptoms
- the ECG tracing indicates the test should be ended
- your blood pressure drops rather than rises
- you ask to stop because of fatigue or breathlessness

ECG and blood pressure monitoring are continued during the rest period following the test to detect any possible aftereffects of the exercise.

Are there any risks in the test itself?

"The risk is minimal when the test is performed on properly selected patients by skilled personnel in an adequately equipped laboratory or office," says Dr. Ezra Amsterdam, of the cardiovascular section of the University of California School of Medicine at Davis.

One major survey of the safety of exercise stress testing revealed 16 deaths in 170,000 persons tested—an incidence of less than one-tenth of one percent. Other studies have shown no fatalities or serious problems that were not quickly corrected by attending medical personnel.

However, doctors agree that stress tests are not recommended for persons with acute diseases or with conditions that are known to be adversely affected by exertion.

Who should have exercise stress tests?

According to the American Heart Association, exercise stress testing is appropriate for:

- persons who have recurring chest pains or other symptoms that may indicate heart disease.
- older persons who have had no heart problems in the past but run a high risk of developing them. (Risk factors include a family history of premature heart disease, obesity, cigarette smoking, high blood pressure, hardening of the arteries, high blood cholesterol, diabetes, and physical inactivity. Most physicians recommend an exercise stress test for people who have two or more risk factors and want to start an exercise program.)
- persons with heart disease that is under control. (Stress tests can help physicians determine the extent of heart damage; the efficacy of drugs, surgery, and other treatments; and the exercise prescription that will work best for the individual.)

Further, the Heart Association says any patient with a known or suspected cardiovascular, respiratory, metabolic, orthopedic, or neurologic disorder should consult his or her personal physician before substantially increasing physical activity.

Could everyone benefit from exercise stress testing?

No. Exercise specialists say most people under 35 don't need to see a doctor before they start an exercise program. For these people, the specialists recommend a gradual, sensible exercise regimen—working out a little more each time until they reach their maximum level of activity.

Authorities strongly disagree about the widespread practice of using exercise testing to detect new cases of coronary artery disease in persons who have no apparent symptoms and are not considered to be at risk.

The routine use of stress tests for such screening has come under sharp attack because about 15 percent of the tests result in "false positives" in healthy persons—findings that erroneously indicate the presence of coronary artery disease. Conversely, another 15 percent of the tests produce "false negatives."

Suppose you simply want to take a stress test. Should you be dissuaded? Some experts say the tests can be useful for people who mistakenly limit healthful exercise, fearing a heart attack. In such cases, taking a stress test can dispel the worry and give the person more confidence in his or her physical capacity. But the best policy is to follow your personal physician's recommendations.

What if the results of the test are "false positive" and cause undue alarm? Because such erroneous findings are common, almost all false positives are spotted and corrected by further, more sophisticated, testing.

What are the backup tests?

Nuclear cardiac imaging is one test that can help doctors when further stress testing is needed for diagnosis of heart problems.

Like other stress tests, nuclear cardiac imaging involves raising the heart rate and blood pressure by exercise (usually on a stationary bicycle). In addition, a safe dose of radioactive material is injected into the bloodstream where it flows to the heart (a completely painless procedure).

The radioactive material permits clear, detailed pictures of the working heart, which can be viewed from all angles on a video screen. Nuclear cardiac imaging makes it possible for doctors to determine how the heart pumps and whether, because of blockage, insufficient oxygen is reaching the heart.

If doctors still have doubts about the diagnosis, they can have an even more complex test, known as angiography, performed in a hospital.

Whom should you see about an exercise stress test?

Always seek the advice of your physician first.

These days exercise stress tests are widely available in medical centers, hospital clinics, and in the offices of cardiologists and other physicians.

Exercise stress testing does not have to be conducted by a cardiologist (heart specialist). The physician is assisted by nurses and technicians who are trained in the procedure.

Depending on where they are given, most stress tests cost $100-$200. If the test is prescribed by a physician, Blue Cross and many other health insurers cover the expense.

—By William Cole



Fine French crystal you can afford to enjoy.

Patterns begin at $6 a stem. Shown, Dampierre.
Catalogue upon request.
Write: J.G. Durand, Millville, N.J.08332

cristal d'arques



Willow picnic basket, $24.99

The lifestyle is you.
The excitement distinctively Aldens.

Call or write for your Aldens Catalog right now. You'll discover just the right items to add to your summer enjoyment. Like this deluxe willow picnic basket with leather strap closures. Pick all your picnic gear from Aldens too. All are priced to give you more quality for your money. They are just a few of the many values from Aldens Catalog—America's most convenient shopping mall.

FREE $5 GIFT CERTIFICATE WITH YOUR NEW CATALOG

CALL 1-800-435-5000 toll free. (In Illinois call 800-892-6200) Phone 24 hours a day, 7 days a week and charge $1 for postage and handling to your Visa or MasterCard or MAIL to Aldens, P.O. Box 7747, Chicago, IL 60680. Enclose $1 for postage and handling.

9940

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

(We'll send the next major catalog if supply runs out.)



aldens

america's most convenient shopping mall

By William L. Nolan

Superinsulated Houses

Take a look at the two houses pictured at right. Attractive, aren't they? But what's especially appealing about them isn't visible. It's the way they function. Both of these houses are the products of a revolutionary new building technique called superinsulation.





Superinsulated houses make furnaces obsolete even in cold-winter regions like Alaska and Canada. The superinsulation traps indoor energy and recycles it continuously, allowing very little to escape. In essence, a superinsulated house is a superconserving one.

The concept

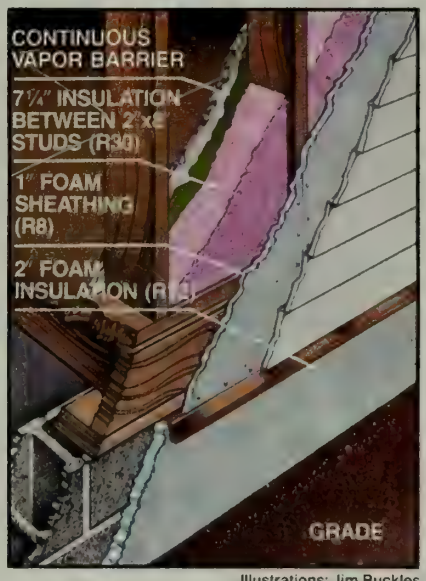
Superinsulation involves wrapping your house in a thick blanket of insulation and sealing the vapor barrier along all seams and around all pipes and ducts. The superinsulated house also incorporates air-lock entries, triple glazing on all north-facing windows, and an air-to-air heat exchanger. In a tightly sealed house, a heat exchanger replaces stale indoor air with fresh outdoor air while minimizing the escape of the indoor heat or coolness. Some heat exchangers incorporate a small electrical coil, one that produces enough heat in a superinsulated house to make a conventional furnace unnecessary.

At this point you're probably thinking "experimental, hard to build, and high priced." Not at all. Superinsulation involves existing technology and simple, inexpensive building techniques. Furthermore, as we'll explain below, superinsulation can be adapted readily to existing houses.

Whether you build a new house or retrofit an existing one, the benefits of superinsulation are amazing. For example, on a cold winter day, what little heat the superinsulated house loses is usually made up for by "intrinsic" heat (from cooking, lights, and appliances), solar gain through standard-size windows, and even body heat. In fact, even in very cold climates, a superinsulated house can be heated with just one or two small electric baseboard units. Thus, the fuel needed to heat a conventional house for a month will heat a superinsulated house for an *entire season.*

The single-wall method

There are two basic methods of superinsulating houses. In the single-wall method, space for extra wall insulation is gained by using larger studs—usually 2x6s or 2x8s—on 24-inch centers (see sketch, *above*) with one-inch rigid foam sheathing on the outside, a tightly sealed vapor barrier on the inside, and 7¼-inch fiber glass in between. The attic insulation is 16 inches deep instead of the usual six inches. As a result, the walls are insulated to R30 and the ceiling to R60, compared with R11 and R20 for conventional houses.

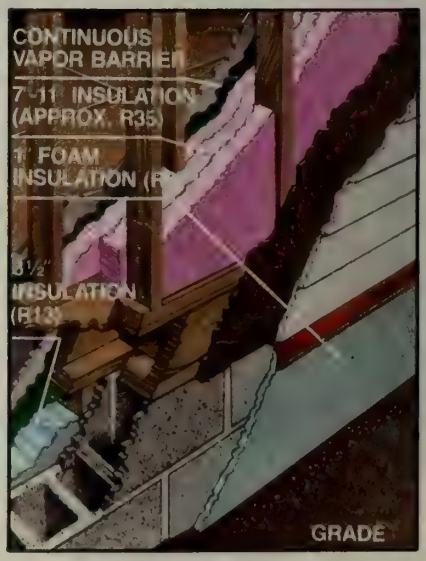


Illustrations: Jim Buckles

The handsome New England saltbox house pictured above on the left was constructed according to the single-wall method. This 2,200-square-foot house has a backup electric furnace, but the homeowners get all the heat they need from a wood stove, a modest solar gain through the front windows, and the intrinsic heat generated by household activities. After monitoring their superinsulated house for nearly a year, the homeowners estimate that it uses 80 percent less energy than a conventional house of comparable size. Also, they project a total monthly utility bill, including heating and cooling, of only $60. Since the cost of superinsulating their house was less than $2,000, they predict a payback period of just two years.

The double-wall method

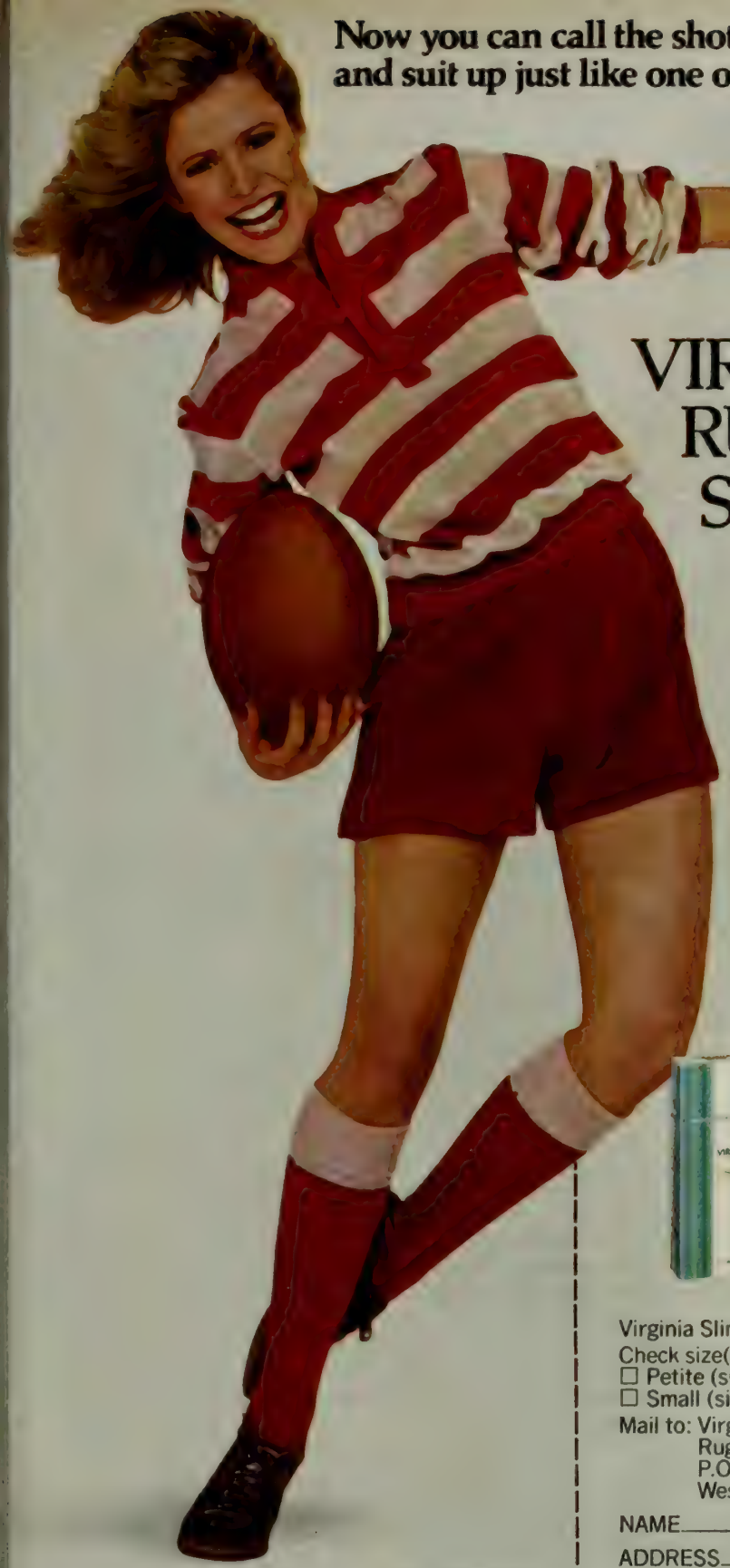
The other method of superinsulating involves a double-wall technique (see sketch, *below*). In this method, space for extra insulation in the exterior



continued

Photo left: Wm. N. Hopkins. Design: Mike and Linda Scott. Field editor: Patricia Carpenter
Photo right: Ross Chapple. Design: Harry Hart. Field editor: Eileen Deymier

Now you can call the shots, play the game and suit up just like one of the boys.



THE VIRGINIA SLIMS RUGBY SHIRT, SHORTS & SOX OUTFIT.

The rugby shirt is thick, plush velour, striped in rust and beige, with ribbed-knit trim on the sleeves.

The matching rust pull-on, side-slit shorts are the same rich velour, and the sox are 100% acrylic in rust with beige ribbed cuffs. And they're all machine washable.

The Virginia Slims Rugby Shirt, Shorts & Sox Outfit will bring out the sport in you for only $25.00.



You've come a long way, baby.

Please enclose $25.00 (check or money order only) payable to the Virginia Slims Rugby Offer, and two pack bottoms from any Virginia Slims pack or box, for each rugby outfit ordered.

Check size(s)

☐ Petite (size 4) ☐ Medium (sizes 10-12)
☐ Small (sizes 6-8) ☐ Large (size 14)

Mail to: Virginia Slims
Rugby Shirt, Shorts & Sox Outfit
P.O. Box 4060
Westbury, New York 11592

NAME_____

ADDRESS_____

CITY_____

STATE_____ ZIP_____

Offer void to persons under 21 years of age. Offer good in U.S.A. only except in Wisconsin, Wyoming and where prohibited, licensed or taxed. Allow 8-10 weeks for delivery. Offer good until October 31, 1982, or while supply lasts. MADE IN U.S.A.

Please Note: We want to make sure you're completely satisfied with your order—and that you get it on time. But sometimes things go wrong. If they do, be sure to let us know. Write: Virginia Slims Rugby Offer, 100 Park Avenue, New York, New York 10017.

BHG

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

9 mg "tar," 0.7 mg nicotine av. per cigarette by FTC method.



continued

Superinsulated houses

walls is gained by constructing two 2x4 stud walls side by side, three or four inches apart. In new construction, the outer wall is framed first and insulated along with the rest of the shell, then the inner wall is added. Generally, both the inner wall and the cavity behind it are insulated as well, so there are ten inches of insulation in all instead of the usual 3½. For further protection against energy leaks, the studs in both walls are staggered, and the vapor barrier is super sealed in the manner described above.

Exterior walls constructed with the double-wall method may be an inch or two thicker than those constructed with the single-wall method, but the extra thickness is noticeable only from inside, around window and door openings. For proof, take a close look at our second example, a double-wall tract house in Virginia (right photo, page 24). As you can see, the sleek contemporary styling offers no clue whatsoever that the construction of this house is at all unusual. In fact, both our examples illustrate how easily superinsulation can be adapted to any architectural style.

Retrofits for existing houses

The cost for superinsulating existing houses is likely to be at least 50 percent higher than for new construction, because retrofits require extra time and labor. But if you're handy with tools, you can get the job done cheaper. Also, since your retrofit will be concealed inside the walls and ceiling, it needn't change the outward appearance of your house at all.

There are several options to choose from—the two basic methods (single wall and double wall) plus a number of variations. An energy consultant can help you choose the option best suited for your house. And an architect, engineer, or building contractor can help you with structural and design details.

The type of retrofit you choose—and the actual costs—will depend on a number of factors. For example, if the exterior of your house is brick or stone, your best bet may be a double-wall retrofit on the interior. On the other hand, if the exterior is siding, you might opt for a single-wall retrofit on the outside. But don't forget to estimate the costs of the retrofit accordingly. For example, if your furnace needed replacing anyway, you should determine how much you'll save by buying a smaller heating unit, and subtract that amount from the total cost of your retrofit.

All retrofits also involve extra insulation in the walls and ceilings, and in the basement or crawl space or along the outside of the foundation; an air-tight vapor barrier; and an air-to-air heat exchanger.

Single-wall retrofits

In the single-wall approach (see sketch, page 28), extra insulation is added to the exterior. (Where possible, insulation also is added to the wall cavities). The siding is removed and four-inch-thick panels of rigid foam

continued

"I stopped using aspirin the day the hospital gave me Tylenol.®"

Mrs. Alma Treadway
Scottsdale, Arizona

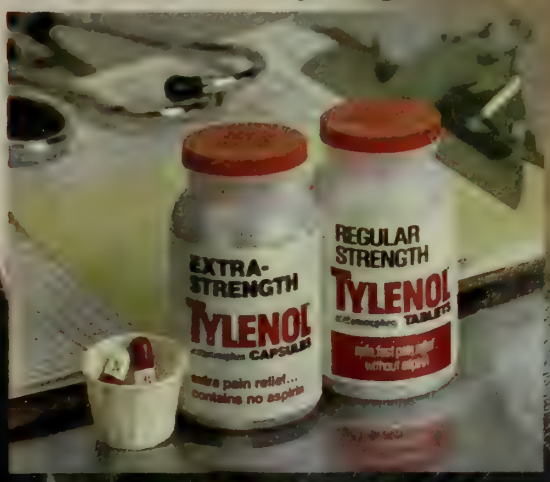


"I took aspirin for years because I had no reason to switch.

"However, about a year ago I was in the hospital with an elbow injury. It was pretty painful so I asked for something. What I got was a surprise: TYLENOL. Well, the TYLENOL worked great. And without any stomach upset!

"Turns out, TYLENOL is the pain reliever hospitals use most. That means I can really trust TYLENOL. And I can take TYLENOL with my prescription medicine without complications. I also like the fact that TYLENOL has no caffeine, so it won't disturb my sleep.

"Now for any aches or pains, TYLENOL's the only thing I take."



Trust TYLENOL. Hospitals do.

TYLENOL® is the registered trademark of the McNeil Consumer Products Co. identifying its brand of acetaminophen. Remember, no drug should be abused, so follow label directions carefully. © McNeil, 1981.



The side dish you don't have to peel, mash, bake or boil...

for a change.

A delicious change from potatoes or just plain boiled rice! Simply sauté and simmer, add the flavor packet, and—it's ready in minutes.

There's a flavor to brighten up every entrée. Rice-A-Roni—the side dish that steals the meals.

The San Francisco Treat!

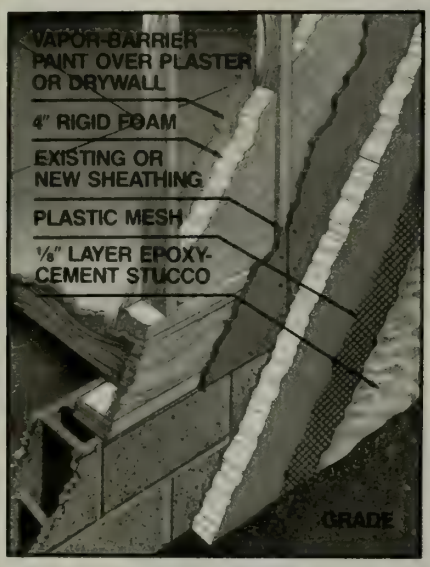


Start with chicken or beef—then try the other eight flavors—for a big flavor change!

continued

Superinsulated houses

insulation are nailed or glued onto the sheathing. Foam panels also are glued to the foundation wall, to approximately four feet below grade. A special plastic mesh is glued to the foam, and a ⅛-inch layer of epoxy/cement stucco is troweled over the mesh to form a continuous fine-textured surface. Around each window and door frame, the stucco-covered foam is shaped to form a smooth niche that helps shield the opening from strong winds.



Indoors, all air leaks along the perimeter wall surfaces, such as those around electrical boxes and window and door frames, are carefully caulked or sealed. Also, if the wall lacks a proper vapor barrier behind the plaster or drywall, two or three coats of a special vapor-barrier paint are applied to the walls and ceiling.

Double-wall retrofits

In the double-wall approach, extra wall insulation is usually added to the interior. A second perimeter wall is constructed three to four inches inside the existing one, in the manner described for new construction (refer again to the second sketch on page 24). The 2x4 studs in the new wall are staggered across those in the existing wall, and are covered with an airtight vapor barrier. If new wiring is unnecessary, the electrical boxes in the existing wall are moved to the new wall. (If more slack is needed to draw the cables forward, the boxes are installed a few inches higher or lower in the new wall.)

Existing furnaces and central air conditioning systems usually are replaced with one or two room-size units. However, if the existing unit is left in place as a backup system, the air-duct openings are relocated in the new wall or framed within niches that are shaped to deflect the air into the room. Niches also are framed around the window and door openings of the existing wall.

Sources of information

Although superinsulated housing is a relatively new concept, it's catching on quickly. Already, builders in several sections of the country are offering either single-wall or double-wall versions. There are even whole subdivisions of superinsulated houses, with several floor plans to choose from. Other builders are specializing in retrofits—everything from modest bungalows to Victorian mansions. Also, there are clearinghouses of information on the subject, as well as books and magazine articles. We've included a partial list of these sources. Check the libraries and bookstores in your area for additional sources.

Sources

National Center for Appropriate Technology (NCAT), 3040 Continental Drive, P.O. Box 3838, Butte, MT 59702. Plans and literature available.

The Rowell Energy Group, 19 Rowell Street, Dorchester, MA 02125. Free literature available.

Energy Efficient Housing—A Prairie Approach (booklet), Office of Energy Conservation, Government of Saskatchewan, 1914 Hamilton St., Regina, Saskatchewan, Canada S4P 4V4.

Super Insulated Houses and Double Envelope Houses, by William Shurcliff, Brick House Publishing Co., Inc., 34 Essex St., Andover, MA 01810.

Illinois Lo-Cal House and *Technical Note 14* (two booklets), Building Research Council, University of Illinois, 1 East St. Mary's Rd., Champaign, IL 61820.

The Superinsulated Retrofit Book, by Robert Argue and Brian Marshall, Firefly Books, Ltd., 3520 Pharmacy Ave., Unite 1-C, Scarborough, Ontario, Canada M1W 2T8.


Get the fresh taste of Florida.
AND WIN UP TO $1,000.
Naturally delicious 100% Florida orange juice. And wonderfully zesty Florida grapefruit juice. That fresh-squeezed taste never tasted better! And right now, you may have already won up to $1,000 with the attached Florida Orange and Grapefruit Juice coupons! But nobody loses. Because everybody gets a 15¢ coupon good on each of our natural tasty juices.
The attached coupon tells all. The fresh taste of Florida for Spring! Remember, it's not just for breakfast anymore.
© State of Florida, Department of Citrus 1982

Margaret Daly

Does It Pay to Be Your Own Contractor?

It can pay off big. If you do it yourself, your total outlay could be 15 to 20 percent less than it would be if a professional contractor did the same work for you. Also, you have quality control of the construction, and you can get great personal satisfaction from a job well done.

But you'll earn those benefits. The work is by no means easy. If you don't know much about construction, you must do your homework and learn. And you need the time, patience, and savvy to follow the job through to completion. To help you succeed, here is some advice from building experts.

A new kitchen or bath, although not a simple project, is a good way to test your mettle as a contractor. That's because the job usually requires hiring and supervising no more than four or five subcontractors (cabinet and counter-top installer, plumber, electrician, and possibly a carpenter and painter). You'll learn a lot, and the experience can pay off with big savings on bigger jobs later on.

A major job, such as adding a new wing or renovating a whole house, requires the services of as many as ten to 15 subcontractors. You'll have to hire and supervise them for a number of different tasks—excavation, masonry, heating and air conditioning, flooring, roofing, painting, drywalling, spackling, plumbing, electrical work, and carpentry. With so many people under your direction, you—as the boss—must be a combination diplomat and taskmaster. It takes considerable time and effort to do the job.

Whatever the project, follow these nine steps:

1. Have plans and specifications drawn up

This is essential so that subcontractors can bid accurately on the work. Detailed specifications in writing also help eliminate disagreements later about how the job was to be done and with what materials. A few sketches and a page or two of specifications may be adequate for a small job, but full-fledged blueprints and specifications are recommended for a big one.

It usually pays to consult an architect. For complete architectural services, including both supervision and inspection of the work, you'll generally pay 15 to 18 percent of the total job cost. This fee can be reduced, if necessary. Depending on the work, you may require only a few hours of consultation, including a few sketches, for $25 to $50 an hour. With a large job, you could get basic plans and specifications, plus consultation, but save by omitting the architect's supervisory services, which you provide.

2. Find and use reliable subcontractors

This, too, is essential to minimize problems and get the best work available. Ask friends, relatives, neighbors, your architect, and building supply dealers and others

continued on page 37

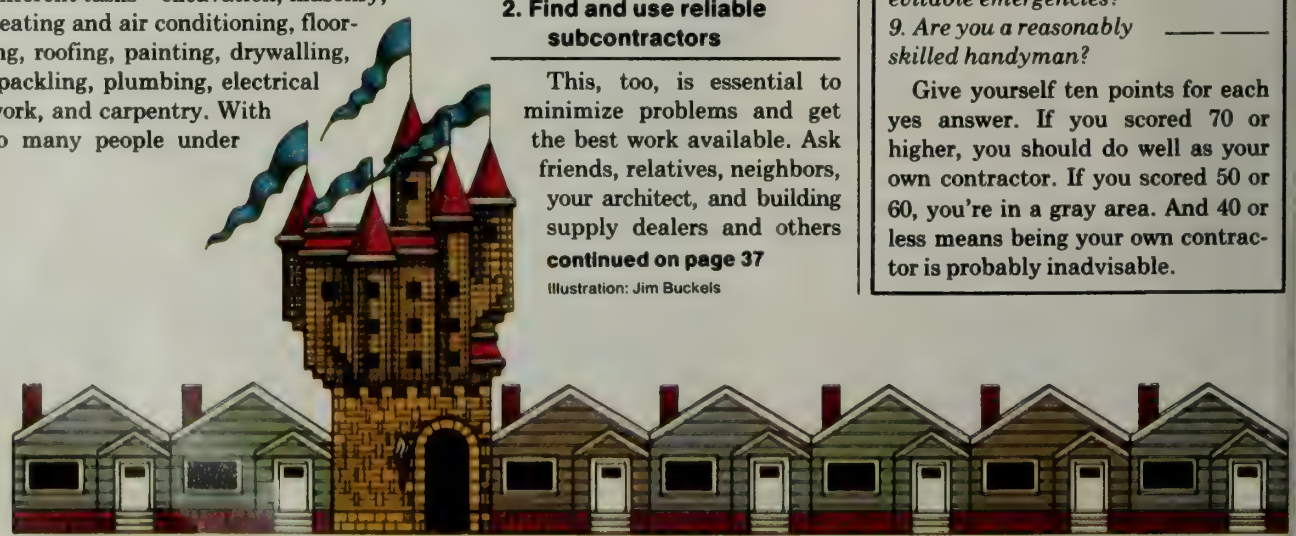


Illustration: Jim Buckels

DO YOU MEASURE UP?

	Yes	No
1. Do you really want to do the job?	___	___
2. Do you have both the time and patience for it?	___	___
3. Is it worth your time and effort? Will you save more money than you could earn (after taxes) by applying the same time and effort to your regular work?	___	___
4. Do you have sufficient construction knowledge? If not, are you willing to study and learn?	___	___
5. Can you spend hours finding good subcontractors, interviewing them, checking their references, and inspecting the work they did for other homeowners?	___	___
6. Can you get bids from contractors and negotiate a contract with each?	___	___
7. Do you have the assertiveness to schedule and supervise workers?	___	___
8. Can you stay cool under the stress of inevitable emergencies?	___	___
9. Are you a reasonably skilled handyman?	___	___

Give yourself ten points for each yes answer. If you scored 70 or higher, you should do well as your own contractor. If you scored 50 or 60, you're in a gray area. And 40 or less means being your own contractor is probably inadvisable.

WHAT WOULD YOU SAY ABOUT A MAIN COURSE WITH 280 CALORIES, NO CHOLESTEROL, THAT'S LOW IN FAT, PROVIDES YOU WITH VITAMINS, MINERALS, PROTEIN, ENERGY, *AND* TASTES TERRIFIC?

That's Italian!



Here we're using new Ragu' Homestyle spaghetti sauce.

It sounds unbelievable. But it's true. Spaghetti with Ragu'® Homestyle spaghetti sauce doesn't just taste good. It's good for you. It has things you need, like vitamins, minerals, and protein, instead of things you don't need, like cholesterol, excess fats and extra calories. When you look at the facts you'll understand why spaghetti with Ragu' can be an important part of a nutritious diet.

WHAT IS "GOOD" FOOD?

Americans are finding out that eating healthy doesn't mean a diet of blackstrap molasses, sunflower seeds, and buckwheat. That pizza is often better for your family than steak. And, that tuna and cottage cheese isn't the only food to lose weight with. A lot of things people believed about nutrition have turned out to be wrong. Unfortunately, that doesn't mean everything you like is nutritionally good for you. But amazingly enough it means spaghetti with Ragu' sauce is.

IT ONLY TASTES FATTENING.

A serving of spaghetti with Ragu' Homestyle sauce (4 ounces of sauce over 5 oz. of cooked



MEAL COMPARISON.

pasta) contains just 280 calories and only 3 grams of fat. That's 155 fewer calories and 24 grams less fat than a ¼ pound of broiled hamburger with a ½ cup of creamed cottage cheese. (See chart.) About the same number of calories as a cup of blueberry yogurt. And over 50% less fat than half a baked chicken breast.

THE THINGS YOU WANT IN A MEAL.

We know that every meal should supply us with certain nutrients essential for a balanced diet. And a plate of spaghetti with Ragu' sauce contains many of those nutrients. In addition to Vitamin A, Vitamin C and protein, it also provides 20% of the iron you need each day. You also get 25 to 35% of these B vitamins: Niacin, Riboflavin, and Thiamine. Which is 5 times more Thiamine and 10 times more Riboflavin than you'd get in a slice of whole wheat bread.

WHAT YOU DON'T GET IS AS IMPORTANT AS WHAT YOU DO GET.

Some foods provide a lot of nutrients but they also provide a lot of things you may not want. For instance even though steak has plenty of protein and iron it also has plenty of fat and cholesterol. There's twice as much fat in 4 ounces of broiled sirloin steak as in a spaghetti dinner with Ragu' sauce. And amazingly, spaghetti with meatless Ragu' Homestyle spaghetti sauce has absolutely no cholesterol. As opposed to more than 100 mg. in that same piece of steak.

CARBOHYDRATES CAN BE GOOD.

Carbohydrates have gotten a bad name. Until recently. Because now nutrition experts recognize that in order to have a healthy diet, half our daily calories should come from carbohydrates. Preferably the kind of complex carbohydrates found in abundance in spaghetti with Ragu' sauce. They provide some of the energy we need with little fat and no cholesterol.

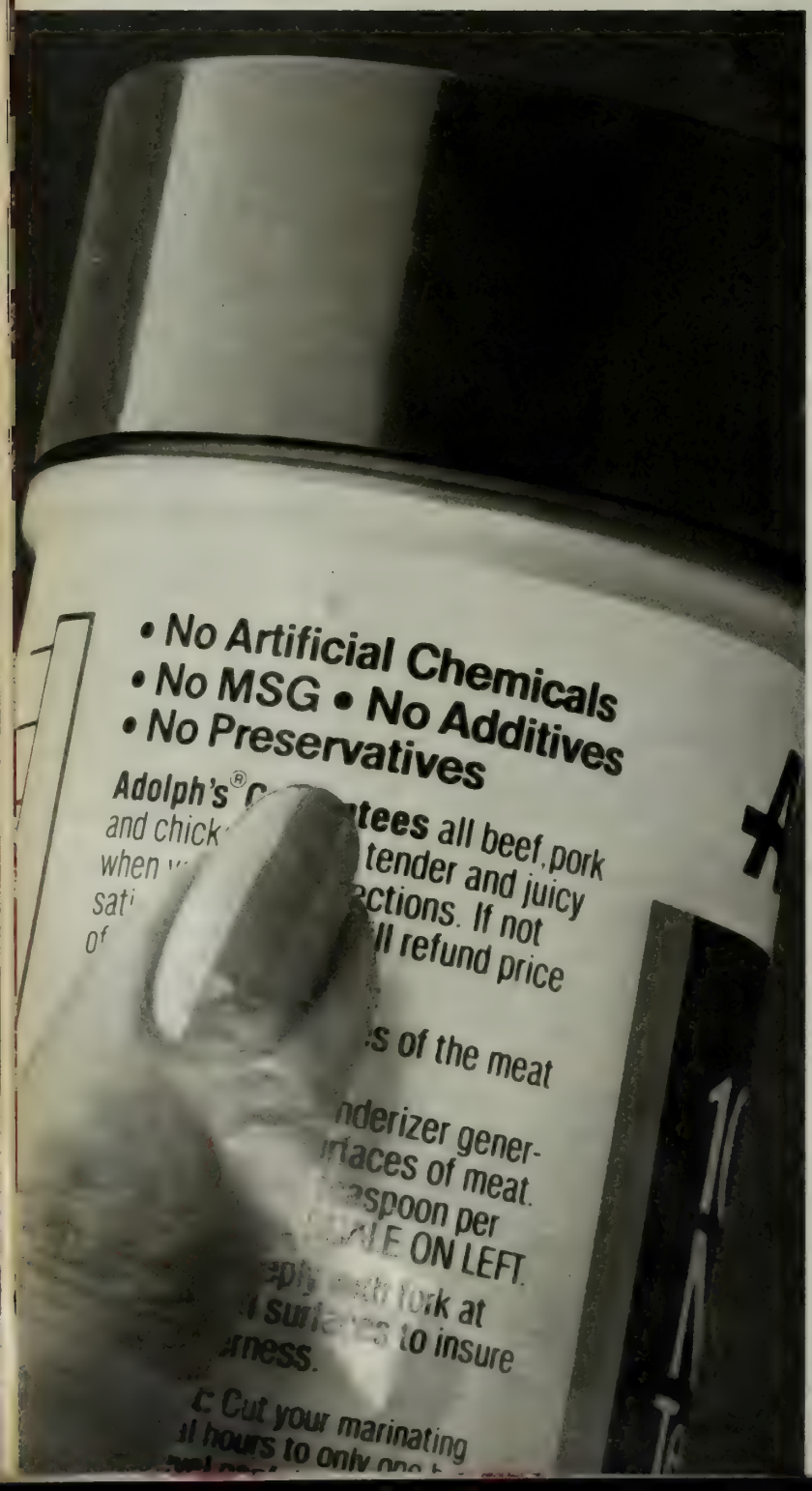
THAT'S ITALIAN!

When you think about what goes into a plate of spaghetti with Ragu' it makes sense that it's good for you. Just check the back label on any jar of Ragu' spaghetti sauce for more nutrition information about Ragu' and spaghetti. Ragu' spaghetti sauce is made with 100% natural ingredients. So when you pour Ragu' sauce over spaghetti you're going to have a dinner you'll not only feel good about eating, but also about serving. Just 280 calories, with vitamins, minerals and protein. And best of all it tastes terrific.



© 1982 Ragu' Foods, Inc., owner of the registered trademarks RAGU' and CLASSIC COMBINATIONS.

It's here! 100% Natural Meat Tenderizer. No ifs, ands or additives.



Adolph's® 100% Natural Meat Tenderizer is exactly that; 100% natural. It doesn't contain additives, preservatives, MSG, or artificial chemicals. It just gives you tender juicy meat. Naturally.

The natural way to get tender meat and poultry.

Adolph's has discovered that in every papaya melon there's a natural ingredient called papain that helps make meat more tender as it cooks. We've used that papain to give you an all natural tenderizer.

How tenderizer saves you money.

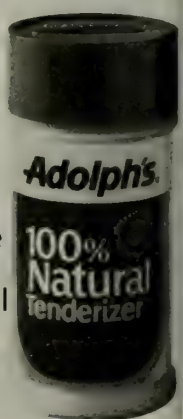
By using tenderizer you can buy less expensive cuts of beef like bottom round and chuck steak. Because when you sprinkle Adolph's 100% Natural Tenderizer on them they cook up as tender and juicy as the more expensive cuts. And remember that Adolph's works just as well on chicken or pork as it does on beef.

Adolph's guarantees.

We guarantee that our 100% Natural Meat Tenderizer will give you a more tender, juicy piece of beef, pork and chicken, or your money back. That's right. If you and your family don't agree that meat cooked with Adolph's is more tender and juicy than meat cooked without it, we'll refund the purchase price of the jar.

Free hotline.

If you have any questions at all about Adolph's 100% Natural Meat Tenderizer, or would like some helpful tips on its use, just give us a call, toll-free, at 1-800-243-5804.* We'll be happy to answer your questions. Because we're sure the more you know about Adolph's the more you'll agree it's the totally natural way to tenderize meat.



*In Connecticut call 1-800-852-8538.

continued from page 32

Does it pay to be your own contractor?

in the trade for the names of good subcontractors. Many experts suggest that you look for people who have spent at least five to ten years in the business. On the other hand, young subcontractors with less experience may be quite competent, and they may be willing to cut costs somewhat because they're eager for your business.

In any case, word-of-mouth endorsements by former clients are your best guide. Ask the subcontractors you contact for the names of people they've done jobs for.

When you check the references, ask each person if the subcontractor appeared promptly, did the work properly, and finished on time. Were there any additional last-minute charges not discussed earlier? Did he return and correct mistakes? Were there any other problems that disturbed the previous client?

Before hiring the main subcontractors (plumbers, electricians, and carpenters) for your job, inspect a couple of projects each has done to see for yourself the kind of workmanship you can expect to get on your house. All these checks will take a little time, but they can help you avoid mistakes that could cost you dearly.

3. Get at least two or three bids on each phase of the work

This is protection against being overcharged, since sizable spreads can exist between the lowest and highest prices quoted for the same work. You also can learn a lot discussing the project with more than one subcontractor. As indicated above, all bids obviously should be based on the same specifications.

But don't automatically accept the lowest bid. Paying a little more for a first-rate subcontractor can be worth the extra money, for the same reason that a .300 batter is worth more than one who hits only .250.

4. Find the right financing

The financing is the same as it would be if you had a home-improvement firm arrange it for you. To get the best terms, contact several lenders and compare interest rates, loan origination fees, and other financing costs.

Also check on refinancing your home mortgage. If you have an older mortgage, it may have a clause allowing you to refinance so you pay a higher interest rate only on the additional money borrowed. (There may be fees for processing the new arrangement, however.) Even if you can't refinance your mortgage that way, you may be able to bargain with the lender for a new rate lower than the prevailing high rates on today's mortgages.

5. Put all your contracts in writing

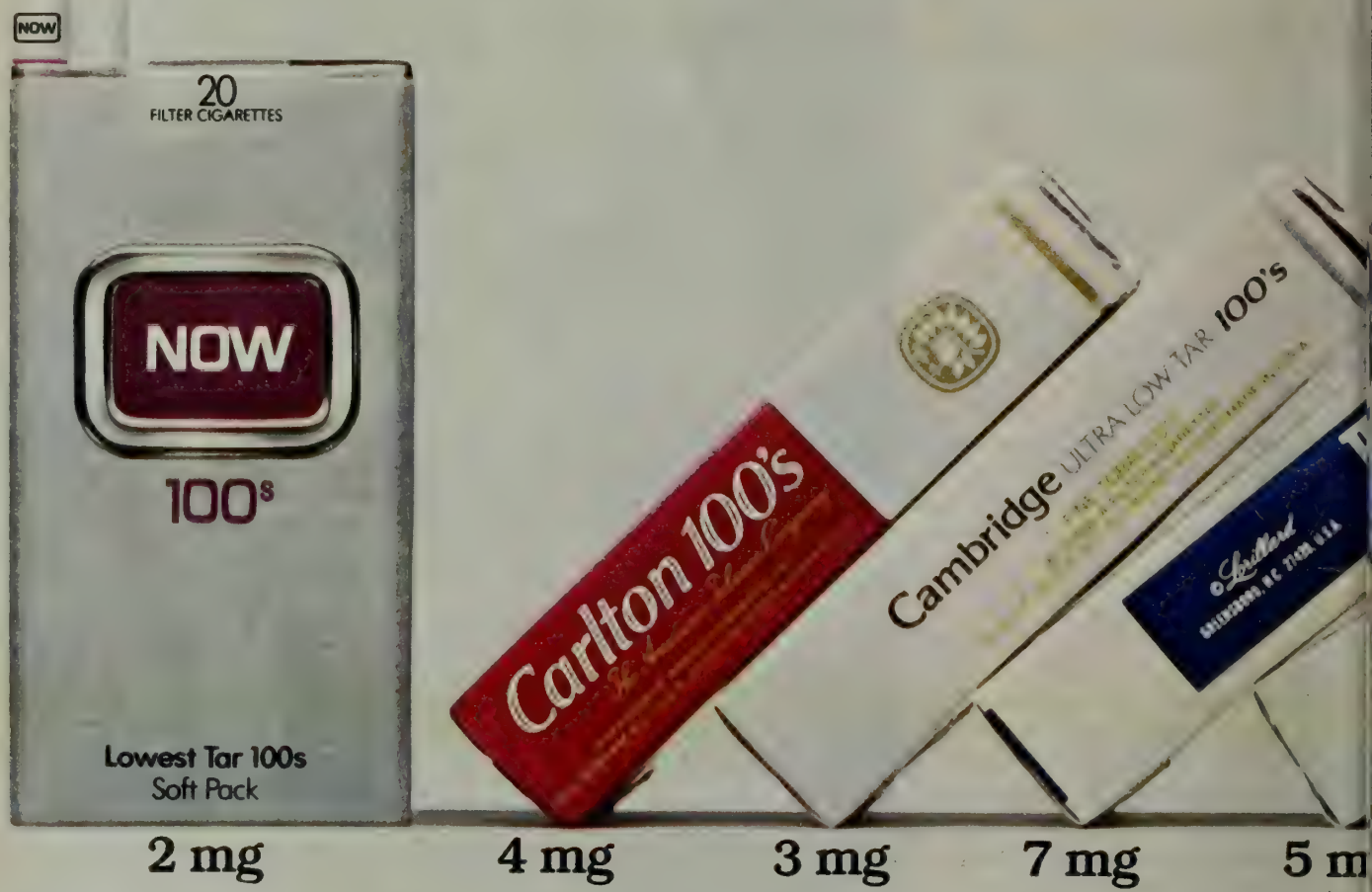
No matter how trustworthy a subcontractor may appear, verbal agreements are absolutely unacceptable. They are easily forgotten, leaving you open to giant misunderstandings.

The written agreement with each subcontractor should cite the basic specifications, especially the sizes,

continued on page 40



Will the real lowest tar



Comparative tar levels reflect the lower of either FTC method or Dec. '81 FTC Report.

BOX, BOX 100's: Less than 0.01 mg. "tar", 0.001 mg. nicotine, SOFT PACK 85's FILTER, MENTHOL: 1 mg. "tar", 0.1 mg. nicotine, SOFT PACK 100's FILTER, MENTHOL: 2 mg. "tar", 0.2 mg. nicotine, av. per cigarette by FTC method.

NOW

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

100's please stand up?



4 mg 4 mg

The Lowest

The lowest in tar of all brands.

©1982 R J REYNOLDS TOBACCO CO

continued from page 37

Does it pay to be your own contractor?

types, models, brands, and prices of important products and materials ("or the equivalent," if exactly what you want is unavailable).

Include the following:

- Dates when the work will start and be completed (be reasonable here).
- Warranties on workmanship (usually a year).
- Warranties on product quality (as much as ten to 15 years); actual warranties should be provided by the manufacturer, with copies provided by the subcontractor.
- Cleanup and "debris removal" provided by the subcontractor.

Also state that the costs and details of any changes or additions made later must be put in writing.

Spell out a schedule of payments. If cash down payments are requested, they should be kept low. (In California, the law generally limits down payments to $100 or 1 percent of the price, whichever is greater.)

Schedule partial payments to be made as the work progresses. A typical arrangement might be for you to pay 50 percent when the work is half done and the balance on completion—with a small exception: If you withhold 10 percent or so for up to 30 days after completion, there's time for mistakes to show up, and a subcontractor is more likely to return promptly and correct them.

Don't leave anything to chance. Only 16 states have laws that might protect you in case of problems, and most such laws are inadequate, according to the National Consumer Law Center.

6. Get building permits

A permit is usually required for making structural changes in a house; adding a room, carport, garage, an in-the-ground swimming pool; installing new wiring or plumbing (though the electrician or plumber ordinarily gets these). Other remodeling may or may not require a permit, depending on where you live; to find out, call your community's building inspector. Remember, local officials can order work to be dismantled if it's done improperly without a permit.

7. Be sure subcontractors have adequate insurance

Each subcontractor hired should give you a certificate showing that he carries (1) worker's compensation insurance and (2) liability insurance. The first covers you if a worker is accidentally injured on your premises; otherwise you could be vulnerable to a hefty lawsuit if someone is hurt while working on your project. The second type of insurance covers you if any other person is injured or if your property is damaged while the work is under way.

8. Schedule and supervise the work

You have to ride herd on subcontractors to be sure that they appear when needed and do their work to your satisfaction (and as agreed in the contract). If you can't provide complete

continued





HOW TO IMPROVE YOUR BARBECUE TECHNIQUE.

"Barbecue!" is the complete how-to guide! 112 beautiful pages. Everything from how to build a pit for roast suckling pig to how to grill a better burger. 400 color photos show you step-by-step techniques.

For a limited time, this book can be yours for $4.95 and proof of purchase of strong, flexible Heavy Duty Reynolds Wrap®. It's quality aluminum foil that comes in three sizes: 37-1/2 sq. ft. and 100 sq. ft. rolls, both 18 in. wide; and 23-1/3 sq. ft. Broiling Foil, 14 in. wide.



$8.95 value, only $4.95 from Reynolds Wrap®, the Good Food Wrap!



Send me the "Barbecue!" book. I've enclosed check or money order for $4.95 (includes postage and handling) plus one proof of purchase of Heavy Duty Reynolds Wrap® (the words "Heavy Duty" as printed in coral on one line on the opening flap of the package). BHG

NAME_____

ADDRESS_____

CITY_____

STATE_____ ZIP_____

Mail to: *Reynolds Wrap "Barbecue!" book, Box 9274, St. Paul, MN 55192.*
Allow 6-8 weeks for delivery. Offer void where prohibited, restricted or taxed.
Offer expires December 31, 1983.

To live romantically.

The new romanticism is not a matter of doing dangerous things or flirting with the wrong people. It is a spirit—and can be expressed simply by the style in which you live.

You could, for example, choose to furnish some space in your home like a rendezvous scene in an old spy movie.

You might have Asiatic chairs grouped for whispered conversations. A South American hammock for pretended naps. A fan of the sort once used to comfort kings of the Philippine Archipelago. French wineglasses for savoring the moment sip by sip.

Pier 1 has shopped in sixty-three countries to find things that heighten the adventure of being at home. Pay us a visit and we'll make you an incurable romantic.

The new Pier 1 collections

Pier 1 Imports: 300 stores coast to coast. Check the white pages for the store nearest you. MasterCard and Visa accepted.



continued

Does it pay to be your own contractor?

supervision, hire a straw boss to oversee the work for you. Pay the master carpenter a little extra, for example, so he will keep an eye on things when you're not there and call you if there's an emergency.

9. Protect yourself against a "mechanic's lien"

A mechanic's lien, also called a "materialman's lien," is a supplier's protection against not being paid even though you paid the subcontractor who ordered the materials for your house. In many, though not all, states, the unpaid supplier might then put a lien on your house, and you would have to pay twice.

Because the laws on mechanic's liens are different in every state, check with your state consumer protection bureau or your lawyer. In some states, such as New York, you are protected if you have proof that you have paid your subcontractor in full for the work ordered. In at least two states (Louisiana and Hawaii), the law requires the subcontractor to provide you with a bond if you request one to protect yourself against such a lien.

If you're in doubt about the law in your state, you can request that each subcontractor give you a "waiver of lien," together with receipts showing that all suppliers have been paid when you make the final payment. However, some subcontractors can't provide such legal papers (paper work is not always their strong suit). In that case, you might call the principal suppliers to be sure that each has been paid. Or, you could arrange beforehand to pay the suppliers yourself and have the subcontractors deduct the payments from their bills.

—Art Watkins

THIS LITTLE FERN HAD KNOX.

THIS LITTLE FERN HAD NONE.



*3 Applications

GIVE YOUR HOUSEPLANTS KNOX® UNFLAVORED GELATINE AND WATCH THEM GROW FULLER AND GREENER.

Knox Unflavored Gelatine has no artificial ingredients. But it does have lots of nitrogen, just what houseplants commonly need to flourish.

Just mix one envelope of Knox with one cup of very hot tap water to dissolve. Then slowly add three cups of cold water to make a quart of liquid. Prepare only as much of the mixture as you plan to use at one time. Once a month, use the Knox mixture as part of your normal watering pattern and you'll see amazing results as we have shown above.

And here's another important fact to remember. To help your plants grow, they need to be periodically repotted into larger pots using a standard potting soil.

For fuller, greener plants, nourish them with Knox.



Facts about our chips
and your star of the



and nutrition that you stage should know.

He's a hit. He didn't forget a line. He didn't ss a cue. But he's not headed for Broadway er school, he's headed home for something to . So when your scene stealer comes through e door, what will you do if he asks you for tato chips?

How will you feel as a mother, knowing w hard you try to get your nily to eat the right things?

The more you know, the better you'll feel.

Right off, we're going to l you that our snack chips e not the answer to total trition, but they can be part it.

No food provides all the trients in all the amounts quired for good health. That's y a balanced diet's important. nd when your family enjoys r chips as part of that balanced et, they're getting beneficial trients in every ounce.

ake Ruffles® Brand Potato Chips for example.

A one ounce serving (about -20 good-sized chips) is a good urce of Vitamins C and B_6. In tal, Ruffles Potato Chips contain at least 13 dely recognized nutrients. Because they're ced from fresh potatoes and quick-cooked to lp keep the natural nutrients in.

Kids don't watch calories, but you do.

That same one ounce serving contains ly 150 Calories. That's a surprising figure to ot of people. They expect much more from potato chips.

So even if your family eats more than one nce, and sometimes that's easy to do, they'll ll get fewer calories than you thought.

Ruffles

Potato Chips

NUTRITION INFORMATION

(Per Serving) Serving Size 1 ounce Number of Servings 8

Calories	150	
Protein	2	grams
Carbohydrate	14	grams
Fat	10	grams
Cholesterol* (5 mg/100 g)	0	milligrams
Sodium (925 mg/100 g)	260	milligrams
Potassium (1020 mg/100 g)	290	milligrams

Percentage of U.S. Recommended Daily Allowances (U.S. RDA)

Protein	2
Vitamin A	**
Vitamin C	10
Thiamine	2
Riboflavin	**
Niacin	4
Calcium	**
Iron	2
Vitamin B_6	10
Phosphorus	4
Magnesium	4
Copper	6

*Information on cholesterol content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of cholesterol

**Contains less than 2% U.S. RDA for this nutrient

What about salt?

One ounce of Ruffles Potato Chips contains less sodium than a lot of foods you'd never think of. Like a ½ cup of cottage cheese. Two slices of bread. Or an 8 ounce glass of tomato juice. But it's easy to explain. Potato chips *taste* salty because the salt is on the outside. The same goes for our corn chips. And they have even less salt.

The facts about cholesterol and preservatives.

The regular flavor Frito-Lay chips shown below contain no cholesterol. None. Because they're fried only in vegetable oils that are high in polyunsaturates. The chips flavored with cheese or sour cream are fried in the same oils but contain the small amount of cholesterol that comes from real cheese and sour cream.

And there are no preservatives in any of these chips, regular or flavored.

All this is on the back of the bags. No one said we had to have nutrition labeling. But we do. Because we'd like to play a role in making you feel better about what you serve your family.

GOOD THINGS TO KNOW ABOUT GOOD THINGS TO EAT.

Frito Lay®



For more information about nutrition and our chips, write: Frito-Lay P.O. Box 35034 Dallas, TX 75235

© Frito-Lay, Inc., 1982

MERIT

Ultra Lights



Only 4 mg tar Regular & Menthol

© Philip Morris Inc. 1982

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

3 mg "tar," 0.3 mg nicotine av. per cigarette, FTC Report Dec.'81.

Only one ultra light cigarette gives you the Merit taste idea.





Creative Flower Gardeners

with great ideas to share

BY BEVERLY GARRETT AND DOUGLAS A. JIMERSON

No two gardens are identical, for the simple reason that no two gardeners are alike. Every gardener has his or her own particular style. This personalizing of a garden is what makes each one interesting in its own way.

Now let's visit two terrific gardens and their creators. Fred McGourty, top, editor of Plants & Gardens, the Brooklyn Botanic Garden Handbook series, has a passion for perennials. In his flower beds, Fred groups about 600 kinds of flowers in eye-catching combinations. Ronnie Winsor, above, is well known in her area for her special homegrown flower arrangements. Both these gardeners have ideas that can better your garden too.



An Eye for Color

Ronnie Winsor's 21x 70-foot garden may look complicated, but it's actually divided into smaller sections, each of which can easily be duplicated in any backyard. Each section of the garden is a different size, and each has its own identity, which often changes from year to year.

Ronnie starts planning next year's garden in the previous fall, because she finds it easier to visualize the desired effect when she can see that area already in bloom. Then in January, when the garden is covered with snow, she uses her working drawings to firm up her plans and to send for mail-order annuals or perennials she can't find locally. To get a jump on bloom times, Ronnie starts many of her seeds in a greenhouse.

She has a portable 3x9-foot cold frame, too, where she hardens off greenhouse-grown seedlings before transplanting them in the garden. But she doesn't waste space and time starting snapdragons, marigolds, zinnias, or lobelias because they are readily available in flats at the local garden center.

When planting, she pinches the tops of the annuals to encourage them to bush out and eventually create a solid mass of color. Each section of the garden will have its own special color combination—for example, yellow, blue, and white.

Ronnie makes a special point of growing flowers she can use in bouquets all season. For instance, she prefers the small dahlias because they are easier to arrange than their larger cousins.

Regular maintenance is essential to a good garden, so Ronnie sets aside every Monday for garden and yard work. She adds fertilizer every spring and once again during the growing season.

After autumn's killing frosts, she cuts everything back to a foot in height and mulches the plants with several inches of raked leaves from the rest of the yard.





Photographs: William N. Hopkins. Field editor: Patricia Carpenter

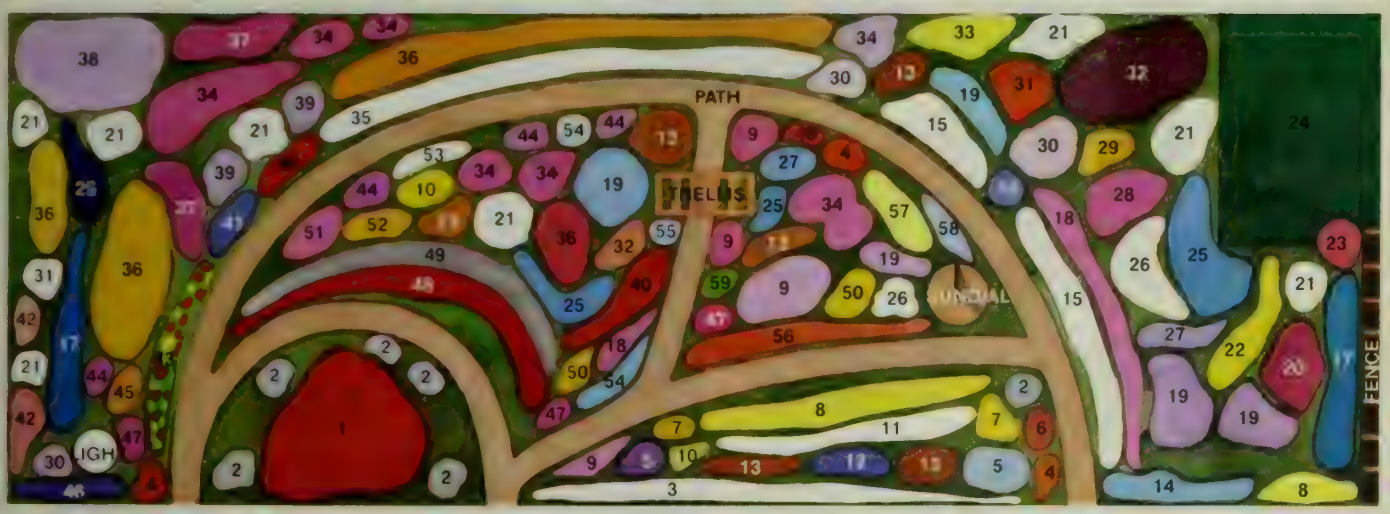


Top left: ***A long, narrow bed of evening primrose, oenothera, blooms abundantly from June till August. Hardy primrose plants prefer a sunny location with well-drained, slightly sandy soil. Evening primrose grows to about 18 inches tall. Start new plants from seeds or nursery transplants.***

Top right: ***The regal hardy lily adds a touch of elegance along the garden path during June and July. Lilies require little care and are available in a host of colors and bicolors. For best results plant lily bulbs in the fall; a sunny location is preferable. When the plants have finished blooming, let the foliage remain to help them build up strength for the next season's blooms.***

Above: ***Showy blue balloon flowers brighten the garden during July and August. Balloon flowers are easily grown from seed, but they may take a few years to become well established. For faster results, buy nursery transplants. If you want plants from scratch, sow the seeds in late summer and move the young plants to a cold frame or a protected location for the winter. In the spring, move them to their permanent garden locations. Balloon flowers grow to about 20 inches tall and require a sunny location for best growth.***





1 Annual salvia, summer
2 Artemisia, June-September
3 White petunia, summer
4 Sedum, July-August
5 Balloon flower, July-August
6 Gaillardia, June-August
7 Marigold, June-September
8 Evening primrose, June-August
9 Sweet william, June-August
10 Feverfew, June-August
11 Snapdragon, June-September
12 Siberian iris, June
13 Chrysanthemum, September
14 Forget-me-not, May-August
15 Alyssum, May-September
16 Columbine, June-July
17 Baptisia, June
18 Pink petunia, summer
19 Phlox, July-September
20 Bee balm, July-August
21 White dahlia, July-September
22 Loosestrife, June-July
23 Hibiscus, July-August
24 Strawberry bed
25 Delphinium, June
26 Shasta daisy, June-August
27 Blue salvia, July-September
28 Bleeding-heart, May
29 Honeysuckle shrub
30 Bearded iris, May-June
31 Chinese lantern, July-August
32 Maltese cross, May-July
33 Nerine lily, August
34 Peony, May-June
35 Astilbe, June-July
36 Daylily, June-September
37 Cosmos, summer
38 Hollyhock, July-September
39 Lupine, June-August
40 Zinnia, summer
41 Heliotrope, June-September
42 Sweet pea, May-June
43 Jacob's-coat, May-September
44 Coralbells, May-June
45 Nicotiana, summer
46 Nierembergia, summer
47 Geranium, May-June
48 Lobelia, August-September
49 Dusty miller, June-September
50 Yarrow, June-September
51 Pinks, June-September
52 Strawflower, July-September
53 Edelweiss, June-July
54 Virginia bluebell, May-June
55 Chive, May-June
56 Nasturtium, summer
57 Hardy lily, June-September
58 Ageratum, June-September
59 Tarragon, June



A Passion for Perennials

Even though Frederick McGourty, *above,* grows hundreds of perennials, he considers himself a selector rather than a collector. What interests him most is displaying his plants in eye-pleasing combinations. Both Fred and his wife Mary Ann believe a well-designed garden plan is what makes the difference between a good garden and a great one.

Because July and August are the nicest months to be outside in northern Connecticut, the McGourtys concentrate on perennials that bloom then. Of course, they also plant many earlier and later flowers to ensure a succession of color throughout the growing season.

Annuals figure in the McGourtys' plans, too. The annuals provide continuity because of their long blooming periods, while the perennials provide an ever-changing kaleidoscope of color.

Color-scheming the garden is tricky. Fred takes particular care to place complementary colors next to one another and is quick to rip out anything that turns out to be discordant. He considers judicious matchmaking essential to a great garden, so he meticulously works out both plant combinations and color combinations.

Weeding is not a problem in the McGourtys' garden. Fred and Mary Ann weed the beds once at the beginning of spring, and then they add two to three inches of shredded leaf mulch. This seems to take care of 90 percent of the weeds, and also helps to keep moisture in the ground.

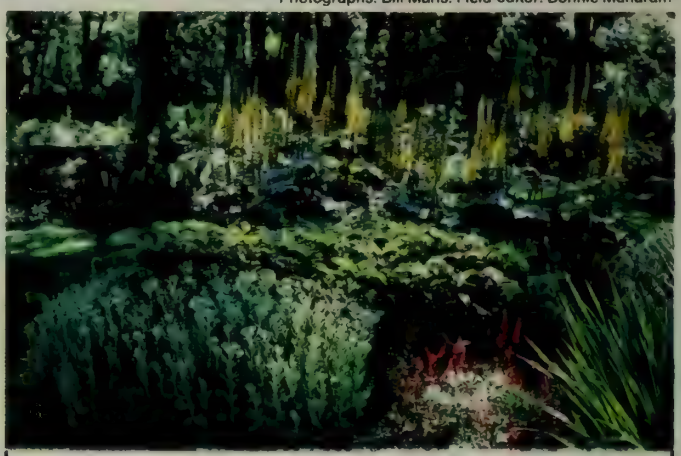




Photographs: Bill Maris. Field editor: Bonnie Maharam

Top left: ***White regal lilies, Gold Greenheart heliopsis, and Sir John Falstaff pink phlox create a festival of flowers in late summer; each plant grows to 30 inches tall. For best results, plant this combination in sun or partial shade. The wildflower Cimicifuga racemosa, also called snakeroot, grows behind the threesome and produces delicate, candelabralike white flowers.***

Top right: ***One of Fred McGourty's favorite late-summer combinations includes Golden Showers coreopsis, Miss Lingard phlox, and Cambridge Scarlet monarda or bee balm. All three perennials thrive in a sunny location and grow to about three feet tall. To keep the plants blooming and vigorous, Fred and Mary Ann clip flower heads as they fade. If the perennials start to become overcrowded, the McGourtys divide the plants in the spring. Low-growing astilbe and Little Miss Muffet Chrysanthemum maximum are planted in front of the boulder and finish blooming just as the taller plants bloom.***



A SHADY BORDER

Since large trees partially shade some of the borders in the McGourtys' garden, Fred plants shade-tolerant perennials together. In this border, Autumn Joy sedum, White Swirls Siberian iris, Goldquelle rudbeckia, *Lobelia splendens, Sanguisorba canadensis,* and astilbe Finale grow in front of the tall yellow Rocket ligularia.

For a list of all the Brooklyn Botanic Garden Handbooks, write to Brooklyn Botanic Garden Incorporated, 1000 Washington Avenue, Brooklyn, NY 11225.





1 Taplow Blue globe thistle, July
2 Feverfew, July-September
3 Goat's Beard (aruncus), June-July
4 Peach Blossom astilbe, June-August
5 Rhineland astilbe, June-August
6 Irrlicht astilbe, June-August
7 Fire astilbe, June-August
8 Ostrich Plume astilbe, June-August
9 White Gloria astilbe, June-August
10 Red Sentinel astilbe, June-August
11 Baby's Tears chrysanthemum, August-September
12 Little Miss Muffet chrysanthemum, July-September
13 Revere chrysanthemum, August-September
14 Cloud 9 chrysanthemum, August-September
15 Sir John Falstaff phlox, July-August
16 Miss Lingard phlox, July-August
17 Silver Mound artemisia, all summer
18 Snakeroot (cimicifuga), July-August
19 Regal lily, June-July
20 Citronella lily, June-July
21 Balloon flower (platycodon), July-August
22 Senecio adonidifolius, June
23 White bleeding-heart, May-June
24 Pink bleeding-heart, May-June
25 Old-fashioned bleeding-heart, May-June
26 Moonbeam coreopsis, June-August
27 Gold Green-heart heliopsis, July-August
28 Purple globe thistle, July
29 Honeybells hosta, July-August
30 Hosta undulata, July-August
31 Blue Danube stokesia, June-August
32 Chocolate soldier peony, May-June
33 Golden Showers coreopsis, June-August
34 Blue salvia, August-September
35 Lavender salvia, August-September
36 Blue veronica, June-September
37 Silver King artemisia, all summer
38 Pink meadowsweet (filipendula), July-August
39 White baptisia, June
40 Copper Spray helenium, August-September
41 Cambridge Scarlet monarda, July-August
42 Red meadowsweet (filipendula), July-August
43 Allium sphaerocephalum, May-June

Note: Fred McGourty grows a host of other annual and perennial flowers in additional beds scattered throughout the garden. All are breathtaking.


Introducing Proposal

Teaspoon sample$1.

Oneida Sample Center
P.O. Box 9777, New Brighton MN 55197

Great beginnings start with Oneida stainless. Please send me a sample stainless teaspoon in the pattern(s) I have checked. I am enclosing $1. for each spoon ordered. Complete services can be purchased at fine stores everywhere. Offer is limited to a choice of up to three spoons, one spoon per pattern.

☐ Proposal ☐ Chateau
☐ Dover ☐ Monte Carlo
☐ American Colonial ☐ Toujours
☐ Michelangelo ☐ Da Vinci
☐ Satinique ☐ Paul Revere

Name
(Please Print)
Address
City
State Zip

Add sales tax for N.Y. & Calif. Offer valid only in U.S.A. & P.R. Allow 4-6 weeks for shipment. Expires 12/31/82. BG052

ONEIDA
The silver cube. Our silversmiths' mark of excellence.

Rooms To Relax In



Photograph: Martin Helfer. Design: Muffy Lloyd Interiors, Inc. Field editor: Ruth L. Reiter

Want to make a room look comfortable and inviting? Start by warming the space with eye-pleasing tones and textures, then providing plenty of sink-into seating pieces. Here are two rooms that show you how.

Top: Soft upholstered seating pieces make this family room an inviting place to relax with the family or a small group of friends. And when more seating is needed, a Windsor chair near the sofa and a corner chair by the fireplace can be pulled closer to the conversation grouping.

The floor is covered with a nubby, foot-pleasing area rug that complements both the blue plaid upholstery and the room's rich-looking wood paneling. The texture and color of both the rug and the paneling add visual warmth to the decor.

Rustic accents include an old beam that's used for a mantel and two antique wall lamps that are mounted in the fireplace niche.

Right: Early American furnishings give this pleasant room a comfortable, down-home flavor. A skirted sofa, along with a matching chair and ottoman, offer cozy seating, while the



Photograph: William Hopkins
Design: Gloria Anderson. Field editor: Patricia Carpenter

Boston rocker provides another inviting sitting spot by the fireplace.

For eye-pleasing design continuity, the same print fabric covering the sofa and chair was used to treat the corner windows. The fabric's earth tones are repeated in the braided rug, which adds to the homey look.

Some of the finishing touches, like the sturdy stool in front of the hearth and the brass lamp on the side table, are functional as well as decorative. Others, like the spinning wheel at fireside, simply contribute to the room's country charm.


Come to where the flavor is.
Come to Marlboro Country.
Marlboro
Marlboro
100's
Marlboro Red or Longhorn 100's—
you get a lot to like.
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
16 mg "tar," 1.1 mg nicotine av. per cigarette, FTC Report Mar.'81

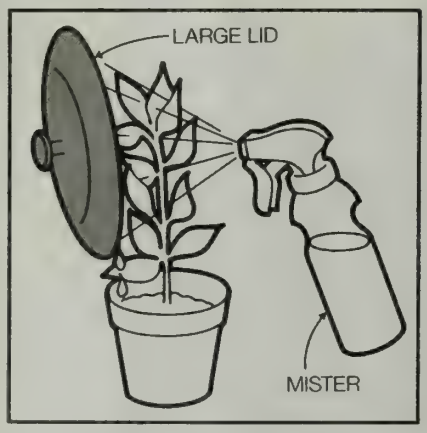
Tips, Tools, and TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem-solver we publish. See the box below for submission details.

PROBLEM: What you're looking for is a foolproof yet inexpensive form of identification for your bicycle. You're afraid thieves might file off factory serial numbers or police ID tags.

SOLUTION: Seal a small photo of yourself or a member of your family in plastic and conceal the photo in the hollow part of your handlebars or in the seat post. Then if the bike is stolen and recovered, you can verify ownership by pulling out the photo with a piece of hooked wire.

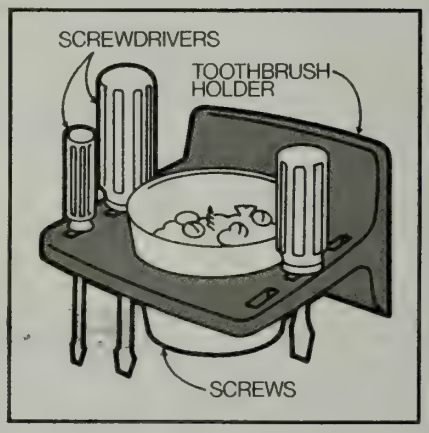
L.H., Lexington, Mass.



PROBLEM: When you mist your houseplants, the mist streaks the wall and droplets collect on the tabletop or floor beneath the pots.

SOLUTION: Hold a large lid behind the plants as you mist them (or prop the lid between the wall and the plant), keeping the lower edge of the lid within the pot rim so droplets land in the potting soil. For larger houseplants, use a plastic trash can lid.

M.K., Strafford, Pa.



PROBLEM: When you need a screwdriver and some screws for a small household repair job, they always seem to be in the garage or the basement or buried in a catch-all drawer.

SOLUTION: Attach a toothbrush holder to the wall or door inside your utility closet. Store various sizes of screwdrivers in the toothbrush slots, and set a jar or glass of assorted screws in the center hole.

C.G., Jackman, Me.

PROBLEM: When you try to remove a broken light bulb from its socket, you invariably cut your fingers on the jagged base of the bulb.

SOLUTION: Carefully press a bar of soap into the broken bulb and twist. The bulb will screw out easily. (Be sure the light switch is off or the lamp is unplugged, and your soap bar is dry. Discard the soap afterward.)

L.B., Vincent, Ala.



PROBLEM: The glove box in your car is too small to hold all the maps, games, books, and other items your family uses while traveling.

SOLUTION: Lay an empty plastic antifreeze jug on its side and cut out the other side to make an open-topped drawer. Fill the drawer with travel items and slide it under the front seat, using the built-in jug handle as a drawer pull.

J.B., Lincoln City, Oreg.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, and Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and for as long as we wish. We do not accept previously published ideas.

A TRUE STORY. WELL, ALMOST.



We honestly don't know anyone who has 52 phones. But recently we met a man who has 18. (He collects phones the way some people collect clocks.)

It started us thinking. If a big variety of phones is important to you, then the Bell PhoneCenter is the best place to go. There you'll find decorative phones. Phones for one-button dialing. Even ones that let you talk with your hands free.

And best of all, they're genuine Bell. For what collector worth his or her salt would want anything but the real thing?

The Bell PhoneCenter. It's for you.

Bell PhoneCenter



What are your chances of winning?

Most personal injury suits aim for big amounts because the claims not only cover medical expenses, but also compensate for pain and suffering, loss of present income, and possible loss of future income.

Despite all the headlines about multimillion-dollar jury awards, most plaintiffs come away with minimal amounts, or none, in cases that are not settled before going to trial. For example, eight out of ten lose in malpractice suits against doctors. And more than half lose in product liability cases. When people do win in injury cases, often the awards won't even cover medical expenses.

What about lawyers' fees?

In personal injury, product liability, and malpractice cases, the lawyer generally works on a contingency basis; that is, he or she collects only if the case is won. Generally a contingency fee is one-third of the award. Some states allow a sliding scale, ranging from 50 percent on smaller awards down to 20 or 25 percent on large ones.

Also, the lawyer's expenses usually come out of the client's share of the reward. If the case is lost, payment of expenses depends on what you two agreed upon in advance.

Fees differ with property damage cases, where you can sue only for the actual financial loss you suffer. There is no contingency fee. The lawyer may set a flat fee or charge an hourly rate, with his total bill depending on the number of hours he devotes to the case. The rate may run anywhere

MONEY

Should You Sue?

Lawsuits can be expensive, long-drawn-out, and nerve-racking, and frequently they're unproductive. Before you decide to sue, consider the following questions carefully.

Do you have a good basis for suing?

Not every accident or injury is a reason for a lawsuit. In many cases, the damage must have been caused by someone's negligence—his or her carelessness or failure to act as a reasonable or prudent person would have acted under such circumstances. In some states, if the injured person also was negligent, he or she may not be able to collect.

On the other hand, some incidents—called areas of "strict liability"—are so inherently dangerous that negligence may not be a factor. For example, a person who owns a very dangerous dog could be liable if someone is bitten by that dog. It would not matter how careful the defendant had been to keep the dog away from people, or whether the injured person had been negligent.

Will the defendant be able to pay?

Unless the defendant has sufficient insurance or personal assets, a lawsuit might be futile. You may win a large judgment, but it will be worthless unless he or she has the money to pay it.



AND AGAIN



to make yellow cake extra special.

who are experts in the matter at issue. Proceedings are informal. The expenses are minimal.

The American Arbitration Association—located in most major U.S. cities—will arbitrate any case that the parties are willing to submit to arbitration. Also check your local bar association.

Can a small claims court help?

Here, too, you can bypass the unpleasant features of a regular lawsuit. Small claims courts now operate in most states. They handle cases involving comparatively small amounts of money, usually from $100 to $1,500, sometimes up to $5,000. These informal sessions are especially good for handling disputes over rent security deposits, minor personal injuries, property damage, and similar matters.

No lawyer is needed, and only a small filing fee is charged. Generally you can get on the calendar within a few days or weeks after the claim is filed. The judge, or the arbitrator assigned by the judge, hears the case and makes a decision either on the spot or within a few days. Be sure to bring along evidence that will support your claim—bills of sale, photos, witnesses.

If a decision is made in your favor, it's up to you to collect. That's not always so easy. The defendant may not have the funds or may just refuse to pay. Sometimes you can get a city marshal or sheriff to handle the collection. And in some cases, you can get the court to place a lien on the person's property or attach his wages.

—George Weinstein

from $30 an hour for young lawyers to $100 or more an hour for more established attorneys. Time spent in court can increase considerably the rate lawyers charge.

You can get lower priced legal services from the new legal clinics or storefront law offices now opening up in many parts of the country. They advertise fees that are sometimes one-third to one-half those charged by conventional lawyers. Often initial consultations cost just $25 or so, and most will provide an estimate of future costs in writing. Not all of these bargain-rate lawyers are experienced in litigation matters. Also, you may want to compare fees with those of regular lawyers. Don't hesitate to ask for an estimate, and look elsewhere if the attorney won't cooperate.

Does it ever pay to settle?

Evidently many lawyers think so, because a large majority of cases are settled before they come to trial. A skillful negotiator probably can get you a good award without risking the unpredictable decision of a jury.

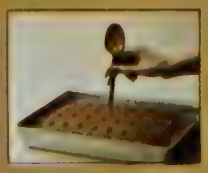
What about arbitration?

This is becoming an attractive alternative to today's high cost of suing. Arbitration offers several advantages. You don't have to hire a lawyer if you don't want one, for example. You also eliminate the delays and frustrations of a regular court case, which can keep you waiting for from one to three or four years before it comes to trial; decisions are reached quickly. You and your opponent agree on a date and place, as well as on the arbitrators, volunteers

AND HERE'S HOW

To make ordinary cakes extraordinary:
It's easy! Use the JELL-O® Instant Pudding mixture to frost, fill and stripe.

1 package (2-layer size) cake mix, any flavor
2 packages (4-serving size) JELL-O® Brand Instant Pudding*, any flavor
1 cup confectioners sugar
4 cups *cold* milk



1. Prepare cake mix as directed on package, baking in a 13 x 9-inch pan. Remove from oven. Poke holes quickly down through cake with round handle of wooden spoon at 1-inch intervals (or use a plastic straw, using a turning motion to make large holes).



2. *Only after poking holes,* combine pudding mix with sugar in large bowl. *Gradually* stir in milk. Then beat at low speed of electric mixer for not more than 1 minute (do not overbeat). *Quickly,* before pudding thickens, pour about one-half of the *thin* pudding evenly over warm cake and into the holes to make the stripes.



3. Allow remaining pudding to thicken slightly; then spoon over the top, swirling it to "frost" the cake. Chill at least 1 hour. Store cake in refrigerator. Cover with plastic wrap, if desired.

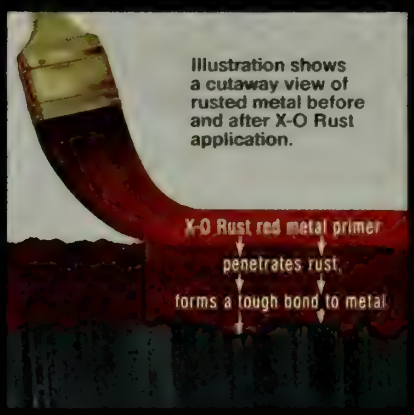
*To use Regular Jell-O® Pudding (cooked), see recipe on marked packages.

© General Foods Corporation 1981.
Jell-O® is a registered trademark of General Foods Corporation.



Puts a finish to rust in many ways.

Tru-Test* X-O Rust comes in so many fresh colors you can restore and protect rusty grillwork, gutters, lawn furniture, toys, tools and outdoor equipment...easily. Just brush away loose dirt and scale before you paint. X-O Rust red metal primer, with processed fish oil, penetrates right down to solid metal and seals it safe from air and moisture. Stops old rust in its tracks, stops new rust before it starts.



Tru-Test* Paints are sold exclusively by True Value Hardware Stores and Home Centers who own their own paint factories. Look under Paint – Tru-Test in the Yellow Pages.



True Value® HARDWARE STORES

*Tru-Test and X-O Rust are registered trademarks of Cotter & Company, Chicago, IL 60614

SHOPPING

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

NEW OPTIONS FOR DINING SPACES

Page 58D (top): Chairs—Crate & Barrel, 850 N. Michigan Ave., Chicago, IL 60611. Carpet—Lees Carpets, Div. of Burlington Industries, Inc., Valley Forge Corporate Center, King of Prussia, PA 19406. Chairs and ottomans—Sherwood Corp., P.O. Box 519, Spring City, TN 37381. Blinds—Levolor Lorentzen, Inc., 1280 Wall St. West, Lyndhurst, NJ 07071. (Bottom): Table and chairs—Burlington Furniture, P.O. Box 907, Lexington, NC 27292. Lamp—Royal Haeger Lamp Co., Box 218, 1300 West Piper St., Macomb, IL 61455.

Page 59: Table and chairs—Burlington Furniture (address above). Lamp—Royal Haeger Lamp Co. (address above).

Page 60 (top): Chairs—I.C.F., 305 East 63rd St New York, NY 10021. Light—Habitat, Inc., 93 Triangle St., Danbury, CT 06810. Salad plates—Fitz and Floyd, 1371 Round Table, Dallas, TX 75247. Painting "Jennifer Harroun"—Timothy Burns Gallery, 393 N. Euclid, St. Louis, MO 63108. (Center) Light—Habitat, Inc. (address above). Painting—Timothy Burns Gallery (address above). China "Olympia Gold"—Lennox China, Lawrenceville, NJ 08648. Alvar Aalto bench—I.C.F. (address above). (Bottom): Buffet—Hickory Mfg., Co., Box 998, Hickory, NC 28601. Wing chair fabric—Kravet Fabrics, 201 E. 56th St., New York, NY 10022.

Page 61: Buffet and chairs—Hickory Mfg. Co. (address above). Wing chair fabric—Kravet Fabrics (address above). Glassware—Lennox China (address above).

Page 62 (bottom): Square table and chairs and round table—Kittinger Co., Inc., 1893 Elmwood, Buffalo, NY 14207. Fabric on chairs—Quadrille, 979 Third Ave., New York, NY 10022. Carpet—Stark Carpet Co., 979 Third Ave., New York, NY 10022.

Page 63: Chairs—Herman Miller, 140 W. McKinley, Zeeland, MI 49464. Cabinetry system—Interlubke—ICF (address above). Tableware—Rosenthal-USA, 411 E. 76th St., New York, NY 10021. Glasses—Kosta Boda, 225 5th Ave., New York, NY 10010. Serving pieces—H. E. Lauffer Co., Inc., Belmont Drive., Somerset, NJ 08873.

HOUSE OF BUILT-INS

Page 95: Windows—Capitol Products Corp., P.O. Box 3898, Harrisburg, PA 17105.

Page 97 (bottom): Fabric—P. Kaufman, Inc., 261 Fifth Avenue, New York, NY 10016.

Page 98: Busts of animals—Dino Read, 1210 Roosevelt Drive, Chapel Hill, NC 27415. Basket over mantel—Howard Kaplan French Country Antiques, 35 E. 10th Street, New York, NY 10003. Basket with pine cones—Bryant Holsenbeck, 108 Hillview Street, Carrboro, NC 27510.

Page 99 (top left): Fabric—P. Kaufman, Inc. (address above). Shaped pillows from antique quilts—Added Oomph, 270 S. Wrenn, High Point, NC 27260. Quilt—Nell Elder, Pine Forest Drive, Siler City, NC 27344. (Top right): Fabric—P. Kaufman, Inc. (address above). Wine rack with corner clips—Fitch Creations, Inc., P.O. Box 111, Chapel Hill, NC 27514. Service plates and pitcher—Jim Pringle Pottery, RFD 1, Pittsboro, NC 27312. (Bottom): Pot rack—Paul Gove, Route 3, Hillsborough, NC 27278. Pitchers—Jim Pringle

ttery (address above). Copper washpot, an-ue accessories—Ruth S. Oakes Antiques, Fear-gton Post, Box 243, Pittsboro, NC 27312. skets and trays—Palacek, P.O. Box 2943, San ancisco, CA 94126.

ge 100: Fabric and pillows—Bloomcraft, 295 th Avenue, New York, NY 10016. Watercolor—tty Warner, 1715 Dudley Drive, Charleston, V 25311. Plants—Plantscapes, 528C Strick-nd Road, Route 8, Raleigh, NC 27609

ge 101 (top): Lamb—Added Oomph (address ove). Fabric—David & Dash, 2445 N. Miami venue, Miami, FL 33137. Pillows—Bloomcraft, c (address above).

BLOOMING CARPET OF UICKPOINT FLOWERS

ge 102: Rug yarn—Paternayan Bros., Inc., 312 ast 95th St., New York, NY 10028. Embroidery oss—DMC, 197 Trumbull St., Elizabeth, NJ 7206. Ribbon—C. M. Offray & Sons, Inc., 261 adison Ave., New York, NY 10016. Costume Phun-Phelt"—Pellon Corporation, 119 West 40th ., New York, NY 10018. Fusible webbing for ostumes—Pellon Corporation (address above)

EVER-FADE FLOWERS YOU GROW ROM SEED

ge 104: Burpee Seed Co., Warminster, PA 8974. Geo. W. Park Seed Co., Inc., Cokesbury d., Greenwood, SC 29647.

ASY-DOES-IT PROJECTS

ge 107 (top left): Pullout tray hardware—rant Hardware Co., Div. of Buildex, Inc., West yack, NY 10994. Prefinished particleboard tray helf—Brooks-Willamette Corp., P.O. Box 1245, end, OR 97701. Microwave oven—Norelco, lorth American Philips Corp., 100 E. 42nd St., ew York, NY 10071. Food processor—Cuisin-rts Inc., 411 W. Putnam Ave., Greenwich, CT 6830. Meat slicer—Braun Appliances-USA, 55 Cambridge Pkwy., Cambridge, MA 02142. (Top ight): Oven—Thermador Div. of Norris Indus-ries, 3119 District Blvd., Los Angeles, CA 90022 Refrigerator—Sub-Zero Freezer Co., Inc., P.O Box 4130, Madison, WI 53711. Built-in freezer—Sub-Zero Freezer Co., Inc. (address above) Cabinet hardware—Decorator Hardware, Inc., 912 West Touhy, Lincolnwood, IL 60645. Sliding panels under wall cabinets—Masonite Corp., 29 N. Wacker Drive, Chicago, IL 60606. (Bottom left): Drawer dividers—Brooks-Willamette Corp (address above). Plastic divider guides—Plastic Glide Manufacturing Corp., 2701 W. El Segundo Blvd., Hawthorne, CA 90250. Drawer hardware—Grant Hardware Co. (address above). Ovens—Chambers Corp., Old Taylor Rd., Oxford, MS 38655. (Bottom right): Casters—Shepherd Prod-ucts, US Inc., St. Joseph, MO 49085. Ceramic tile—Stonelight Tile Company, 1651 Pomona Ave., San Jose, CA 95110.

Page 108 (top photo): Cabinets—Poggenpohl, House of Denmark, 1919 Piedmont Rd. NE, Atlanta, GA 30324. Kitchen flooring—ARCO Chemical Co., 1500 Market St., Philadelphia, PA 19101. Dishwasher—Thermador, 5119 District Blvd., Los Angeles, CA 90040. Sink—Kohler Company, Kohler, WI 53044. Bar stools—Store-house, 2737 Apple Valley Rd. NE, Atlanta, GA 30319. (Bottom left): Laminate counter top—For-mica, 4614 Spring Grove, Cincinnati, OH 45232.

Page 109 (top left): Sewing machine—The Singer Company, 8 Stamford Forum, Stamford, CT 06904. (Top right): Cooktop—Magic Chef, Inc., 740 King Edward Ave. SE., Cleveland, TN 37311 Range hood—Magic Chef, Inc. (address above). (Bottom right): Red laminate—Formica (address above).

AFFORDABLE FISH & SEAFOOD

Cover: Plate "Shell"—Mikasa, 41 Madison Ave., New York, NY 10010. Shell Baker "Tavola Bianca"—Hutschenreuther Corp., 100 Shaw Rd., N. Branford, Conn. 06471.

Page 110 (back): Platter—Tiffin Crystal, P.O. Box 667, 4th Ave. & Vine St., Tiffin, OH 44883.

Page 111 (front): Platter—Kosta Boda USA Ltd., 225 Fifth Ave., New York, NY 10010.

Page 112 (front): Platter—Schmid Crystal, 55 Pacella Park Dr., Randolph, MA 02368. (Back): Fish Platter—Kosta Boda USA Ltd. (address above).

continued

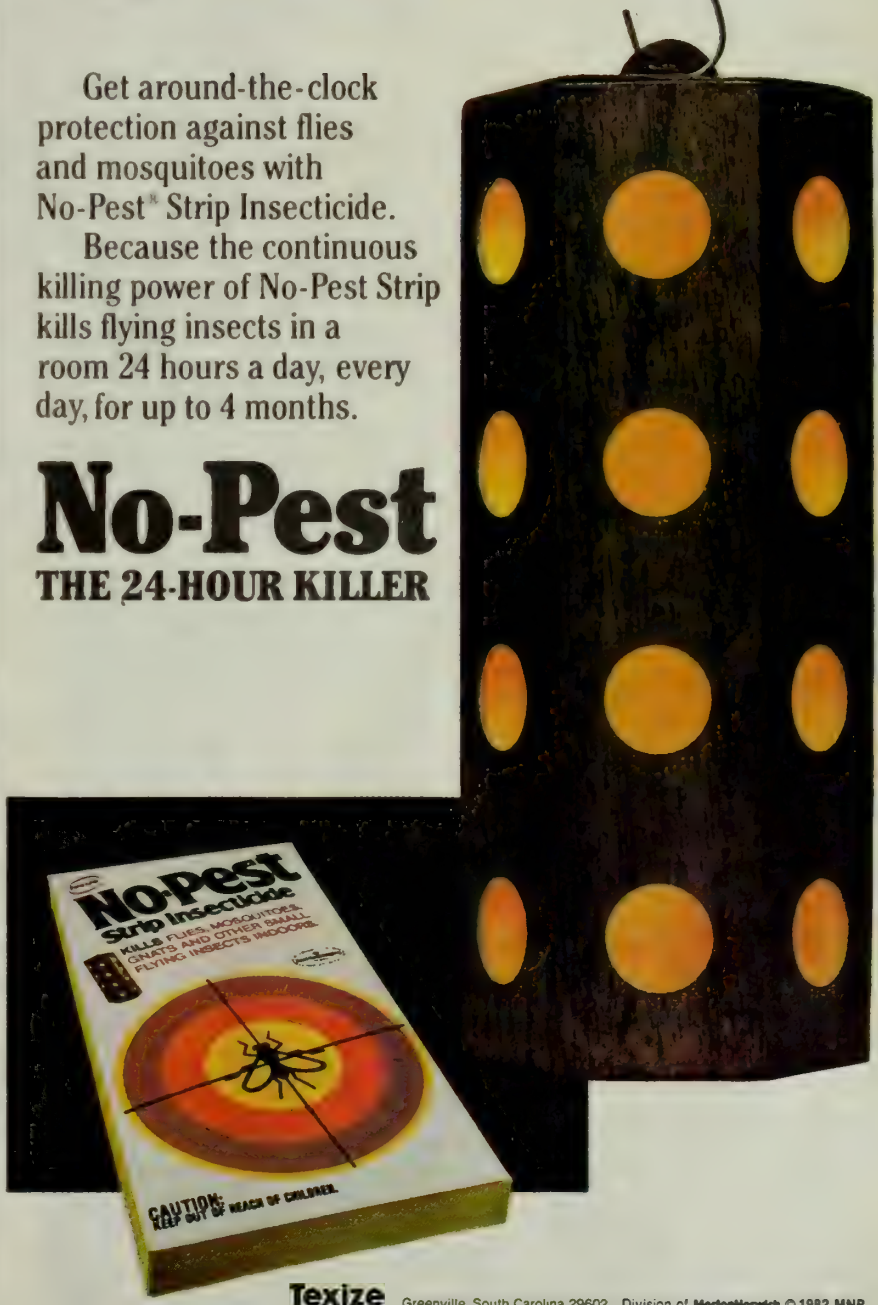
24 Hour Power



Get around-the-clock protection against flies and mosquitoes with No-Pest® Strip Insecticide.

Because the continuous killing power of No-Pest Strip kills flying insects in a room 24 hours a day, every day, for up to 4 months.

No-Pest
THE 24-HOUR KILLER



Texize Greenville, South Carolina 29602 Division of MortonNorwich © 1982 MNP

Take the family out to eat... CHAR-BROIL® style.



Bring family fun back home again! Instead of just "grilling", treat yourself to CHAR-BROIL flavor every time you cook out! Its easy-starting convenience, rugged durability, and American quality engineering make CHAR-BROIL the world's number one gas grill value. There's one for every size family and every size budget. Ask for CHAR-BROIL by name at retailers everywhere. For dealer nearest you, call 1-800-241-7548. In Georgia, call (404) 324-2461.

CHAR-BROIL® —W.C. Bradley

W.C. BRADLEY ENTERPRISES, INC., P.O. BOX 1240, COLUMBUS, GEORGIA 31993

continued

Buying guide

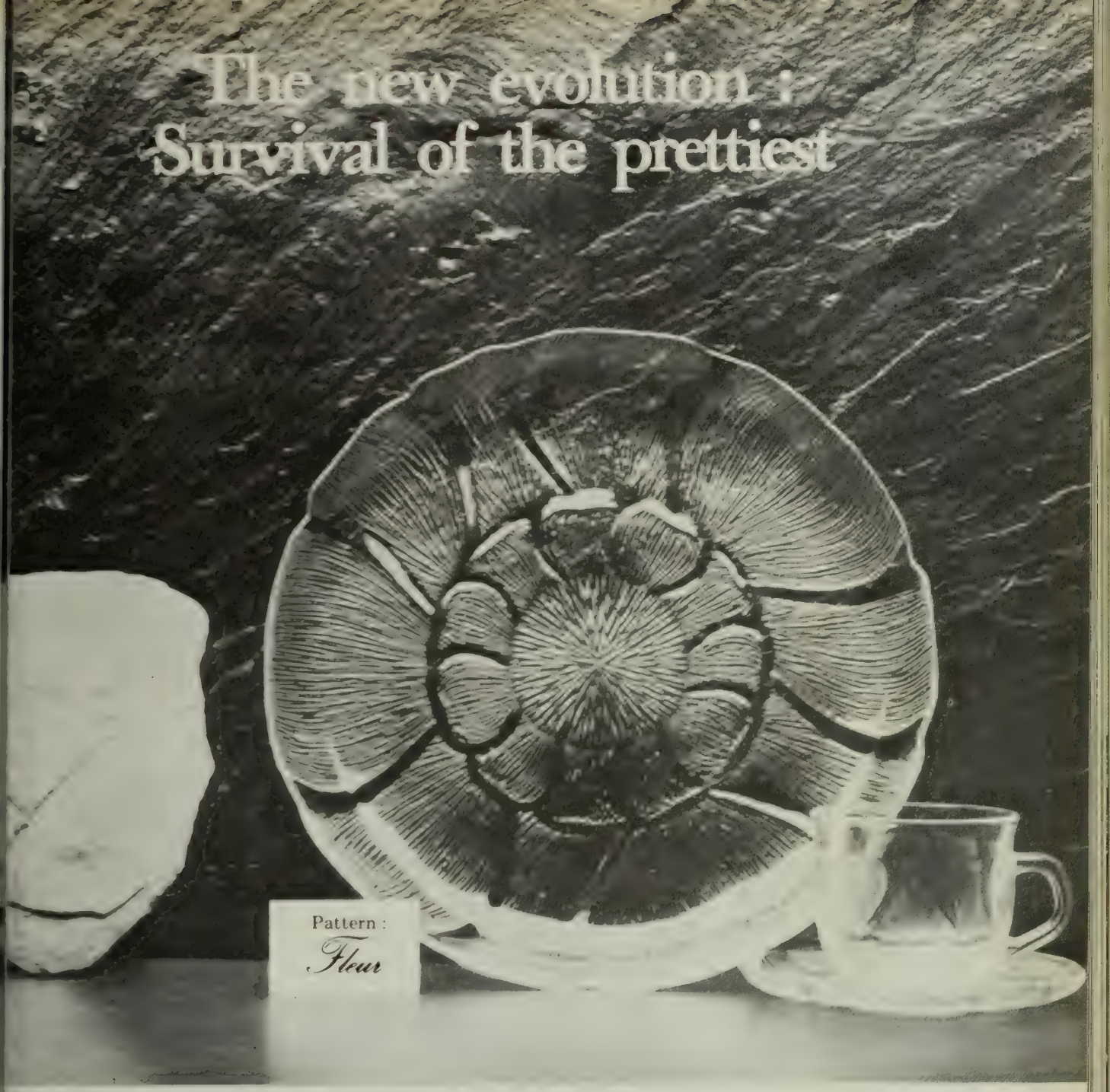
Page 113 (front): Platter "Tavola"—Heutschenreuther, 100 Shaw Rd., N. Branford, CT 06471. (Back): Tureen "Simplicity in Blue"—Noritake Company Inc., 41 Madison Ave., New York, NY 10010.
Page 114 (front): Platter "Bianca II Scala"—Heutschenreuther (address page 59). (Center): White ramekins—Marsh Industries, 1224 East 28th St., Los Angeles, CA 90011.
Page 115 (front): Salad bowl "Hearth"—The Pfaltzgraff Company, 140 E. Market St., York, PA 17401. (Back): Pie plate—Quon-Quon, 2801 E. 12th St., Los Angeles, CA 90023.
Page 130: Salt and pepper—Fostoria Glass Company, 1200 First St., Moundville, WV 26041. Plate—Haviland & Co., Incorporated, 11 East 26th St., New York, NY 10010.

PRIZE TESTED RECIPES
Page 141 (left): Platter—Denby Ltd. Inc., 41 Madison Ave., New York, NY 10010. (Right): Small glass plate—Schott-Zwiesel Glass Inc., 11 East 26th St., New York, NY 10010. Large plate—Riekes-Crisa Corporation, 1818 Leavenworth, Omaha, NE 68102. Server—Two's Company, Inc., 33 Bertel Ave., Mount Vernon, NY 10550.
Page 142 (left): Plate—Alper Wooden Bowl Co., Hedges Pond Rd., Cedarville, MA 02360. (Middle left): Platter—Rosenthal-Studio Haus, 584 5th Ave., New York, NY 10036. Ceramic container—Quon-Quon, 2801 E. 12th St., Los Angeles, CA 90023. (Middle right): Mugs—Schmid Crystal, 55 Pacella Park Dr., Randolph, MA 02368. Casserole dish—The Pfaltzgraff Company, 140 E. Market St., York, PA 17401. (Right): Platter—B.I.A. Cordon Bleu, 375 Quarry Road, Belmont, CA 94002. Dinner plate "Primary"—Franciscan Ceramics, 2901 Los Feliz Blvd., Los Angeles, CA 90039.

SPRING-FRESH ASPARAGUS SPECIALTIES
Page 152 (right): Platter "Generation Mist"—Dansk Designs, Inc., Radio Circle Road, Mt. Kisco, NY 10549. (Left): Bowl—Boston Warehouse Corp., 39 Rumford Ave., Waltham, MA 02154. Salt and pepper shakers—Hutschenreuther Corp., 100 Shaw Road, N. Branford, CT 06471. Basket—H.A. Mack & Co., Inc., 165 Newbury St., Boston, MA 02116.
Page 153: Serving fork "Angelique"—International Silver Company, 500 Research Pkwy., Meriden, CT 06450. Platter "Earlswood"—Royal Doulton Group, 700 Cottontail Lane, Somerset, NJ 08873.

FAMILY CAMPING
Page 170: Cabin tent (1)—Coleman Co., Canvas Products Division, 250 N. St. Francis, Wichita, KS 07201. Dome tent (2)—Camel Mfg. Co., Box 835, Knoxville, TN 37901. Cot (3)—Brasil Marketing International, 575 Madison Ave., New York, NY 10022. Air mattresses (4)—Cascade Designs, Inc., Dept. O, 4000 1st Ave. S., Seattle, WA 98134. Small sleeping bag (5)—Eddie Bauer, Inc., P.O. Box 3700, Dept. AM5, 5th and Union, Seattle, WA 98124. Sleeping bag (6)—Wilderness Experience, 20675 Nordhoff St., Chatsworth, CA 91311. Sleeping bag (7)—Eddie Bauer. Travel pack (8)—Eagle Creek, Box 744, Dept. N981, Solana Beach, CA 92075. Duffel (9)—Athalon Co., 3333 E. 52nd Ave., Denver, CO 80216. Solar shower (10)—Reliance Products Ltd., 1830 Dublin Ave., Winnipeg, Canada R3H 0H3. Lantern (11)—Hitachi Sales Corp., 401 W. Artesia Blvd., Compton, CA 90220. Camp box (12)—Action Products Co., Box 100, Odessa, MO 64076. Flashlight (13)—Sanyo Electric, Inc., 200 Riser Rd., Little Ferry, NJ 07643. Canoe Chair (14)—Mad River Canoe, Box 610, Waitsfield, VT 05673. Camp Pantry (15)—Camp Sport, Box 427, East Longmeadow, MA 01028. Camping food (16)—Oregon Freeze Dry Foods, 770 W. 29th Ave., Box 1048, Albany, OR 97321. Grill (17)—Structo Division, King-Seeley Thermos Co., Rt. 74, Freeport, IL 61032. Sink (18)—Reliance Products. Wine tote (19)—Trend Pacific, 507 Towne Ave., Los Angeles, CA 90013.

The new evolution : Survival of the prettiest





The remarkable thing about Arcoroc tableware is not merely how beautiful it looks, but how long it looks so beautiful.

You can expect it to keep its lustrous beauty through years and years of carefree household use, for a very simple reason.

Arcoroc is made from fully tempered glass that is break resistant, lightweight, non-porous and microwave and dishwasher safe. It can be formed into the most delicate designs, yet it's more than three times as strong as ordinary glass.

The result is a complete variety of dinner plates, serving pieces, salad bowls, cups and glasses, in exquisite patterns, shapes and colors you've never seen before. See them now. Even the prices are attractive.

But choose your pattern carefully: you're going to love it a long, long time.

Imported from France
by J.G. DURAND INTL, MILLVILLE N.J.

arcoroc

Elegance designed to last.

FRANCE

NEW OPTIONS FOR DINING SPACES

By SHIRLEY VAN ZANTE, DENISE L. CARINGER, AND ROBERT E. DITTMER

These days, many homes no longer have a dining "room," so squeezing in a spot for family feasting or entertaining isn't easy. But look around. There are more dining options than you think—like a desk area, a sliver of hallway, or a wasted corner. To simplify your search, we've come up with several alternate dining places you may have overlooked, plus a variety of flexible furniture and suggestions for innovative entertaining.

The mini-space between kitchen and family room, *right,* is labeled a "passageway" on the floor plan. But this family summoned a small-scale table and chairs into service and turned the space into a kitchen dining area. Besides being convenient for family meals, the dining spot is handsome enough to work as a beverage bar or snack table when the family entertains. And, there's still plenty of space to walk around the dining pieces to the French doors at right or the seating area in the background.



Photograph: Jessie Walker. Architect: Chris Nicholson

When space is at a premium, look beyond traditional dining sites. You may find just the bit of underused square footage you need for a table and chairs. Even a modest foyer can become an attractive dining spot. In this small contemporary home, the handsome drop-leaf table spends most of its time as a handy hall piece, *opposite.* (It works beautifully as a sofa table, too.) But after dinner guests arrive, the leaves are raised, four chairs are pulled out from inside the table, *far right,* and the table is repositioned for dining, as shown *right.*





Photographs: William N. Hopkins

continued



DINING SPACES

FLEXIBLE FURNITURE

If your idea of elegant dining is a candlelit, sit-down affair, but you have no dining room, don't despair. You can stage your party with a table that changes its size or shape to suit your needs.

This clean-line table, *top right and center,* easily handles lunch for four or dinner for eight. Hinged to each side is a triangular leaf that folds down as needed; gatelegs then swing out to support the corners. Another bonus for the space-conscious is stackable, storable chairs. These armless side chairs stack along the wall or move into a nearby seating area.



Field editor: Mary Anne Thomson

Here's a different kind of expandable table. This beautifully designed extension table, *opposite,* temporarily turns a portion of the living room into an ample sit-down dining spot—or a more than generous table for buffet entertaining.

When the table is not opened to its full 79 inches for large-scale dining or entertaining, its five 14-inch leaves are stored inside, and the piece converts to a handsome wall console, *right,* for displaying treasures or setting out drinks or party snacks. The matching cushioned chairs work overtime, too. They're comfortable enough to be pulled over to the adjacent seating area when not being used for dining.



Photographs: William N. Hopkins. Design: George and Sally Nikolajevich



Photographs: Jessie Walker. Design: Suzie Emerson

continued



DINING SPACES

INNOVATIVE ENTERTAINING

This home has no dining room, so a corner of the living room was turned into an inviting dining spot, *right*, with an upholstered banquette, a table, and four chairs. The area is set apart by a change of level, but you also can use an area rug beneath your dining pieces or even leave the floor of the dining area bare to divide it from a carpeted conversation grouping nearby.



Photograph: Ross Chapple. Design: Carol Siegmeister. Field editor: Eileen Deymier

For a change of scene, decentralize your dining by dividing your dinner between two serving sites. Try serving soup or salad around a coffee table in the living room. Later, set out coffee and dessert on an end table or a game table, like this one, *below right*. Not only can a small table and chairs serve a crowd—they also create a cozy dining spot for two.

Instead of making a dining room do double duty, you might use a home office as a dining area, *opposite*.

In this city apartment, good-looking storage pieces and a durable work surface serve as a handy office—then moonlight as an evening dining or buffet spot. The upholstered office chairs are just as comfortable for dining as for desk work, and the chairs easily slide into the adjacent seating arrangement.

Buying information, page 58



Photograph: Jessie Walker



BETTER HOMES AND GARDENS, MAY, 1982

Photograph: William N. Hopkins. Design: Jon Bruton, Michele Olson. Field editor: Mary Anne Thomson

Gardener's log

"Give fools their gold,
and knaves their power;
Let fortune's bubbles
rise and fall;
Who sows a field,
or trains a flower,
Or plants a tree,
is more than all."
—John Greenleaf Whittier (1807-1892)

Grow yarrow for drying

If you enjoyed our feature article on flowers to grow and dry for permanent arrangements (page 104), here's one more flower you should consider. Most varieties of yarrow or achillea grow fairly tall, two to three feet; but there also are varieties that remain matlike, with flowers borne on four- to six-inch stems. The plants usually have fernlike foliage. Yarrows perform well in sunny, dry locations and are not fussy about soil, but will do best in good loam.

Yarrow Coronation Gold is especially suited for dried fall bouquets. It grows to three feet in height and blooms from June to August.

Yarrow Fire King, *Achillea millefolium,* has silver-gray foliage and rosy red flower heads on 24-inch stems.

Yarrow Moonshine, *Achillea filipendulina,* produces canary-yellow blooms on 18- to 24-inch stems and has silver-gray foliage. It blooms from June to September.

Yarrow Angel's Breath, *Achillea ptarmicifolia,* looks like a larger variety of baby's-breath. Its white rosettes of bloom cluster on 18-inch stems.

Achillea ageratifolia, one of the low-growing yarrows, is well suited for rock gardens and as an edging for flower borders. Single, daisylike blooms on four- to six-inch stems begin appearing in June and continue until September. This yarrow needs alkaline soil; if yours is acidic, have a sample analyzed and add the correct amount of lime to sweeten the soil.



Yarrow Coronation Gold

Starve these plants

If your morning-glories or nasturtiums had plenty of healthy leaves but few if any flowers last year, you probably made the mistake of feeding your plants. Unbelievable as it sounds, these plants, and others such as portulaca, actually bloom better when they are held in an undernourished state. Try them again this year in a warm, sunny place where the soil is known to be fairly poor. And *don't* feed them.

Forget old wives' tales

Some people mistakenly believe white iris should not be planted with colored iris, for in time the plants will all bloom white.

The same people think gladiolus reverts to common colors. This simply isn't so. What you plant is what you get. The hardier varieties (the more common colors) tend to multiply more quickly and crowd out the less hardy strains. Thus, "survival of the fittest" led to this misconception.

Gardener, spare that ant!

New gardeners often have the urge to kill when they see an insect or other creature in the garden. Actually, some creeping, crawling, hopping, flying beasties are really the gardener's best allies. Many spiders, snakes, birds, toads, and cannibalistic insects, such as the ladybug and the praying mantis, gobble up the abhorred chewing, sucking, vegetarian insects in amazing numbers.

Another harmless inhabitant of the garden is the busy ant. Black ants clambering over your peonies may disgust you, but there's no reason for alarm. The ants won't eat the flowers; the insects are merely after the sweet nectar secreted by the peony buds.

IN THE SOUTH
Site your hydrangeas

Hydrangeas must have shade in the South. They will wilt quickly in hot summer sun, so locate them on the north side of a building or where shade is fairly heavy. The plants are perfectly hardy outdoors and will, in time, grow to a height of eight feet. Any good garden soil suits them, but feed them occasionally with a balanced fertilizer.

Illustration: Steven Schindler

The fresher...the better!



And fresher dressings start with Best Foods®!

DIRECTIONS: Just mix Best Foods Real Mayonnaise with the ingredients listed below. Cover, chill... and you've got about 1½ cups of creamy-delicious dressing. Try it tonight!

Pleasin' Cheese 'n Herb

- 1 cup BEST FOODS® Real Mayonnaise
- 1/2 cup chopped parsley
- 1/4 cup grated Parmesan cheese
- 2 Tbsp lemon juice
- 1 clove garlic, minced
- 1 tsp dried basil leaves

Crème de la French

- 1 cup BEST FOODS® Real Mayonnaise
- 2 Tbsp lemon juice
- 4 tsp sugar
- 1 Tbsp milk
- 1 tsp paprika
- 1/2 tsp dry mustard
- 1/4 tsp salt
- 1/8 tsp pepper

Dilly Cucumber

- 1 1/2 cups peeled, seeded, chopped cucumber
- 1 cup BEST FOODS® Real Mayonnaise
- 2 Tbsp finely chopped onion
- 1 Tbsp milk
- 1 Tbsp lemon juice
- 1/2 tsp dill weed (optional)
- 1/4 tsp salt

True Blue Cheese

- 1 cup BEST FOODS® Real Mayonnaise
- 4 oz blue cheese, crumbled
- 3 Tbsp milk
- 2 Tbsp lemon juice
- 1 Tbsp finely chopped onion
- 2 tsp sugar
- 1/4 tsp Worcestershire sauce
- 1/4 tsp dry mustard
- 1/4 tsp salt

Dreamy Italian

- 1 cup BEST FOODS® Real Mayonnaise
- 3 Tbsp milk
- 2 Tbsp cider vinegar
- 1 clove garlic, minced
- 1/2 tsp dried oregano leaves
- 1/2 tsp sugar
- 1/4 tsp salt
- 1/8 tsp pepper

Blushin' Russian

- 1 cup BEST FOODS® Real Mayonnaise
- 1/3 cup catsup or chili sauce
- 1/3 cup chopped pickles
- 2 tsp lemon juice
- 2 tsp sugar



Best Foods makes it better!

©1981 Best Foods CPC International Inc. Englewood Cliffs, N.J. 07632

Judy Crawford

DOES YOUR PET NEED Dental Care?

Have you ever taken a look inside your pet's mouth? That's the first step in preventing infections that can endanger your pet's overall health.

Only recently have pets' teeth gotten much attention. But you'll find most veterinarians today emphasize basic tooth-care techniques, and their clinics are equipped for routine dental exams and treatments. Help for more specialized dental problems is available at veterinary colleges across the country. In fact, root canals and dental crowns are fairly common. But even with advances in animal dentistry, your pet's dental care is largely your responsibility. Here's how you can set up a simple program of regular oral hygiene for your dog or cat.

Feeding for healthy teeth

The cardinal rule is: Don't feed your dog or cat sweets. Sugar clings to the teeth and supports bacterial growth, which eventually can lead to tooth and gum disease.

On the other hand, be sure to include some dry food in your pet's rations. Crunchy food helps clean his teeth, and it also massages and strengthens the gums. (Note: If your cat has urinary tract problems, you should consult your veterinarian before adding dry food to your pet's diet.)

Your dog's teeth also will benefit from chewing on hard, dry biscuits, rubber toys made for pets, and rawhide-type treats (cats tend simply to play with these items). Large, raw knucklebones that won't splinter can help clean your pet's teeth, too.

Monitoring your pet's mouth

You should examine your pet's mouth once a week. If possible, start the examinations as soon as your puppy or kitten is a few weeks old. That will accustom your pet to the routine so he'll be easier to handle when he's grown.

The threat of periodontal disease—inflammation or infection of the gums—is what makes pet dental care critical. Periodontal disease is by far the most common cause of tooth loss in pets. But more dangerous is the possibility that bacteria from diseased gums may spread to other parts of your pet's body through his bloodstream.

Periodontal disease may begin when tartar or hardened plaque starts to form on the teeth. You'll probably notice some of this dark orange or brownish deposit near the gum line, often on the outside of the animal's upper molars, when your pet is a year or two old. Gums that are swollen, infected, reddened, and tender also indicate your pet may have periodontal disease.

Unlike people, pets aren't cavity prone. Tough tooth enamel, plus alkaline saliva, make cavities in dogs and cats rare. If a cavity does appear, it will look like a black spot, usually near the gum line or on top of the tooth.

Your veterinarian may suggest filling the cavity if it's small. But often by the time a cavity is discovered, it's so big that the tooth has to be pulled.

Cleaning tips

Get in the habit of cleaning your pet's teeth when you examine them each week. If plaque stays on your pet's teeth for longer than a week, the deposit may harden and become difficult to remove.

Cleaning your pet's teeth can be a simple process. Wrap moist gauze or a washcloth around your finger, dip your finger in a mixture that's half salt and half baking soda, and then wipe each tooth on both sides from the gum to the crown. (Take care that your pet doesn't swallow much of the cleaning solution.) Massage the gums as you go with clean gauze dipped in water. Be especially gentle the first few times you clean your pet's teeth, and most importantly, lavish praise on your pet as you clean.

For an adult pet that's used to the routine, you can try applying the soda mixture with a child's soft toothbrush.

continued



Illustration: Andrea Eberbach

Ralston Purina Company

Your big dog may have big bone problems.



Hero™...for the strongest bones possible!

LARGE BREED DOGS can suffer from hip dysplasia and other bone-related problems. Some problems may be hereditary, while others can be caused by inappropriate feeding habits. Eating meals that are overly high in calories can cause a big dog to carry extra weight, increasing the workload on the bone structure and predisposing him to joint problems. The use of vitamin/mineral supplements is unnecessary and can be harmful to proper bone development and maintenance.

HERO™ BRAND DOG FOOD is the result of more than eight years of Purina research. Hero provides complete nutrition, and it's the only dog food specially made to help maintain strong bones in large breeds. That's because Hero is formulated with the optimum balance of calcium, phosphorous, vitamins and other nutrients to help maintain strong bones. HERO Puppy Food will help build the best possible bone structure in large breed puppies.

Hero Dog Food. If you've got a big dog.



SAVE **50¢** ON ANY SIZE

STORE COUPON

SAVE **50¢** ON ANY SIZE

HERO™ Brand DOG FOOD
HERO™ Brand PUPPY FOOD

CONSUMER: Please be sure the coupons you redeem have not expired and are accompanied by the required purchase. RETAILER: For payment of face value plus 7¢ handling, send to Ralston Purina Company, P.O. Box PL 1, Belleville, Illinois 62224. Coupon will be paid only if presented by a retailer of our merchandise or a clearing house approved by us and acting for and at the risk of the retailer. Retailer must submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the coupons presented for redemption. Ralston Purina Company reserves the right to withhold payment on and declare void coupons received in mint condition or mass cut. This coupon is nontransferable, non-assignable and nonreproducible. Any sales tax must be paid by customer. Offer good only in U.S.A., APO's, FPO's. Void where prohibited, taxed or otherwise restricted. Cash redemption value of 1/20 of 1¢.

LIMIT ONE COUPON PER PURCHASE AS SPECIFIED ON THE FACE OF THIS COUPON. ANY USE NOT CONSISTENT WITH THESE TERMS CONSTITUTES FRAUD AND MAY VOID ALL COUPONS SUBMITTED FOR REDEMPTION.



85 HO 85 **COUPON EXPIRES MAY 31, 1983**

© Ralston Purina Company, 1982



continued

Does your pet need dental care?

Another option is using a solution of hydrogen peroxide and water (mix approximately one teaspoonful peroxide with one-half cup of water), which is even more effective in destroying oral bacteria. The bubbly hydrogen peroxide solution works to remove food particles from between your pet's teeth. But this foaming action may upset your pet and even cause him to vomit. Most toothpastes for people foam, too, and they aren't recommended for dogs and cats. But there is a digestible, beef-flavored toothpaste you can try that's designed especially for pets.

In most cases, small tartar deposits can be cleaned from your pet's teeth with your fingernail. To remove stubborn food particles, use your finger or a toothpick, or try a water toothpick or water pistol. If the particle simply won't budge, your veterinarian may have to remove it.

Your pet also needs a yearly dental checkup, along with his regular visit to the veterinarian. Typically, the veterinarian will remove serious tartar buildup from your pet's teeth, manually or with ultrasonic scaling equipment. Either way, dogs and cats usually are sedated for this procedure. The veterinarian also will clean the pocket between the teeth and gums, as well as polish the teeth to retard the accumulation of plaque. But if you're doing your part at home, your pet's annual dental checkup at the veterinarian's should be uneventful.

Spotting other symptoms

Keep on the lookout for other signs of trouble as well. With few exceptions, persistent bad breath means that your pet has some form of oral or periodontal disease—anything from swollen gums to abscessed teeth (not always visible to the pet owner). If your pet paws at his jaw, continually tilts or shakes his head, growls while eating, or refuses food altogether, it could signal that a tooth is chipped, broken, loose, abscessed, or aching from advanced decay.

When your dog or cat chips a tooth, it's not necessarily a cause for alarm. In fact, a chipped tooth probably is harmless, unless nerve endings are exposed. Then drinking may be painful for your pet, and the tooth may become infected and even abscessed.

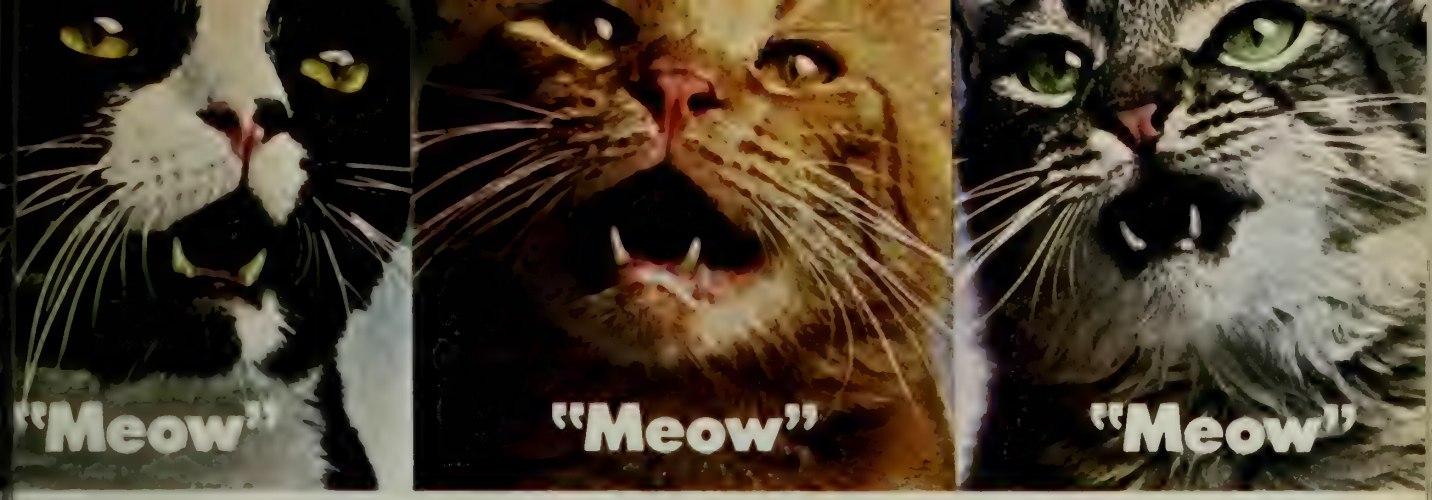
An abscessed tooth often will have to be extracted. Sometimes a molar that's abscessed causes swelling in the jaw or a sore that doesn't heal under the animal's eye. If the infection is severe, it even may make a hole where the root of the tooth enters the sinuses (see your veterinarian immediately).

Also watch for other symptoms that may be the result of chronic periodontal disease in your pet. They include diarrhea, drooling, vomiting—or just plain grouchiness.

Defining problems by age

Dogs and cats, like people, experience different dental problems at different ages. When your pup or kitten is three to five months old, he'll begin to lose

continued on page 73



THEM'S EATIN' WORDS.

Boy, is your cat asking for it.

He's asking for the great taste of Meow Mix® brand cat food. So go ahead, give it to him.

Give him the tasty combination of three flavors cats love most—tuna, liver and chicken. All the variety a cat can ask for.

Give it to him good. As a matter of fact, give it to him delicious.

In separate, bite-size morsels. That stay fresh all day long. Making sure your cat gets everything he deserves. Everytime he eats.

And he's going to eat those great tastin' morsels like there's no tomorrow.

So remember, never tell your cat you've run out of Meow Mix.

That's like taking the words right out of his mouth.



© R.P.Co., 1981

ONLY MEOW MIX TASTES SO GOOD CATS ASK FOR IT BY NAME.

Kings: 2 mg. "tar," 0.3 mg. nicotine; 100s: 4 mg. "tar," 0.5 mg. nicotine av. per cigarette, FTC Report December 1981.



Come to Taste City

KINGS	100s
2 mg	4 mg

© Lorillard, U S A., 1982

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



t's where taste and ultra low tar come together. Kent III. Taste City!

"BIG BIRD 'N ME!"

Just one of the great reasons to give a Big Bird Supergym™



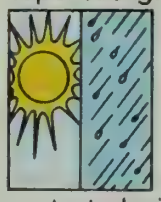
Kids ride high with Big Bird. Their Sesame Street friend really comes to life for them when they're swinging on the Big Bird Sky-Ride™. More than a ride, it's "Big Bird 'n Me!"

Of course, the Big Bird Supergym also has a Sesame Street Tire Swing, a



Two-Seat Mini-Whirl™, and other great rides. So kids stay busy and happy for hours on end.

Gym-Dandy's patented topbar keeps Big Bird swingin' steady. All our gyms feature a super strong welded topbar system. Every leg socket and every crossarm is welded solidly to the topbar for the kind of super strength and

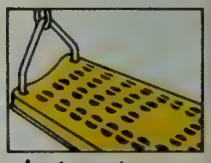


durability only Gym-Dandy can provide.

Our gyms can really take a beating. The rugged Colorclad® slide bed is galvanized and further protected with three coats of tough polyester.

Our sturdy frames have polyester powder paint electrostatically applied, and then baked on for super protection.

This unique technology allows us to apply a more uniform coat of paint that's 40% thicker than most gyms. So, rain or shine, your Gym-Dandy gym will always look its best.



Gym-Dandy won't give your kid a hot seat. Or a hot foot. That's because we use Dura-Kool® plastic seats and footsteps. They keep kids comfortable, no matter how strong the sun is shining.

You want to give your child Big Bird and a whole lot more? Bring home Gym-Dandy. It's built like no other gym on the block.

For your nearest Gym-Dandy Dealer, dial Toll Free anytime: 800-447-4700, (in Illinois, dial 800-322-4400).

GYM-DANDY®

BUILT LIKE NO OTHER GYM ON THE BLOCK.



Gabriel Industries, a division of CBS Inc.
41 Madison Avenue, New York, NY 10010

BIG BIRD © 1982 Muppets, Inc.
© 1982 Children's Television Workshop.



the bone, gums, and membranes that surround the teeth and provide them with support and nourishment.

Pets in their later years often develop a severe periodontal disease known as pyorrhea. It can result in abscessed teeth ringed by a pus-like discharge. Besides having bad breath, a pet with pyorrhea may have difficulty chewing. Usually cats and small dogs fed completely soft diets and table scraps are especially prone to develop this disease. Though periodontal disease can be controlled in most cases, it can't be cured in advanced stages.

Predicting problems by breed

Various dog breeds are particularly susceptible to dental problems. For example, most short-jawed dogs—such as Pekingese, pugs, bulldogs, and Boston terriers—have improper bites because their overcrowded teeth are forced out of alignment. A veterinarian can help correct the problem by removing certain teeth, which allows the rest to move back into place.

Small dog breeds, such as poodles and chihuahuas, often retain their baby teeth as their permanent teeth come in. Again, this results in overcrowded teeth that eventually will throw the dog's bite out of alignment. Small pooches in general are most susceptible to periodontal disease.

Animals that regularly groom themselves—particularly long-haired cat breeds—often get hair caught between their lower teeth. It's up to you or your veterinarian to remove any trapped hair from your pet's teeth; otherwise, bad breath and gum infection may result.

continued from page 68

Does your pet need dental care?

his deciduous or baby teeth as his permanent teeth come in. Sometimes, however, an animal's baby teeth don't fall out, so he has two teeth where there should be only one. A veterinarian usually will pull a baby tooth to make room for its permanent replacement. If these teeth are allowed to double up, they can interfere with your pet's normal bite or the positioning of his teeth, which ultimately can make chewing difficult for your pet.

While your pet is teething, he'll appreciate something special to chew on. A hard rubber toy is best; if the toy is made of soft rubber or another material, your pet might chew off bits of the toy and swallow them. Expect your pet to drool while teething, but if he vomits or loses his appetite, consult your veterinarian.

Another dental problem may result if a young pet has distemper or parasites, or suffers from nutritional deficiencies. Such ailments can pit tooth enamel while it's still forming during the early months of your pet's life. Later, the animal's weakened tooth enamel may become stained and make the tooth less resistant to developing periodontal disease and to decay.

As pets approach middle age, there's an increased threat of periodontal disease. This disease causes the destruction of



Beautifully coordinated. Beautifully priced.

Save $15 to $70 on Sears Best Dark Oak finish Bath*

Sears brings you The Total Bath of luxurious beauty. Harmonizing, finely crafted pieces have solid oak raised-panel doors, frames and drawer fronts with wood veneered sides. The deep luster of Dark Oak is enriched by a seven-step hand rubbed finish. (Or, for a different look with the same high quality, choose Sears Best Oak finish and Cane Bath shown in inset.) A delightful choice for any size bathroom. And everything shown here is available at Sears.

Vanities. Both styles are available at the same low sale prices. Lavatory tops and faucets not included.

36-in. Vanity. Shown in Dark Oak finish (above). Now $199.99. **Save $70.**

30-in. Vanity. Not shown. Now $149.99. **Save $50.**

24-in. Vanity. Shown in Oak finish and Cane (inset). Now $129.99. **Save $40.**

20-in. Vanity. Not shown. Now $99.99. **Save $40.**

Tri-Panel Tub Door with Dark Oak Look Trim. Now $189.99. **Save $30.**

Storage Cabinet. In Dark Oak finish (above) or Oak finish and Cane (inset). Now $119.99. **Save $20.**

Bone Plastic Tub Wall Surround. Now $149.99. **Save $20.**

Dual-control Washerless Chromed Faucet (above). Has color insert to coordinate with either Total Bath. Now $29.99. **Save $15.**

On Sale: May 2-15

For styling, quality and value . . .

You can count on

Sears

© Sears, Roebuck and Co., 1982

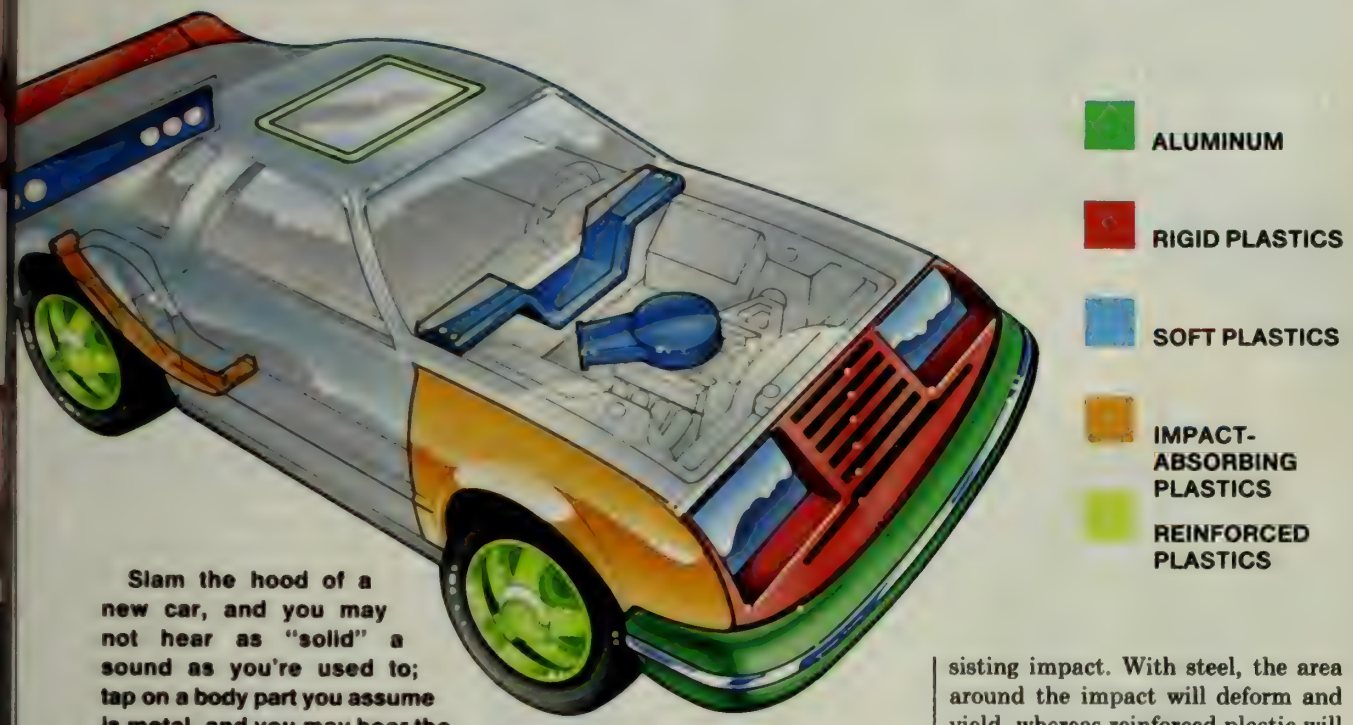


*Minimum savings nationally. Available at most Sears retail stores. Prices and dates apply only to the continental United States.

Kim Garretson

WHAT YOU SHOULD KNOW ABOUT THE

New Materials In Your Car



Slam the hood of a new car, and you may not hear as "solid" a sound as you're used to; tap on a body part you assume is metal, and you may hear the hollow sound of plastic. Does this mean that cars are made of flimsier materials today? No—in most cases, these new lightweight materials are just as strong as the heavier materials they replaced. Besides helping to increase gas mileage by reducing the weight of the car, the new materials offer other advantages like corrosion resistance and good looks. But the new materials may require different care and repair techniques. Here are some helpful guidelines.

What are the new materials?

In most cases, plastic in one form or another is the lightweight material of choice when a manufacturer wants to trim weight from a car. And aluminum is the most popular lightweight metal used to replace other metals like steel.

About 200 pounds of plastic go into the total weight of a 1982 domestic car. (That compares with 20 pounds of plastic in the 1959 Cadillac.) More than 25 different types of plastic are used in new cars. The plastics are roughly categorized as rigid, flexible, and reinforced rigid plastic (usually reinforced with fiber glass and often simply called fiber glass).

You're probably most familiar with the rigid plastics because these materials have been found in cars for many years, on the glove box lid and steering wheel, for example. The flexible plastics are used for some familiar parts like vinyl seats, but also are found in more uncommon parts like soft, colored bumpers.

Reinforced plastic parts are popular not only because they weigh less, but also because they're corrosion-free, and can be made in unusual shapes. Instead of fastening together several metal parts to fashion an odd shape, the car maker often can produce the same shape with one reinforced plastic part. Also, reinforced parts can be tougher than steel in resisting impact. With steel, the area around the impact will deform and yield, whereas reinforced plastic will deflect and distribute the force over the whole part and often spring back to the original shape.

With these advantages, why aren't more car parts made of reinforced plastic? One reason is economics—a plastic part may cost more than a comparable metal part because manufacturing a plastic part sometimes takes longer. There also is the problem of high repair costs when damage does occur to reinforced plastics. Often the material can be patched, but sometimes the entire part must be replaced because the materials can't be pounded out and smoothed out like metal. Another problem is that some repair shops don't have mechanics who are trained to repair plastic parts. The situation is expected to improve, however, thanks to a joint training program offered by Ford Motor Company and the Inter-Industry Conference on Auto Collision

Illustration: Hellman Design

continued

Tropicana 100% Pure Florida Grapefruit Juice.
Hours after a Tropicana grapefruit is picked, it's squeezed. That's the simple secret to Tropicana's fresh, fresh taste.

Tropicana Florida Grapefruit Juice
Tastes like you picked it fresh off the tree.

SAVE 20¢
On any 2 quarts or ½ gallon
ontainer of Tropicana Grapefruit Juice
Grocer. We will reimburse you for the face amount of the coupon plus 7¢
r coupon for handling provided you and the consumer have complied with
e terms of this offer. Presentation for redemption without such compliance
nstitutes fraud. Invoices proving purchase of sufficient stock of our
and(s) to cover coupons presented for redemption must be shown upon
quest. Consumer must pay any sales tax. Coupon may not be transferred
assigned and is void where its use is prohibited, taxed or otherwise re-
icted. Cash value 1/20¢. This offer is limited to one coupon per purchase.
deem by mailing to Tropicana Products Sales, Inc., P.O. Box 1497, Clin-
n, Iowa 52734. Coupon must be forwarded to clearing house within 60
ys of expiration date. Clearing house expires October 30, 1982.
48500 107478
Coupon expires August 28, 1982



continued

New materials in your car

Repair. Ask your repair person if he or she has taken this course or had other training.

Where do you find the new plastics?

Large plastic parts on some cars—tailgate, headlight housing, even a hood or a fender—usually are reinforced plastic. You may find nonreinforced rigid plastic parts on the grille, in the engine compartment, and of course, on decorative trim parts in the interior. If the rigid plastic is cracked or broken, you often can simply repair it with glue. Finding rigid plastic parts (reinforced or not) usually takes only a tap; anything that sounds like plastic probably is. However, some of today's new hard plastics may look and sound just like metal. To determine if a part is plastic, push on it to see if it deflects slightly (metal is more rigid than plastic) or try to scratch the back of a piece and notice whether this reveals the glint of metal or the dull color of plastic. You can spot the flexible plastics, like soft front bumpers, with only a poke or a pinch.

Soft urethane is being used for front bumpers that match the cars. Among the cars featuring the bumpers are the Datsun 280ZX, Nissan Stanza, Chrysler K cars, Pontiac Grand Prix, Ford Mustang and Thunderbird, Chevrolet Camaro, and Pontiac Firebird. The flexible urethane covers an impact-absorbing steel beam capable of withstanding impacts at up to five miles per hour with little or no damage. Many other cars have a flexible plastic panel between the chrome bumper and the car's body.

To find the reinforced plastic parts on your car, start by checking the following partial list of such parts on cars introduced in the last three years. (Parts that are found only on 1982 models are indicated separately.)

Front-end panel—the piece, above the front bumper which holds the grille and surrounds the headlights: Cadillac Cimarron, Chevrolet Cavalier, Ford

continued

BRINGING OUT THE BENNY GOODMAN IN BECKY GRAHAM WAS NO SIMPLE OPERATION.



A child may be born with great natural musical talent. But, unfortunately, she may also be born with something that prevents it from developing. A malformed jaw. Which may make the proper placement of lips and teeth on a reed instrument impossible.

Not only that, a malformed jaw can create a host of other problems. For one thing, kids with "funny looking" jaws often are teased; the butt of jokes, which can lead to deep-seated emotional difficulties. Furthermore, a malformed jaw can interfere with the basic functions of chewing, swallowing, speaking, and even breathing.

Specialized help can change a child's life.
Fortunately, just because a child is born with a malformed jaw doesn't mean she has to live with it. There's someone who can help bring out all the natural talent the Becky Grahams of the world possess. The Oral and Maxillofacial Surgeon.

Specializing in disorders of the mouth, teeth, jaws, and facial structures, the oral surgeon is uniquely qualified to help. Treatment may require that the jaws be surgically moved to a more normal position —a complex procedure— but one which the oral surgeon's years of training and experience make him eminently qualified to perform.





Concern for your total health.
The span of the oral surgeons' specialty goes far beyond malformed jaws. They're concerned, for instance, about accident victims who suffer facial injuries. About abnormal wisdom teeth. About patients whose gums and jaws prevent the comfortable use of dentures. They're specially trained in the most effective techniques of diagnosing and treating facial pain.

But, just as important, the oral and maxillofacial surgeon is actively involved in alerting us to hidden everyday hazards. A prime example is the safety bar on the back of most school bus seats, a frequent cause of childhood facial injury. As always, prevention is the best policy.

Write to us.
For more information about this dental surgical specialty, write: *The American Association of Oral and Maxillofacial Surgeons, P.O. Box 1024, Tinley Park, Illinois 60477.*

And, remember, if your child has a "funny looking" jaw or some other facial disharmony, it may be keeping her from a lot of happiness. And the world from a lot of beautiful music.

AMERICAN ASSOCIATION OF ORAL AND MAXILLOFACIAL SURGEONS

DENTAL SPECIALISTS WORKING TO INSURE YOUR TOTAL HEALTH

continued

New materials in your car

Lincoln, Ford Escort, Mercury Lynx, Chrysler Cordoba.

Rear deck spoiler—the raised lip for improved aerodynamics across the trunk lid at the rear of the car: Chevrolet Citation X-11, Pontiac Phoenix, Ford Mustang, two-door Dodge Omni and Chrysler Horizon.

Hood: Chevrolet Citation X-11, 1982 Chevrolet Camaro (some models), Ford Econoline Van.

Station wagon tailgate: Oldsmobile 88 and 98.

Rear load floor: 1982 Pontiac Phoenix hatchback, 1982 Chevrolet Citation hatchback, Volkswagen Rabbit, Chrysler K-body station wagons.

Hood louver: Chevrolet Monte Carlo.

Headlight housing: Dodge 400 and Chrysler Le Baron.

Side-view mirror housing: 1982 Mustang, 1982 Mercury Capri.

Valance panels (below front bumpers): 1982 Chevrolet Celebrity.

Where do you find aluminum parts?

Aluminum parts are harder to spot than plastic parts because they often sound like steel when you tap on them. Most aluminum parts are not visible from the outside of the car. These parts include transmission housing, water pump, intake manifold, air cleaner housing, heat shield, and radiator. About 130 pounds of aluminum are used on an average car. Here are some exterior aluminum parts commonly found on domestic cars:

Sunroof frame and panels: Datsun, GM, Ford, Chrysler (all models); American Motors (some models).

Trunk lid: Pontiac Bonneville, 1982 Pontiac J2000 (some models).

Hood: Oldsmobile 88 and 98 (some models), Pontiac Bonneville and Grand Prix, Lincoln Continental, Buick Regal (some models), 1982 Pontiac J2000, A6000, Firebird (some models).

Much of the shiny trim around windows and on door sides and wheel covers is made of anodized aluminum. Anodizing is an electrical chemical process which produces a uniform, transparent oxide film on the metal.

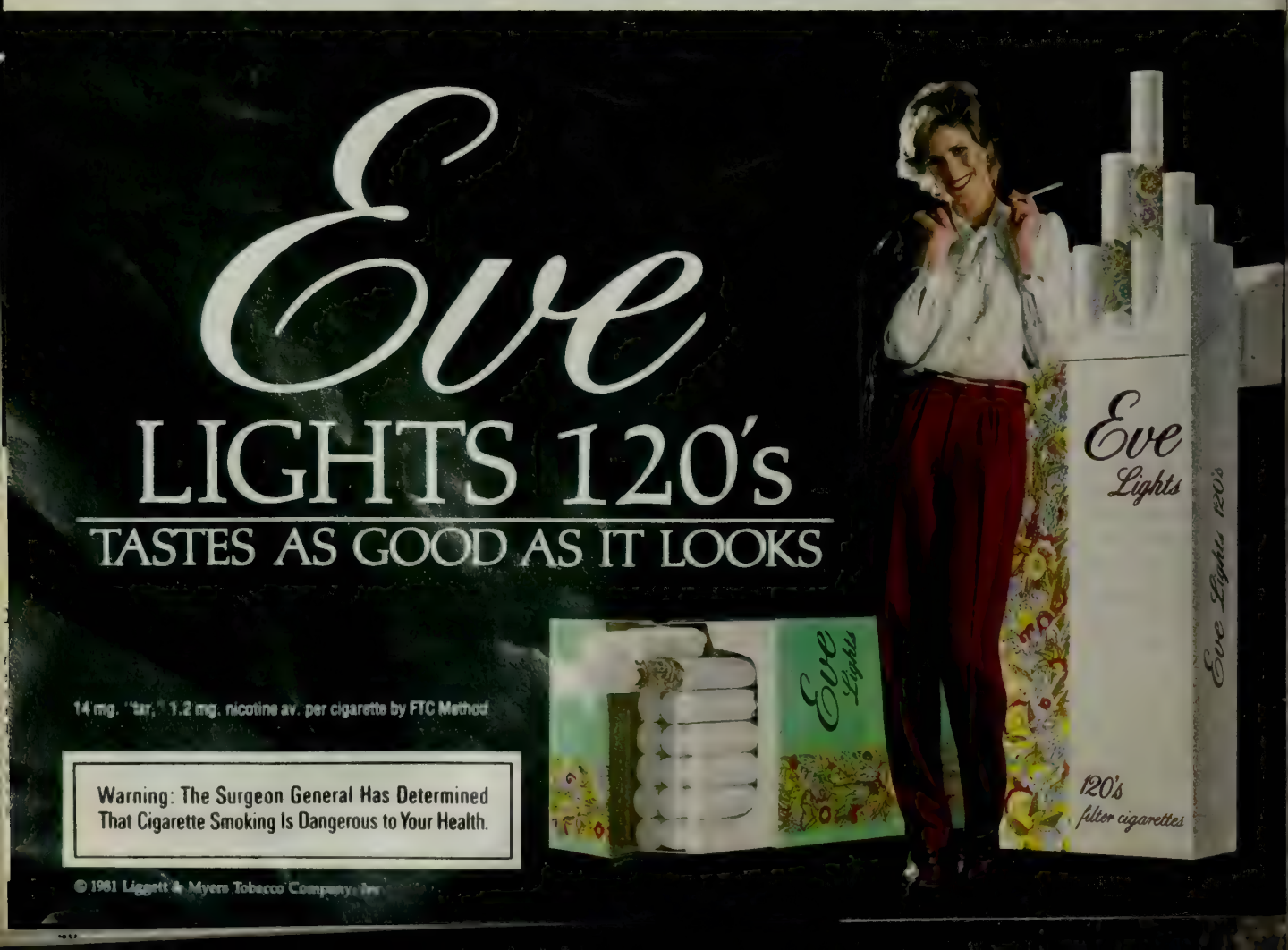
Anodized aluminum bumpers are on the Buick Skylark; Oldsmobile Omega; Ford Fairmont/Zephyr, and Pinto/Bobcat; Chrysler Omni/Horizon; American Motors Concord, Spirit, Eagle. Several other models have chrome-plated aluminum bumpers.

How do you care for the materials?

Frequent washing is just as important for cars with new materials as for older models, despite the fact there's less chance of rust from caked-on dirt and salt. Dirt that is left on the car's exposed surfaces, whether they're metal or a new material, will dull the finish with micro-scratches your eyes can't see.

Ideally, you should wash the car two to four times a month, but the weather and your washing facilities might alter that schedule. However, we don't recommend substituting an automatic car wash for the do-it-yourself job, unless

continued on page 82



THE BEST TEST OF A SEALY POSTUREPEDIC IS YOU.

Can sleeping on a Sealy Posturepedic® really make a difference in the way you look and feel? See for yourself.

Come feel Posturepedic's smooth, luxurious, deep quilting; the 5 layers of cushioning that give you the ultimate in sleeping comfort.



Come test Posturepedic's unique back-support system, designed in cooperation with leading orthopedic surgeons.

Come choose the combination of firmness and comfort that's just right for you.

You'll see the difference Posturepedic makes in a mattress. And people will see the difference Posturepedic makes in you. Really!

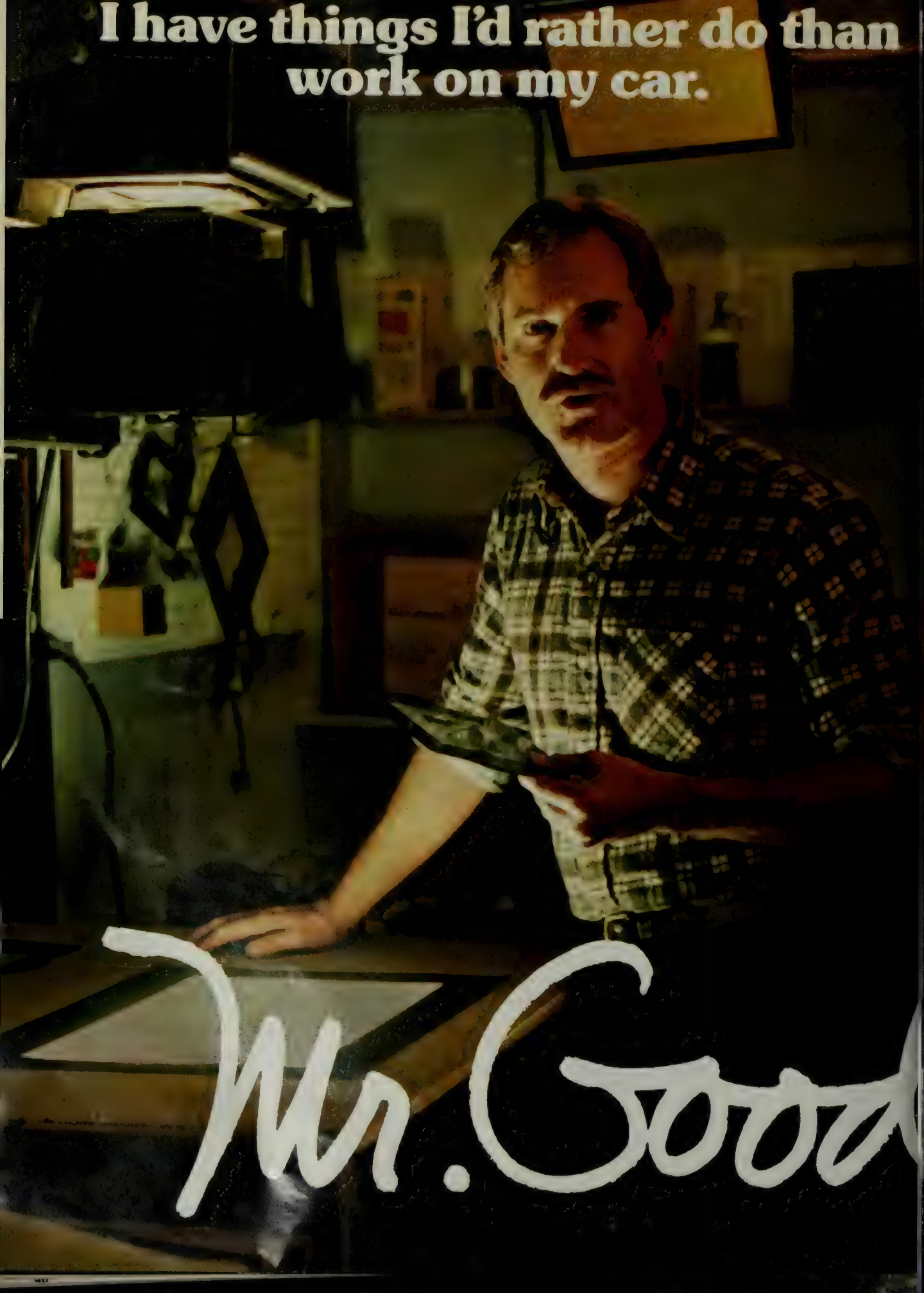




Sealy Posturepedic

Sealy.

© 1982 Sealy, Inc.


I have things I'd rather do than work on my car.
Mr. Good

But I want the same kind of careful work I'd do myself.



Professional workmanship makes a difference even on small jobs. That's why I take my GM car to Mr. Goodwrench. He has the right tools. He has the right training – GM training. And he has the right parts available – genuine GM parts.

Mr. Goodwrench is committed to reasonable prices – he has pledged to be competitive with other mechanics I could go to around here. And he even offers while-you-wait quick service on many popular service jobs. I'm in and out in a jiffy!

So keep that great GM feeling with genuine GM parts at participating independent Mr. Goodwrench dealers selling Chevrolets, Pontiacs, Oldsmobiles, Buicks, Cadillacs, GMC and Chevy trucks.



Wrench

GM QUALITY SERVICE PARTS

GM

GENERAL MOTORS CORPORATION



continued from page 78

New materials in your car

the car wash uses high-pressure jets of water rather than rollers with bristles to clean the car. The nylon bristles on the rollers can scratch the surface when they roughly push the dirt off your car. This is particularly likely to happen if you have a large car because the rollers are set on a spring tension that allows them to reach smaller cars.

When washing your car, first soak the parts made of new materials by using a garden hose (but not the spray nozzle). Then fill a large celluose sponge with a solution of water and car-wash liquid or powder (don't use harsh household detergents), and gently wipe across the part to remove the dirt.

Most new materials can be waxed along with the painted metal body. If the part is painted, you generally can use a cleaner (an abrasive compound), a one-step cleaner/wax (a wax with some abrasives), or a pure wax with no abrasives. But if a hard plastic part is not painted or is painted with chrome paint, you should not use products with abrasives because they might scratch the part. Another material the abrasives can scratch is brushed metal trim. And the abrasives can become embedded in black rubber bumper pads.

Use the following techniques to remove spills and stains from all types of plastics:

Chemical spills. Active chemical solvents in gasoline, engine cleaner, nail polish remover, and other products can cause paint to blister and crack, so wash off the spill immediately. If you wait, the plastic itself might be scarred.

Paint and tar stains. Use turpentine or paint thinner sparingly and wash it off immediately. Do not use acetone.

Oil and grease spots. Use a special cleaner for removing oil and grease and follow the label directions carefully.

How do you repair the materials?

On damaged soft plastic parts, you should use standard touch-up paint only on small scratches because this paint is not flexible like the original paint and can crack on larger areas. If you want to paint larger areas, you'll need paint with a "flexibilizer" added. The paint should be available at your car dealer's or an auto paint shop. Repairing large punctures, gouges, or tears in soft plastics is best left to a body shop. But if the damage is slight, you can sometimes repair it with a super glue or a two-part urethane adhesive glue from 3M. You'll find how-to steps for repairing soft plastic in a General Motors manual we list below.

Although damaged reinforced plastics can't be pounded out and smoothed like metal, you can make minor cosmetic repairs at home if you have the proper power tools (and if the damage does not penetrate the part). Of course, repairs aren't as critical as with steel parts because there's no danger of rust's setting in. But if paint chips or scratches expose the plastic part, some of the plastic resin surrounding the fiber glass may erode, causing a slight roughening of the surface. Here are the repair steps:

1. Use a burr bit (available at auto parts stores) on a power drill to carefully rout a V-groove the length of the scratch or gouge, taking care not to cut through the part.

2. Remove the flaky edges of the cut and feather-sand the paint back about one-half inch from the damage. Clean the area with a dry cloth (don't wipe with a solvent).

3. Use a polyester body filler to fill the area. Follow the directions on the label.

4. Shrink the filler with a heat gun and then sand the material until it is smooth and even with the surface.

5. Prime and paint the area the same way you would a metal part.

Repairing structural damage usually is best left to a professional. However, a step-by-step manual for this type of work (on flexible as well as reinforced plastics) is available. You can order single copies from General Motors Service Information, P.O. Box 7124, Detroit, MI 48202.

To make minor repairs on aluminum parts, follow the same procedure you would use for steel parts. But instead of cleaning the surface with a rust remover before repainting, use a commercial aluminum oxidation cleaner.

Other new materials

Here are other new materials you should be aware of:

Softer weather stripping. On some of the new cars, the soft plastic weather stripping is several times thicker and softer than that used on older models. The new weather stripping is ozone resistant (weather won't damage it), and it seals and soundproofs the car better than conventional weather stripping does. Softer weather stripping tears easier than the older type, but repairs are simpler.

With the older type of weather stripping, you often had to remove the entire piece to repair a damaged area. With the new type, you often can remove a small piece around the tear and cut a new piece to fit. Simply stick a small piece of rubber tubing through the hollow section of the new piece, insert the hose in the weather stripping at the top and bottom of the cutout area, and glue the new piece in place.

One precaution: Keep cleaners out of the cracks between doors and the body. If solvents come into contact with the new weather stripping, they may cause it to swell.

Plastic headlights. Although most side marker lights, taillights, and other accessory lights have plastic lenses, Ford is the first company to introduce plastic headlights. Ford's new models have halogen headlamps with lenses made of a plastic called Lexan. The material is stronger than glass, according to impact tests, and transmits more light. However, Lexan is less scratch resistant, so you shouldn't use abrasive cleaners (or solvents) on the lenses, or vigorously rub them when they're coated with sand or dirt.

Flexible leaf springs. At present, flexible plastic leaf springs are available on only one car: the Chevrolet Corvette. The reinforced plastic leaf spring weighs eight pounds, 37 pounds less than the steel spring it replaced. The plastic spring will support a 3,500-pound load and is several times as durable as a steel spring.

Plastic engine parts. You'll even find many plastic parts under the hoods of older cars. One of the new parts is the plastic air-cleaner housing on the new Chrysler cars. Others are the plastic valve cover for six-cylinder engines on all 1981 and 1982 American Motors cars and the rocker arm covers on V-6 engines in 1982 Ford models. If you own one of these cars, make sure no carburetor cleaner or other solvent gets on the plastic parts.



genuine.



The Paris of 1921 saw courtships blossoming over the genuine Bloody Mary.



Today there is a Bloody Mary Mix equally as genuine as the original idea.

Fernand Petiot of Paris, invented the original Bloody Mary. And, he often used TABASCO sauce to give it extra flavor. In 1973 we, the TABASCO people, decided to make a Bloody Mary Mix using the same genuine ingredients. Extra thick tomato juice, fresh lime, plus Lea & Perrins and our own TABASCO sauce. All in the genuine measure.



© 1982. TABASCO is a registered trademark of McIlhenny Company, Avery Island, Louisiana 70513

Antiques & COLLECTIBLES

Old Decoys

Decoys are among today's most sought-after collectibles, and they're truly American in origin. The Indians made the first decoys as early as 1000 A.D. and taught the craft to the colonists. By 1850 decoys were being made to resemble and lure over 50 different species of birds. Some professional carvers devoted their full time to the craft, but sportsmen, farmers, and amateur hobbyists also produced many decoys. Here's a rundown on these old decoys and what to look for when collecting them.

Decoys can be divided into two distinct groups—stickups, which are the oldest type, and floating decoys.

Stickups were mounted on long sticks and pushed into the sand to attract shorebirds such as the curlew, plover, and sandpiper. This type of decoy was made in areas along the Atlantic coast until 1920, when a federal law banning the shooting of diminutive shorebirds ended the need for stickups.

Floating decoys, on the other hand, are still made and used today. The early ones were carved to resemble both sea and inland ducks, Canadian geese, as well as swans, cranes, loons, and herons. The floating decoys were weighted and rigged with mooring lines and anchors, much like the ones made today.

Most old decoys were constructed of wood and then painted. Pine was the most common choice for the body of the decoy, although white juniper, cedar, balsa, and cork also were used. Decoy heads often were carved from oak, holly root, or locust. Some very large decoys were made by covering a wood frame with canvas. Others were merely flat boards cut in the shapes of birds. Still others were made of tin or papier-mâché.

While professional and amateur carvers turned out thousands of decoys, that wasn't enough to satisfy the large demand during the late 1890s and early 1900s, so factory-made models were developed. The bodies and heads of these decoys were machine cut, but the finishing and painting were done by hand.

What to look for

Old decoys that are well formed and still have their original paint are particularly valuable. If a decoy has been repainted, as many were each hunting season, its market value is lower.

Certain marks also can make a decoy worth more. This is especially true if the marks are those of a renowned carver, such as Anthony Elmer Crowell of East Harwich, Massachusetts, or Harry B. Shourds of Tuckerton, New Jersey. But keep in mind there also are many beautiful, well-made decoys that are unmarked, and others that bear the initials or names of their previous owners or unknown carvers.

Prices for decoys are currently skyrocketing, but you can still find them for $50 to $75 in some areas. You might want to begin with the lower priced, common decoys, then trade up to the more valuable ones.

Produced in cooperation with Robert W. Miller



RAGU' INTRODUCES PERFECT HOMEMADE PIZZA. SIMPLE AS PIE.



...rademarks of Ragu



With new RAGU® Pizza Quick® Crust Mix and new Pizza Quick® Chunky Style sauces it's simple to make perfect homemade pizza.

Pizza Quick Crust Mix has everything you need to easily make the trickiest part—the crust. Even a scoop to measure out the Mix for a crust that's thin and crispy or thick and chewy.

Just spoon on either new Chunky Style sauce—"The Works" or "The Big Combo"—complete with chunky toppings like peppers, mushrooms and tasty meats. Add fresh cheese, and bake.

In minutes you'll have hot homemade pizza with taste you can't get from a freezer, or a boxed pizza kit.

New Pizza Quick Crust Mix, in your store's boxed pizza section. And new Pizza Quick Chunky Style sauces, in the RAGU' Sauce section.

The Ragu' pizza. No matter how you slice it, you'll get perfect homemade pizza, simple as pie.

New Ragu' Pizza Quick Crust Mix and new Chunky Style sauces.

More you.



8 mg. "tar", 0.7 mg. nicotine av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

It's beige.
It's slender. It's more you

Kim Garretson

DECIPHERING Stereo Jargon

Shopping for stereo equipment can be daunting if you don't know the jargon. When a salesperson starts spouting technical terms or touting "new and improved" gizmos, you have no way of separating fact from hype. Your best defense against total befuddlement is to learn the basic terms that apply to every piece of stereo equipment. Then you can ask the right questions to find out how the brand you're considering compares to other brands. Here are the terms for the features that all brands share.

BACKGROUND FACTS

■ **Frequency range:** the specification that tells you the high and low limits of the sounds a stereo component can produce. Most audio technicians agree that humans have an audible frequency range from 20 Hz to between 15,000 and 20,000 Hz (Hz stands for hertz, or cycles per second); 20 Hz is the lowest sound audible to the human ear and 20,000 Hz is the absolute highest. As a rule, the closer to this full range the music is, the better it will sound to you. Most stereo receivers and phono cartridges can reproduce the full range; the cheap models that can't should be avoided. But most cassette tape recorders and players can't handle the full range. At the minimum, a cassette deck should have a 40 Hz to 15,000 Hz range.

■ **Signal-to-noise ratio (S/N ratio):** the ratio of desired signal to unwanted noise—the higher the better. The S/N ratio is measured in decibels (db). Always look for specifications of 50 to 60 db or greater. Cassette decks tend to have lower S/N ratios than other components do.

■ **Distortion and noise:** any sounds not present in the original signal that produced the record or tape. Nearly always, these sounds will be called noise because distortion in modern stereo equipment is inaudible at normal volume levels. When you're listening to a record or tape on stereo components in the store, remember that some unwanted noise may be coming from the equipment, and some from the record or tape. On a tape recording of a classical guitarist, for instance, you may hear a hissing sound from the tape in the background. Since the sound wasn't present at the original performance, it is referred to as noise. But on the same recording, you might hear noises from the guitar's frets as the guitarist moves his fingers over the instrument. These sounds are part of the performance and not equipment noise. Until the new digital recordings are available in a year or two, you'll always hear some noise in a recording, either from the actual signals on the recording, damage to the record, or dirt on the record.

You might hear distortion from the stereo equipment when its power limit is exceeded (because the volume is too high), or from the stereo speakers when they're damaged or played beyond their limits.

If you hear noise or distortion, ask the salesperson what the source is and then ask him to prove it with another recording, different sound levels, etc. Oddly enough, even inaudible distortion can detract from listening pleasure, so check with the salesperson if anything about the sound bothers you.

RECEIVERS

■ **Rated power output (or watts-per-channel):** the maximum power a receiver will deliver without exceeding its rated distortion limit. Once you've selected your speakers and know how much power they'll handle, you can use this specification to determine a

continued



Free Offer from Pella.

A new book on remodeling and replacement with Pella wood windows, doors, sunrooms, and skylights.

Out with the old and in with the new.

If that's your intention, you'll want a free copy of the new Pella Idea Book for Remodeling and Replacement.

24 full-color pages of photos, facts, and figures on replacing or remodeling with Pella wood windows, sliding glass doors, wood folding doors, sunrooms, and skylights. Find out how to lighten up, brighten up, save energy and maintenance with Pella products for all around the house. Send for your copy today!

Please send me a free copy of the Pella Idea Book for Remodeling and Replacement. I plan to

☐ replace windows and doors ☐ remodel.

Name _____

Address _____

City _____

State _____ Zip _____

Telephone _____

Mail to: Pella Windows & Doors, Dept. CO1E2, 100 Main St., Pella, Iowa 50219

Also available throughout Canada

This coupon answered within 24 hours

© 1982 Rolscreen Co

Pella. The significant difference in windows.

OVER 35,000 DENTISTS CHOOSE IT...

continued

Deciphering stereo jargon

compatible receiver. So when a salesperson says a receiver has "X" watts per channel, ask him or her to tell you how that power rating will work with the speakers you've chosen and in the room where you'll use the equipment. It's usually wise to buy a receiver with power in the mid-to-high range of speakers. If a speaker handles 20 to 150 watts, you'll generally be happier with a 60-watt receiver than a 25-watt receiver, especially when you turn up the volume at a party.

■ **Filter circuit:** reduces signals above, below, or at a particular frequency. This is a key feature that's often overshadowed by flashier gadgets on the receiver. Most receivers have high and low filters that let you eliminate or reduce some sounds at the touch of a button. The high filter reduces the highest frequency sounds like tape hiss, record pops, and crackles from static electricity. Low filters reduce the lowest frequency sounds like rumble and electrical hum.

■ **Loudness control:** boosts very low and high notes as well as volume. At lower volume levels, the human ear is less sensitive to these frequencies. Thanks to the loudness control, you can play your records softly and still hear all the music. This circuit is often ignored because buyers think it's simply a volume booster.

■ **Selectivity:** the ability of the tuner section of a receiver to receive only the desired station, while rejecting stations at close-by frequencies. If you live in a large city with a lot of stations, you'll want a receiver that's very selective. Selectivity is measured in decibels and the higher, the better. Look for tuners rated at 50 db at least.

■ **Sensitivity:** the ability of a tuner to receive distant signals. If you're in a poor reception area, a good antenna and sensitive receiver could bring you and your radio together again. Sensitivity is measured in dBf, and the smaller amount of dBf, the more sensitive.



TURNTABLES

■ **Anti-skating device:** a basic turntable mechanism that helps the tone arm track properly across a record. Nearly all tone arms tend to drift toward the center of the turntable, putting inward pressure on the stylus. But for stereo sound, it's important for the stylus to contact both sides of the grooves equally. The anti-skating device exerts a small, adjustable amount of outward force to compensate for inward drift and to keep the stylus on track. Make sure the salesperson shows you how to adjust this device.

■ **Tracking force:** the downward force (measured in grams) of the stylus when a record is being played. Cartridge manufacturers usually recommend a specific tracking force in their owners' manuals. Before taking the unit home, ask the salesperson to adjust your turntable's tone arm and cartridge and watch so you'll learn how it's done. As a rule, the lower the tracking force, the more smoothly the stylus can contact the record's grooves. But if you adjust tracking force too low, the tone arm can go skating across the record.

■ **Wow and flutter:** variations of pitch caused by speed fluctuation in turntables (or in a cassette tape machine). Wow is a slow variation of pitch that is easily heard on sustained notes. Flutter is a fast, quivering variation of pitch. Neither is desirable. Look for a specification of 1 percent or less.

■ **Rumble:** low frequency noise from a turntable. Since most turntable cartridges are highly sensitive, they may pick up a little mechanical noise from a defective or cheap turntable and pass it along to the speakers. Avoid any turntable with audible rumble.

SPEAKERS

■ **Sensitivity:** the amount of electrical input converted to sound output. As a rule, the more power the speaker has, the less you have to worry about sensitivity. Generally, speaker sensitivity is measured in the decibel output for an input of one watt. If your receiver is rated at 30 watts/channel or less, look for the highest db output for a one-watt input.

SO SHOULD YOU.

Because even the leading mouthwash can't clean your breath better than Lavoris. Maybe that's why dentists have preferred it for 75 years.

Noritake Has More Beautiful Ways

Here's one-
At very special savings!



For you who prefer the sheer indulgence of bone china, Noritake offers the ultimate in sheer elegance. The color, Sheer Ivory, is a Noritake exclusive.

You will delight in the warmth, the soft glow of Sheer Ivory Bone China. This heirloom color is designed to complement the patina of sterling, the shimmer of crystal, the richness of fine wood. The pattern shown, one of twelve, is Shenandoah.

For the first time, Noritake Sheer Ivory Bone China can be yours at significant savings.

Save $12 to $32 on five-piece place settings.*

Comparable savings on all Sheer Ivory Bone China open-stock accessories.

*See your participating Noritake dealer for dates, prices, and patterns available in your area.



Noritake

all of the beautiful Noritake
erns at finer stores, or for full
r brochure send 50¢ to Noritake,
t. SSBH, 1538 Merchandise Mart,
ago, IL 60654.

RAID
INDOOR FOGGER
KILLS BUGS DEAD.
BY THE
THOUSANDS.

Even fleas.

The more the bugs build up, the more you need Raid Indoor Fogger.

It's a powerful room-filling fog that goes back where they live to kill roaches, fleas and other bugs dead. By the thousands.



Johnson wax

© 1981 S.C. Johnson & Son, Inc.

NEW PRODUCTS

Kim Garretson

·GoodNews·

Look for these new products at your favorite stores or write to the manufacturer for the names of nearby stores. Please don't send money to the company; the prices listed are only suggested retail prices.

GARAGE SENTRY

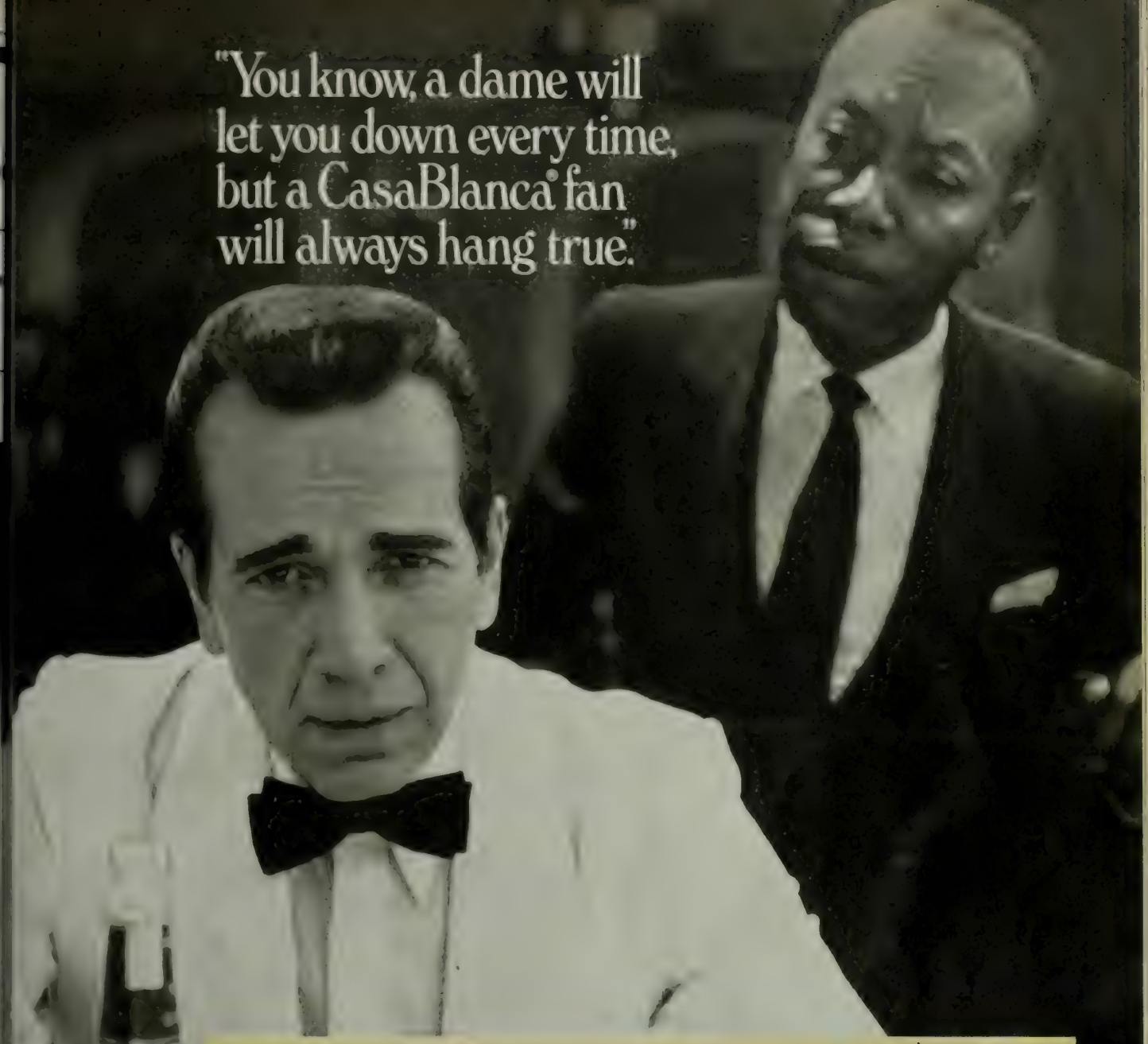


What's unique about this install-it-yourself garage door opener is that it enables you to make your garage as secure as your house. The system has (1) a fire alarm, (2) an intrusion (burglar) alarm, (3) a carbon monoxide detector, and (4) an in-home garage monitor.

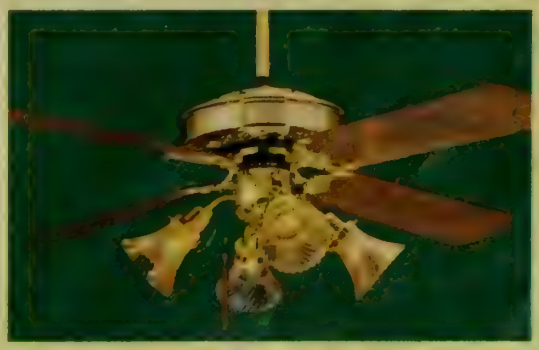
The in-home monitor (left foreground) plugs into any outlet in your house and receives signals through house wiring. With alarms and lights, it warns you of fire, break-ins, and dangerous carbon monoxide levels in the garage. Plus, separate lights tell you if the garage door is open or if the intrusion alarm is set. You arm and disarm the intrusion alarm—and raise and lower the garage door—from the house or car with the two two-button digital transmitters (right foreground) supplied with the unit. The ⅓-horsepower, chain-driven opener has its own alarms that sound when something is amiss in the garage. And the opener automatically opens the garage door if the carbon monoxide level becomes dangerously high.

Stan-Gard, about $300. Stanley Automatic Openers, 31623 Stephenson Highway, Madison Heights, MI 48071.

continued



"Don't get me wrong. Not all dames are bad. But CasaBlanca fans are more like the good ones. Silent. Pretty to look at. Always trying to make you feel comfortable and save you a buck at the same time. Why, a CasaBlanca keeps you cool... or warm... using less juice than a hundred watt light bulb. And they're built to last. That's important. You see, it's not just how they look, it's how they perform as time goes by. Turn 'em on again, Sam."



CASABLANCA® FAN COMPANY

Nothing but the best, sweetheart.

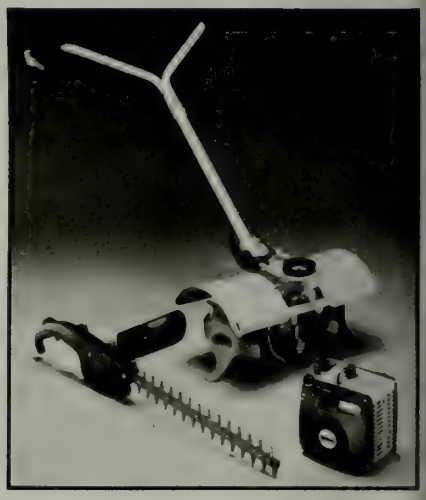
South Raymond Avenue, Pasadena, CA 91109. For a free catalog, call (800) 423-1821 toll free; in California, (213) 960-6441.

Sacchi for the CasaBlanca Fan Company

MULTI-USE TOOL SET

A single little gasoline engine powers these two lawn and garden tools plus others, so the price you pay per tool is low. The tiny Multimot engine (shown in front of the rotary tiller) is only six inches square and weighs just eight pounds. The 1.5-horsepower, two-cycle engine connects to any of 11 tools with a single spring-loaded lever. Tools available are a rotary tiller/cultivator and brush cutter (pictured), a grass trimmer/weed cutter, a water pump, a high-pressure pump-sprayer, a chain saw, an air blower, two hedge trimmers (20 and 28 inches), a shredder/composter, and a lawn mower.

Solo Multimot System, about $190 (engine) and $60 to $250 (tools). Price example: chain saw, about $80. Solo Inc., 5100 Chestnut Ave., P.O. Box 5030, Newport News, VA 23605-0030.





SMALL-SPACE GAMES



In this variation of table tennis, there's no net, and there are two 35-inch-square tables instead of one large table. You set up the tables any distance apart, at one of three adjustable heights; the gap between the tables serves as the "net." The unique round paddle slips over your palm, giving you excellent control when hitting the ball.

Plaff, about $90 (2 tables, 2 paddles, 3 balls). Plaff Intl., 99 Wall St., 25th Fl., NY, NY 10005.


Two
new ways
to play it...
New Kool Lights
There's only one
low 'tar' with
a sensation
this refreshing.
Kool Lights.
The taste doesn't
miss a beat.
KOOL
LIGHTS
KOOL
ULTRA
New Kool Ultra
One ultra has
taste that outplays
them all.
New Kool Ultra.
Even at 2 mg., you
get the refreshing
sensation of Kool.
Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.
Ultra Kings, 2 mg. "tar", 0 .3 mg. nicotine. Lights Kings,
9 mg. "tar", 0 .8 mg. nicotine av. per cigarette by FTC method.



Mannington Never-wax floors.

Better than no-wax floors and they don't need vinyl dressings.

Don't be confused. Never-wax floors and no-wax floors are not alike.
Only Mannington Never-wax floors have the exclusive JT88® wear layer.
That means superior stain resistance and easy maintenance for you.
And only Mannington Never-wax floors don't need those expensive new floor finishes to keep them beautiful.
In fact, damp mopping and occasional light buffing are all that's ever needed.
Mannington. Ask for it by name. You'll love the Never-wax difference.

mannington™

Mannington Mills, Inc., P.O. Box 30, Salem, NJ 08079
For more information on the name of your nearest dealer, please call toll-free 1-800-447-4700. In Illinois, call toll-free 1-800-322-4400.

A Sunny Double-Decker Addition

This lofty solarium does more than just add square footage to the home it's attached to. The new space also expands the view, provides a gardenlike setting all year long, and gives the back of the house an interesting new shape. And since the solarium is neatly tucked into a once-idle corner of the landscaped backyard, no outdoor living space has been lost.





Photographs: Maris/Semel. Architect: George D. Hopkins, Jr. AIA
Interior design: Nellie Springer. Field editor: Bonnie Crone

The four-sided addition is shaped like an octagon that's been cut in half and wrapped in glass. Because this home is located in the South, heat loss through the fixed glazing isn't a problem in winter. And in summer, a ceiling fan helps dispel warm air through French doors that lead to the pool.

The solarium, which actually serves as a den, provides an extra 400 square feet of living space. The addition is adjacent to the dining room and breakfast nook on the first floor and bedrooms on the second floor. A hall with a balcony railing was added along the existing wall so that people in the upper-level bedrooms could enjoy the view into and through the den. Access to the upper-level bedrooms is provided by a freestanding circular staircase.

On the lower level, the old house wall has been completely refurbished. The new center of attention is a marble fireplace set in a mirrored wall that's flanked with built-in storage units. Shelves on both sides of the chimney on the second level provide extra storage space. BH&G



Versatile Storage For Entertainment Gear

When you're shopping for home stereo/TV storage, why not select an entertainment center that gives you double service for your money? These two good-looking pieces, for example, handily accommodate electronic gear while also serving as a buffet or a mini home office.

Subtly rounded lines and a handsome hemp exterior give this entertainment center/server, *below*, a high-style look. And practical features, like the laminate interior, slide-out turntable shelf, concealed casters, and the protective glazed finish, make the unit as functional as it is beautiful.

Photograph: William N. Hopkins



Beneath the turntable, acrylic dividers section off album storage. And the two shelves to the right are adjustable. About $1,235 from DIA, 815 Park Avenue, New York, NY 10021.

Besides providing storage for either a TV or stereo, this high-performance oak entertainment center, *right*, supplies a pullout, flip-down work surface, a hinged laminate serving top, and drawer and shelf space. Here, the front panel is flipped up to reveal a TV stored on a pullout shelf. An additional slip-in shelf that comes with the unit adapts the space to stereo storage.



Photograph: Mike Dieter

The adjacent work surface is perfect for writing letters or paying bills. When closed, it looks like a drawer. About $965 from Bernhardt Industries, P.O. Box 740, Lenoir, NC 28645.





Illustrated above: New *Melon Bud* and new *Classic Key* from the Gorham Design Studio Stainless collection. Gorham, Providence, RI 02907.

GORHAM

A Pasta-Maker's Kitchen



Photographs: Ernest Braun. Designer: Carlene Anderson. Field editor: Barbara Cathcart

The best kitchen is one that's perfectly tailored to your needs. Whether your specialty is French sauces or homemade pastry, the ideal kitchen will provide exactly the kind of space and equipment you require. If your present kitchen falls short, a partial or total remodeling might set things to rights, as this example demonstrates.

The professional-looking kitchen shown here *(above)* was designed for a cook who specializes in homemade pasta. For this cook, pasta is an art form, not just a bag of egg noodles tossed into a saucepan. So, special features were incorporated into the design when the kitchen was remodeled. For instance, the island in the foreground was designed as a generous worktable for mixing the pasta dough and cutting it into strips. The counter top is an extra-large section of butcher block, with plenty of space for all the necessary ingredients and paraphernalia, including the pasta machine. In one corner of the counter top is a marble insert that provides a smooth surface for mixing the dough.



Just a step away is an extra-wide built-in cooktop. There's plenty of room here, too, even with big pots on every burner. And when the center grill isn't in use, a butcher block cutting board converts it into a landing pad for hot pans and casseroles. Also, the narrow cabinet at the end provides a convenient spot for transferring food from pots to plates. Noodles slip onto the plate, not the floor, and sauces have little chance to dribble.

The cooktop also is within easy reach of the specially designed drying center *(left)*, next to the refrigerator. This unit features wooden dowels that can be pulled out to hang the strips of pasta in orderly batches while they dry. When not in use, the dowels slide under the counter top, and their brass knobs add a decorative accent to the cabinet front. Here, the counter top is simulated marble, a man-made material that is virtually impervious to knife cuts. On the wall above it is a handy tack board and a large shelf unit with enough space for a well-thumbed collection of cook books.

GIVE YOUR CLOTHES A FRESH START.®



FRESH START HELPS GET OUT THE GRAY EVEN THE LEADING DETERGENT CAN LEAVE BEHIND.

Fresh Start is no ordinary detergent. It has special cleaning ingredients even the leading detergent doesn't have. Fresh Start helps clean away the left-over dirt and grease that cause the gray. The gray even the leading detergent can leave behind. And as the gray goes away your clothes will look cleaner, fresher, brighter. Fresh Start can help make dingy, gray clothes a thing of the past for you. Why settle for an ordinary detergent when you can give your clothes a Fresh Start every day?

©1982 Colgate Palmolive Co.



WHEN IT'S RAINING OUTSIDE, BE GLAD YOU HAVE CARPET OF DU PONT ANTRON® INSIDE.

You never know what they'll be up to next. That's why you need carpet of Antron® nylon. It's practically kid-proof! Antron® resists soiling, staining, crushing and matting. And it has lasting static protection, too. Kids and carpet of Antron® – they'll have a long, beautiful relationship.

WHEN THE CARPET'S MADE OF DU PONT ANTRON,® THE BEAUTY LASTS.

DU PONT

DuPont registered trademark
DuPont makes fibers, not carpets.

Exotic Vegetables

When you want to introduce a little variety into your menu, call on one of these offbeat vegetables. Both are as versatile as they are delicious.

The pear-shaped chayote featured in the stir-fry is a close cousin to the cucumber. The skin of the chayote can be either smooth or bumpy with small, soft spines. When you buy and use the vegetable, it should be dark green and hard. The delicate flavor is reminiscent of squash. Chayotes can be stored at room temperature for up to four months. Try them cooked in soups, salads, or main dishes.

The star of the Gruyère-sauced side dish is Belgian endive, also called witloof, "white leaf" chicory, and French endive. This hearty winter vegetable grows in smooth, slender stalks and has a slightly bitter flavor. The best endive stalks are white with a greenish tinge. You also can use Belgian endive raw in salads or cooked as an appetizer.



CHAYOTE-RICE SAUTÉ

½ cup brown rice
Cooking oil
1 medium chayote, peeled and cubed (1 cup)
1 small onion, thinly sliced
1 small green pepper, cut in bite-sized strips
1 clove garlic, minced
½ cup sliced fresh mushrooms
½ cup fresh bean sprouts
1 tablespoon soy sauce
¼ cup shredded cheddar cheese

continued

Introducing the Salton Snackwich™ Maker and the end of the ordinary sandwich.



In just two minutes the Salton Snackwich Maker toasts and seals warm, wonderful Snackwich meals. Discover a new world of crispy-crunchy delights for lunches, snacks, desserts. Experiment with overstuffed varieties. The non-stick surface just wipes clean. About $49.*

*Manufacturer's suggested retail price

salton®

Changing the way America keeps house.

For a complete catalogue write Salton, Inc., 1260 Zerega Avenue, Dept. H-7, Bronx, N.Y. 10462



Take home a signed Dutch masterpiece.

When you want the best Gouda or Edam just look for the "Holland Imported Cheese" label. It's one masterpiece you can afford.

A beautiful way to leave your bed.

A no-nonsense approach to care as well as good looks,
Ultra BedSack® bedclothing is smart and luxurious.
Ultra BedSack* envelopes mattress and boxspring on top and all four sides,
a rejuvenation for old and protection for new. It is a luxurious 65% Kodel® polyester—
35% cotton fabric, generously channel quilted (ultrasonically)
with fluffy Kodofill® for a new experience in comfort. Machine washable,
it keeps a smooth cozy fit (slips on like a fitted sheet, too), never
needs ironing. If you keep nothing else on your bed, keep
Ultra BedSack. With matching Ultra PillowSack,®
in better linen departments

ULTRA
BEDSACK®



©1980 Perfect Fit Industries, Inc., Monroe, N.C. *Patent pending.
Kodofill is Eastman's trademark for its polyester fiber.

continued

Exotic vegetables

Cook rice according to package directions; set aside. In large skillet or wok heat *1 tablespoon* cooking oil over high heat. Add chayote; stir-fry about 2 minutes. Add onion, green pepper, and garlic. Add additional cooking oil as needed. Stir-fry 1 minute more. Add mushrooms; stir-fry 1 to 2 minutes more or till all the vegetables are crisp-tender. Stir in bean sprouts, rice, and soy sauce. Heat through. Top with cheese. Makes 4 to 6 servings.



Photographs: Mike Dieter

BRAISED ENDIVE GRUYÈRE

2 tablespoons butter *or* margarine
1½ pounds Belgian endive (7 or 8)
½ cup chicken *or* beef broth
1 tablespoon butter *or* margarine
1 tablespoon all-purpose flour
1 tablespoon sliced green onion
¾ cup light cream *or* milk
½ cup shredded Gruyère cheese

In a skillet melt the 2 tablespoons butter or margarine. Add the Belgian endive and chicken or beef broth. Sprinkle with salt and pepper, if desired. Bring to boiling; reduce heat. Cover and simmer 12 to 14 minutes or till tender. Drain well. Meanwhile, in a small saucepan melt the remaining butter or margarine. Blend in the flour and the green onion. Stir in cream or milk all at once; add ¼ teaspoon *salt* and a dash *pepper*. Cook and stir over medium heat till thickened and bubbly. Remove from heat; stir in shredded cheese till melted. Halve endive lengthwise, if desired. Arrange on platter; spoon sauce atop. Garnish with additional sliced green onion, if desired. Makes 6 servings.

Salton makes the freshest all-natural yogurt in the world.



For less than one-third the price of store-bought yogurt and very little fuss, the astonishing freshness of all-natural homemade yogurt. Best of all, each delicious serving can be flavored to your taste.

Thermostatically controlled for foolproof results. About $20.*

*Manufacturer's suggested retail price

salton®

Changing the way America keeps house.

For a complete catalogue write Salton, Inc., 1260 Zerega Avenue, Dept. H-6, Bronx, N.Y. 10462

When you buy SilverStone®, buy Slatecote™ bakeware to match...



PREMIUM QUALITY BAKEWARE WITH A NEW NON-STICK FINISH FROM DU PONT

You can feel the quality of Slate•cote, heavy, even-heating aluminum with an ultra-smooth, long-lasting non-stick finish with the elegant look of burnished pewter...a joy to use and keep clean for years of old-fashion home baking satisfaction.

TEFLON II

Enterprise also makes a complete line of quality non-stick cookware coated with improved DuPont Teflon®

Enterprise
A Lancaster Colony Company

Converting a Porch For All-Season Living

If your screened porch earns its keep only a few months out of the year, why not make it work full time? With surprisingly few changes, you can convert the porch into a casual family room that's comfortable and inviting whatever the weather.

Weatherproofing your new living space often can be accomplished in a few easy steps. To winterize this porch, the screens were replaced with sliding glass doors, which help retain the airiness of the original porch and also provide ready access to the backyard. And a wood-burning stove was added to help heat the area on extra-cold days.

Create a pleasant interior

To create a relaxing setting, keep the background of your year-round porch simple. Here, the old brick walls are painted a warm mauve, and the existing columns are played up with a contrasting creamy white. The old tile floor, retained for its easy-care qualities and natural good looks, provides subtle textural and color interest.

Once you've achieved a quiet backdrop, add comfortable furnishings. This shoe-box-shaped room is visually squared by a grouping of three wicker chairs and a comfy sofa in the center. Besides providing soft seating, the sofa gives the room its fanciful color scheme. The lightly scaled chairs seem to take up little space, and they add old-fashioned charm to the setting.

A small eating spot can make your new family area even more functional. Here a compact combo of table and chairs serves for everyday meals and entertaining, as well as homework and hobbies.

Treat your windows for year-round comfort

Be sure to choose flexible window wear for your converted porch. Roman shades like these, for example, can be pulled up to let in light and air, or for easy access through the sliding glass doors. When lowered, the canvas shades provide privacy and a shield against the hot summer sun and cold winter drafts.



Photographs: Ross Chapple. Design: Taylor/Siegmeister Associates. Field editor: Eileen A. Deymier



Goebel



For nearly 50 years people who love children have collected, given and cherished the figurines signed "M.I. Hummel." That's understandable. Because at the heart of every one of these joyful children there's something wonderful...love.

Each of the more than 400 figurines is an affectionate adaptation of a drawing by Sister Maria Innocentia Hummel. And each is created completely by hand by artists at Goebel of West Germany.

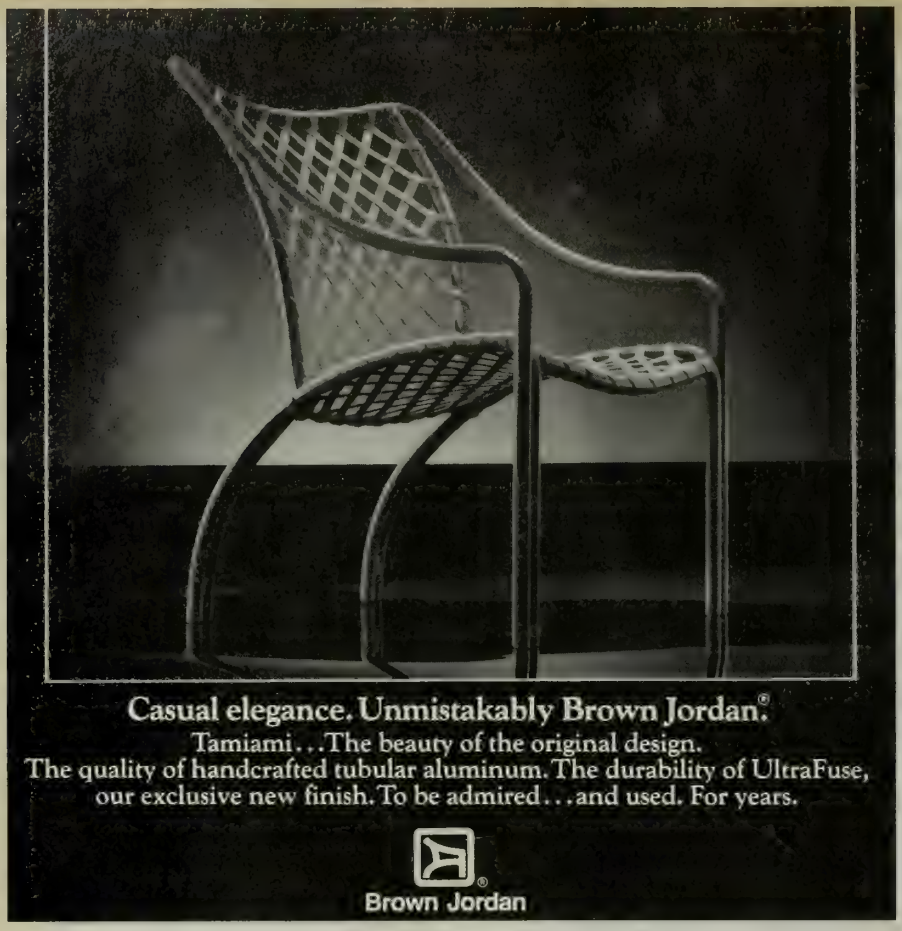
The years pass, the seasons change. And through it all the world's love affair with "M.I. Hummel" figurines continues. Because love this real lasts forever.

For a catalog and brochures, send $1.00 to: Goebel, P.O. Box 525, Dept. BH205H, Tarrytown, N.Y. 10591.
Also available in Canada.

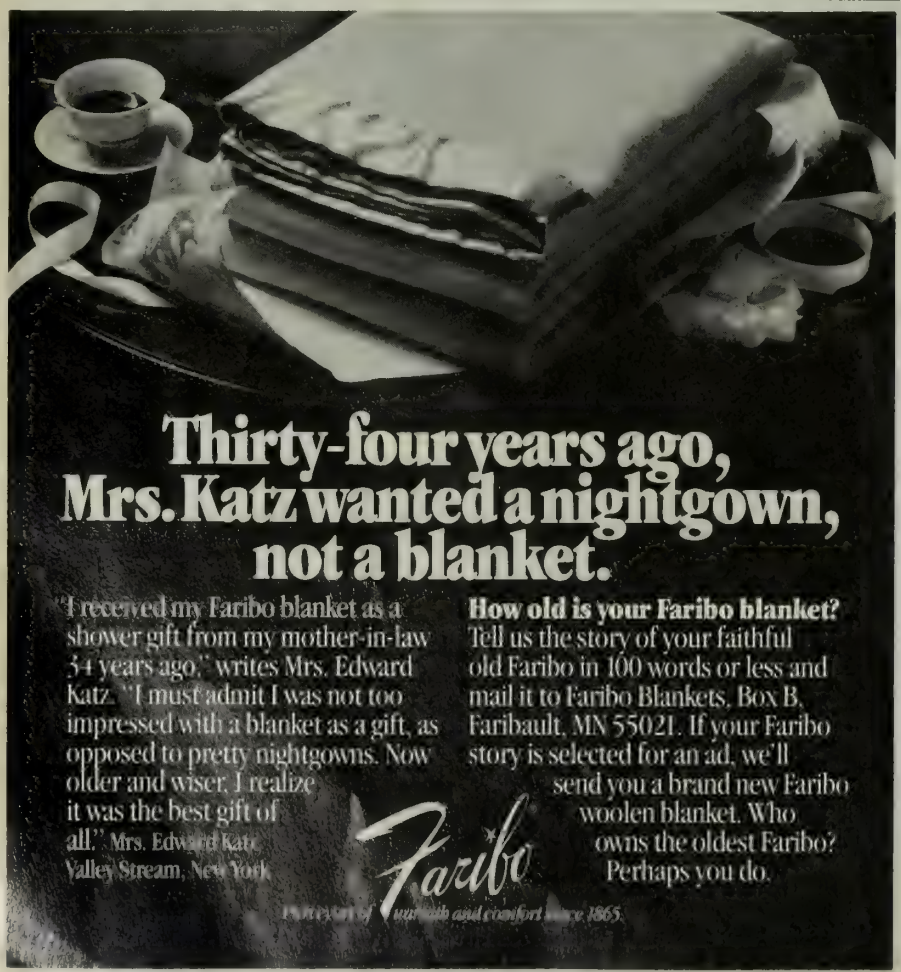
M.I. Hummel®

The love lives on.

W. Goebel Porzellanfabrik, Rödental, W. Germany.
Sole manufacturer of the world famous "M.I. Hummel" figurines, plates and bells.



At leading stores and interior designers. Write for free brochure, or send $3 for 72-page catalog and address of your nearest dealer. Brown Jordan, Dept. AX111, P.O. Box 5688, El Monte, CA 91734.



Fancied-Up Mayonnaise

Hold the traditional mayo! Now you can stir exciting new flavors into homemade or bottled mayonnaise to enhance meats, vegetables, fruits, and salads. Start with these ideas, then devise your own creamy variations.

Béarnaise Mayonnaise: In saucepan combine 2 tablespoons *white wine vinegar;* 1 teaspoon finely chopped *green onion;* 4 whole *black peppercorns,* crushed; ¼ teaspoon *dried tarragon,* crushed; and dash *dried chervil,* crushed. Bring to boiling; reduce heat and simmer, uncovered, 1½ minutes or till reduced to half the volume. Strain through cheesecloth; discard solids. Stir the liquid into ¾ cup *mayonnaise.* Cover; chill. Serve with meat or seafood. Makes ¾ cup.

Anchovy Mayonnaise: Combine 1 cup *mayonnaise,* 2 tablespoons *anchovy paste,* 2 tablespoons chopped *pickle relish,* 1 teaspoon grated *onion,* and dash *pepper.* Cover; chill. Serve over poached fish. Makes 1¼ cups.

Mexican Mayonnaise: Combine ¾ cup *mayonnaise,* 2 tablespoons *sunflower nuts,* 2 tablespoons chopped canned *green chili peppers,* 1 tablespoon chopped *pimiento,* 1 tablespoon chopped *green onion,* and ¼ teaspoon *ground cumin.* Cover; chill. Serve with burgers. Makes 1 cup.

Orange Mayonnaise: Combine 1 cup *mayonnaise,* 2 tablespoons *frozen orange juice concentrate,* thawed, and 2 teaspoons *Dijon-style mustard.* Cover; chill. Serve over vegetables or fruit. Makes 1 cup.

Caper Mayonnaise: Combine ½ cup *mayonnaise,* ⅓ cup *capers,* drained, ¼ cup *French salad dressing,* 2 tablespoons *grated Parmesan cheese,* and 1 tablespoon *vinegar.* Cover; chill. Serve over greens or cooked vegetables. Makes 1 cup.

Tropical Curry Mayonnaise: In blender container combine 1 cup *mayonnaise,* one 8-ounce can *crushed pineapple* (undrained), one 3-ounce package *cream cheese,* ¼ cup *peanut butter,* 2 teaspoons *curry powder,* and 1 teaspoon *minced dried onion.* Process till smooth. Cover; chill. Serve over fruit or poultry. Makes 2⅓ cups. BH&G



1982 Buick Century.

This could be just another year for you. Or, it could be the year of the Century. Especially once you consider the many pleasures our new 1982 Buick Century can bring you season after season.

To begin with, Century is the most aerodynamic Buick ever. In fact, compared to last year, Century uses less fuel to overcome air resistance caused by driving through the blustering winds of fall. And, in winter, its front-wheel drive makes it an ideal ally against the snow.

With a standard 4-cylinder engine—or an available V-6 gasoline or V-6 diesel—Century will splash through spring with impressive mileage. And, its remarkable packaging efficiency means lots of space with less bulk. Enough, in fact, to carry a family of five—with luggage—comfortably through summer.

Considering the pleasure a new Century could bring all year, isn't it worth a trip to your Buick dealer's today?

2.5 Liter L-4	
EST. HWY.	EPA EST. MPG
40	25

3.0 Liter V-6	
EST. HWY.	EPA EST. MPG
33	21

4.3 Liter V-6 Diesel*	
EST. HWY.	EPA EST. MPG
42	26

Use estimated MPG for comparison. Your mileage may differ depending on speed, distance, weather. Actual highway mileage lower. Estimates lower in California. Some Buicks are equipped with engines produced by other GM Divisions, subsidiaries, or affiliated companies worldwide. See your Buick dealer for details.

*Buick projection of 1982 EPA V-6 Diesel estimates. See your dealer for actual EPA estimates.

BUICK

Wouldn't you really rather have a Buick?

A Warm and Work-Saving Kitchen

For today's busy family, an efficient kitchen is a must. But you don't have to sacrifice warmth and character to make your work space super convenient. Here's the proof.

This kitchen was designed by a pair of avid cooks who love to work side by side and experiment with new recipes. When they remodeled their 50-year-old kitchen, they set out to make it as efficient and well equipped as a laboratory. But they also wanted to give it the warmth and richness of detail that characterized the rest of their 1930s California ranch house.

A view of the main work space *(right)* shows how successfully they achieved these aims. They gutted the original 10x20-foot kitchen and installed a whole new storage system and a full array of work-saving built-in appliances. The appliances are arranged to form a perfect work triangle and are spaced far enough apart to accommodate two cooks comfortably. Flanking the corner sink are a cooktop and a conventional oven (far left) on one side and a microwave oven and dishwasher on the other. The refrigerator is just a step away, on the wall opposite the cooktop (see photo *above right*). And the cutting block in the center of the work triangle is within arm's reach of the cooktop and also the refrigerator. Glass doors on all the wall cabinets make it easy for both cooks to spot what they need as they work. Three large windows overlooking the garden brighten the work area all day long.

The other end of the kitchen functions like a butler's pantry *(right)*. An entire wall of cabinets holds the owners' extensive collection of dinnerware, and the counter top provides space for serving buffet-style. The louvered door at the left opens directly to the dining room.

A wealth of color, texture, and detailing make this kitchen as charming as it is efficient. The floor was resurfaced with natural oak and the walls were covered with a decorative weathered-brick veneer. The antique cutting block and the solid wood counter tops contribute additional warmth and texture.



Photographs: Ernest Braun. Field editor: Barbara Cathcart



Temper-ware. Created by Lenox.
And luncheon will never be the same.



Whether it's tossed endive salad or cold salmon, your luncheons deserve to be served on something special. That's why Lenox created Temper-ware. To lend that special Lenox touch of beauty to everyday dining.

It's so easy to use. Temper-ware goes from freezer to hot oven then right to the table. And after your meal, simply put it in the dishwasher.

Temper-ware is also strong. It withstands breaking, cracking, chipping and crazing, and is backed by a two-year warranty for normal home use.

So choose Temper-ware by Lenox.

Temper-ware
BY LENOX

Send for our free color brochure.
Lenox, Lawrenceville, New Jersey 08648

Twinkle® Copper Cleaner.
Beautifully simple.
Simply beautiful.



Special cream-formula Twinkle makes it remarkably easy to clean and brighten your copper cookware and decorative pieces.

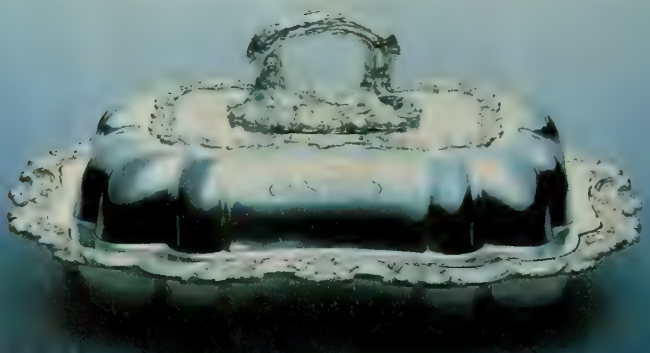
Spread on Twinkle with its own sponge. Then rinse away stains and tarnish. (And the anti-tarnish agent in Twinkle keeps copper brighter, longer!)

Great results with no scrubbing, no mess, no waste—that's the beauty of Twinkle!



Twinkle®
Works beautifully on your beautiful copper and silver.
©1982, The Drackett Products Co.

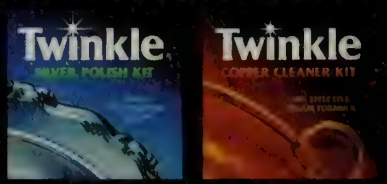
The beauty of Old Sheffield: circa 1825.



The silver polish: Twinkle.

Trust Twinkle to safely polish and enhance the beauty of your silver. Just apply with its own polishing sponge, then rinse tarnish away. The special anti-tarnish agent in Twinkle helps block oxidation, so you polish less and get longer lasting beauty.

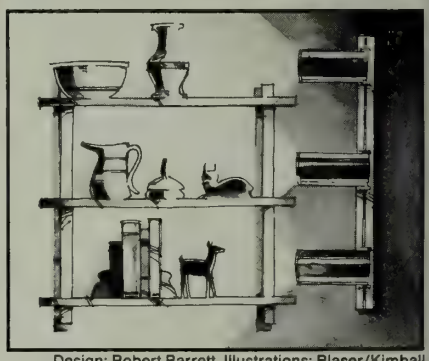
Twinkle is used by people who know and care about silver—like you.



Twinkle®
Works beautifully on your beautiful silver and copper.
©1982, The Drackett Products Co.

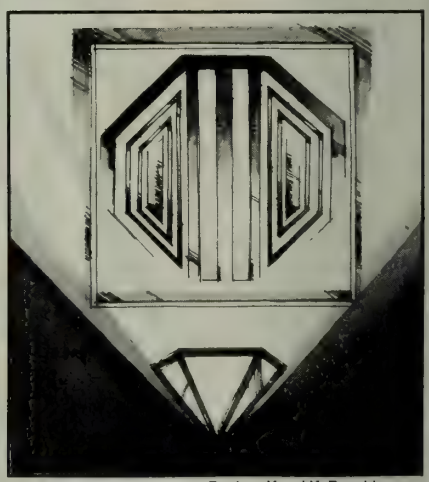
"Spot" Lighting

As every gallery curator knows, displaying artwork effectively requires strategic lighting. Here are two ways you can spotlight your own collectibles to advantage.



Design: Robert Barrett. Illustrations: Blaser/Kimball

Track lights mounted vertically on the wall are a good solution for a multitiered display area like this one. The wall-washing canisters shine light across the glass shelves and wall, but their scoop reflectors prevent glare from the light sources. The glass shelves don't block the light, so the showcased objects are well illuminated from several different angles.



Design: Karol K. Brookhouser

To play up the texture and shape of a three-dimensional or woven wall hanging, try lighting it from below with a wall sconce. The wide beam will point up texture with an interplay of light and shadows, as well as help brighten the surrounding area. A pair of sconces can be used to light a larger wall hanging. BH&G

Roma™

A LINE OF CLASSIC ITALIAN, BEAUTIFULLY TRANSLATED.

La dolce vita is yours. Now American-Standard has combined its own incomparable craftsmanship with classic Italian styling. Admire the magnificent modeling of the Roma lavatories, as well as the generous contours of the Roma baths. Experience the vitality of their styling expressed in two toilets and a bidet. Even the fittings are works of art. And the Roma colors—bellisima!

Call toll-free for the address of a showroom near you. 800/821-7700, ext. 4023. In Missouri, 800/892-7655, ext. 4023.

AMERICAN-STANDARD

European elegance built to your standards.

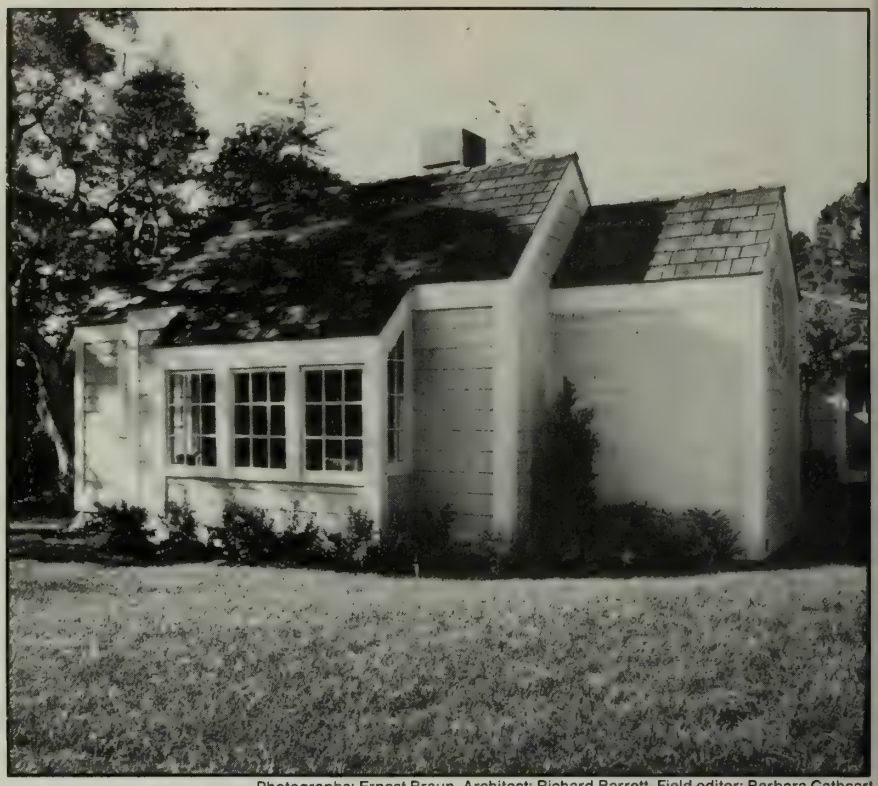


Roma is a trademark of American Standard Inc
Copyright © 1981, American Standard Inc

Adding Space To a Cramped Cottage

Enlarging a small house is tricky. An addition can upset the balance of the original design or clash with the styling. Here's how one family successfully integrated an add-on with the rest of their house.





Photographs: Ernest Braun. Architect: Richard Barrett. Field editor: Barbara Cathcart



This New England-style cottage had lots of charm, but only two bedrooms. To accommodate their growing family, the homeowners added a family room/master bedroom wing on the rear of the house. The street side remained unchanged, and the detailing and scale of the addition was matched to that of the original house.

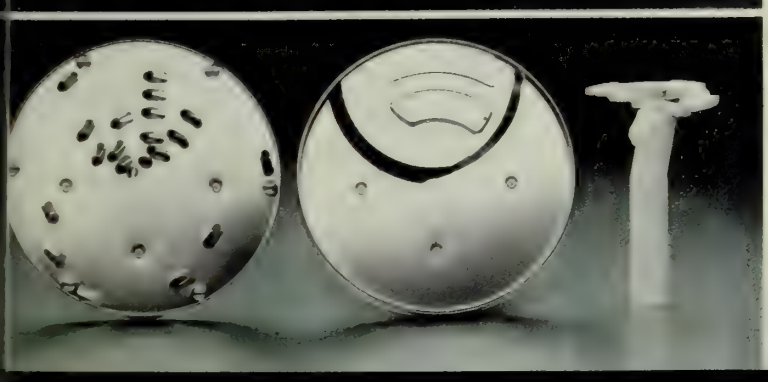
From the garden, the new wing appears to be a small guest cottage *(above right)*. Actually, this part of the addition contains the master bedroom, bath, and dressing room. The bath and dressing room flank the bedroom, and the bedroom is linked to the main house by a flat-roofed family room.

Despite its cottage-like scale, the addition is surprisingly roomy. A vaulted ceiling and a big bay window make the 11x18-foot master bedroom seem almost baronial *(right)*. And the wide window seat provides enough space to stretch out in the sun and read a book.

The door on the right leads to the master bath *(above left)*. The bathroom ceiling is vaulted, too. Opposite the full-length vanity are a tub/shower and a toilet. The graceful round window, which was mounted high in the gable for privacy, adds an authentic architectural detail.

THIS YEAR, TURN PRO.





CUISINARTS® INTRODUCES THE DLC-7 PRO: A TRULY PROFESSIONAL FOOD PROCESSOR FOR THE HOME COOK.

Perhaps you have resisted buying a food processor, but are finally persuaded that it is truly a revolution in cooking.

Perhaps you already own a food processor, but wish you owned a better one.

Perhaps you even own one of our early models, but would like to enjoy our latest advances.

There are many good reasons to consider buying a Cuisinart® food processor this year. But the best reason is the introduction of the best machine we have ever made: the Cuisinart DLC-7 Pro.

SO PERFECTED, IT HAS BEEN U.L. LISTED FOR RESTAURANT USE.

The "Pro" has a motor so powerful and efficient, it meets the rigorous requirements of Underwriters Laboratories for restaurant use. It can knead batch after batch of bread dough without overheating or stalling. And it has a workbowl so large, it can chop 2 pounds of meat at one time.

The "Pro" features our new detachable stem (see photo below) that makes disc storage easy and space saving.

Our slicing disc—which was already the best on the market—has been dramatically improved. It gives you almost all perfect slices and never tears edges.

There are two exclusive new optional accessories: the first 8 mm. slicing disc and 3 mm. square julienne disc ever available to the home cook. Now you can make thick, juicy slices of tomatoes, and uniform strips of vegetables for stir frying, in next to no time.

The "Pro" is, of course, equipped with Cuisinart's exclusive Large Feed Tube that lets you produce whole slices from foods as large as tomatoes, oranges, potatoes, onions.

The "Pro" is, very simply, the finest home food processor ever made.

FOR MORE INFORMATION.

For some unusual bread recipes, as well as more information on our food processors, our cookware, and our magazine, "The Pleasures of Cooking," write Cuisinarts, Inc., 411 (E) W. Putnam Avenue, Greenwich, CT 06830.

Cuisinart®
Food Processor

Expect a great vacation. Every time.



Everything about Royal Caribbean's Caribbean is designed to make it happen.

Relaxing days of sun and sea. Memorable dining with the flair of fine restaurants. Personal service that does everything but tuck you in for the night.

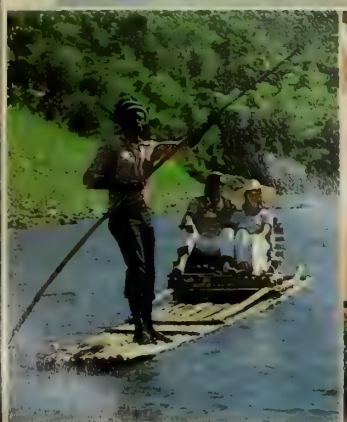
You'll meet new friends. Enjoy an endless whirl of entertainment and activities. Visit exciting islands like Cozumel, Martinique, St. Thomas and other Caribbean favorites. It's all yours for 7, 10, 11 and 14 days on glistening white ships designed especially for Caribbean cruising: Song of Norway, Sun Viking and Nordic Prince. With the new Song of America arriving in late 1982.

We sail from Miami every week year-round. Dining, accommodations and entertainment are all included in one price that costs no more than a good resort. And we fly you both ways free from most major cities on 10, 11 and 14-day cruises. And for Next-to-Nothing on all 7-day cruises.

See your travel agent.

And have a great vacation. Every time.

ROYAL CARIBBEAN
Known for great vacations. Every time.







Ships' Registry: Norway

HOUSE OF BUILT-INS



AFFORDABLE COMFORT IN A COMPACT SPACE

By David Haupert

Can you afford to buy a new 2,500-square-foot home? And furnish it . . . and heat and cool it . . . and pay taxes on it? These questions are prompting builders and architects to explore new financing options *and* to create a new breed of housing that earns the label "affordable."

One way to shave costs, of course, is to whittle down floor space and make the most of every square foot that's left. The house on the next few pages does just that—and without sacrificing the charm and comfort that often are lost in the usual paring-down process.

If you can see past all of those trees, you'll spot a basic 1,252-square-foot house—small by 1970s standards but big on living. The secret lies inside where nearly every major feature is built in and ready to use. These custom furnishings not only make the spaces extremely efficient but also create a clean, coordinated look throughout.

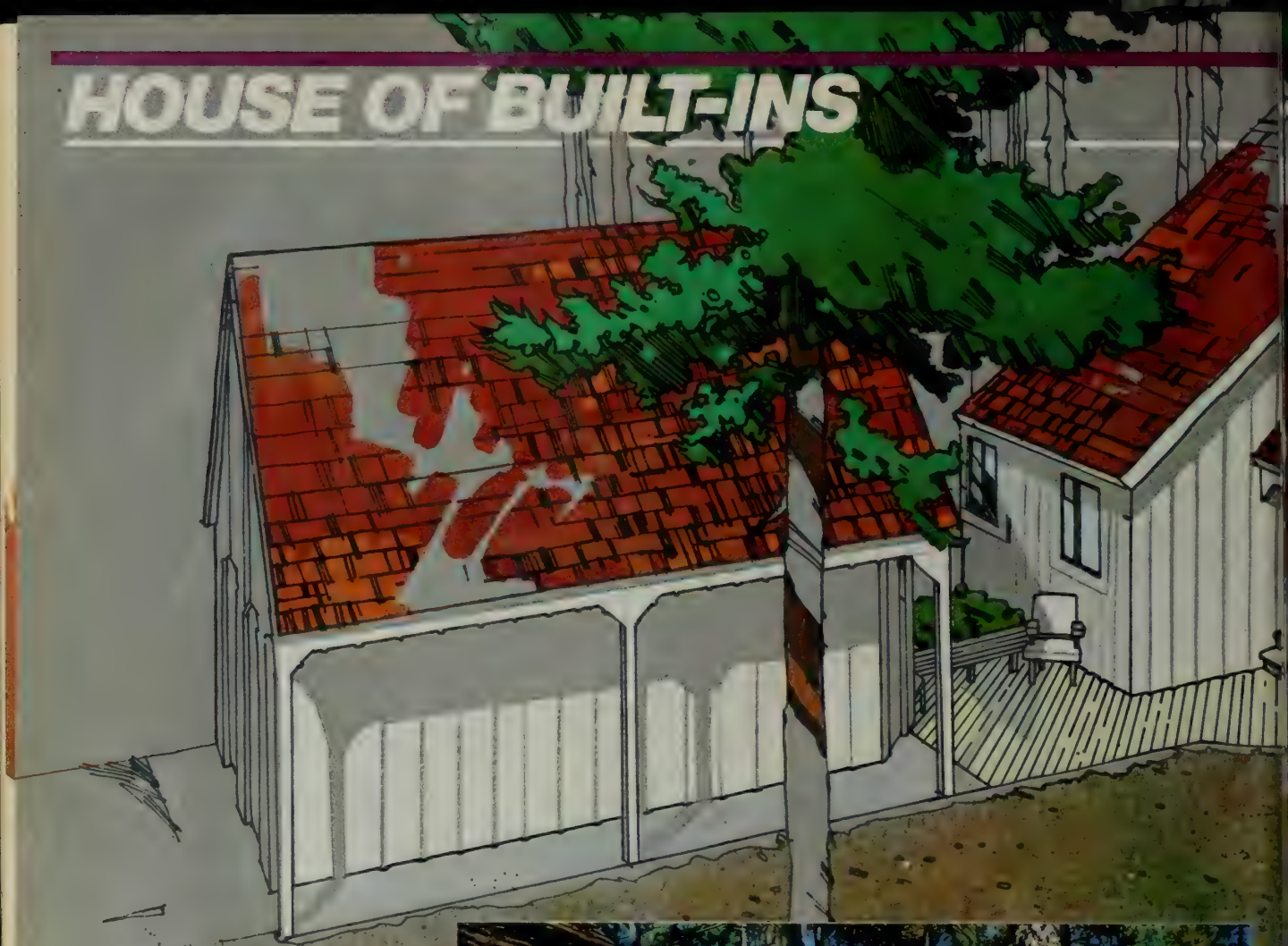
Let's take a closer look to see what makes this compact house so inviting.



The total width—62 feet, including the eight-foot-wide porch—and overall design make this home a good candidate for building right up to lot boundaries in those communities allowing zero-lot-line homes. This bird's-eye view clearly shows all of the built-ins and their graceful angular shapes.

Photographs: Ross Chapple
Developer: R. B. Fitch, Jr.
Drawings: Marine Arts

HOUSE OF BUILT-INS



C
[illegible] house *(above)* is a porch on the right end and a garage in front. First-time buyers pinched for funds might want to start with the house, then add the garage and porch as money permits. But even without the extra shapes supplied by the garage and porch, the basic house has attractive lines of its own.

Even though the garage is what you see first, it doesn't detract from the [illegible] because [illegible] the usual [illegible] a covered walkway out of the garage wall. [illegible] passageway, the [illegible] like living quarters [illegible] for two cars and a work [illegible]

Another nice touch [illegible] entry deck that bridges [illegible] and house; on a sloping [illegible] works as a landing, dividing [illegible] flights of steps between the [illegible] and the garage. Also note [illegible] garage is cornerless—a simple [illegible] to soften lines and to introduce [illegible] gular theme that prevails throughout the interior of the hou[illegible]





Porches are coming back, partly because they're a low-cost substitute for air conditioning and partly because they're just plain fun. This 8x12 version *(bottom left)* is on the east end of the house as a location for leisurely breakfasts. Plans for the chairs are available; see page 174.

In the multipurpose room, two areas are interchangeable: the entertainment center can switch places with the eating area. With that change, the porch and sliding doors would shift to the back of the house as shown in the sketch at *bottom right.*





HOUSE OF BUILT-INS

In the 26x26 foot activity room *(below),* as well as in the sleeping wing *(pages100and101),* the accent is on built-ins. Even if you had little or no furniture, you could move right in after buying a few pillows for the activity room and mattresses for the beds.

A multipurpose room like this one is the spacious heart of today's compact floor plans. The room is actually several rooms in one: the living area (foreground), entertainment center (back corner), kitchen (behind the fireplace), and dining space (at left, out of camera range) all share the same space but are separate, distinct areas. The focal point of this 676-square-foot room is the central fireplace. Though it's not particularly wide, it does a yeoman job of screening the kitchen from view.



Curled in front of the fireplace is this cozy built-in sofa *(below)*. Not only is the entire back side fitted with shelf space, but additional cubicles are dished out of the front of both end units. The sofa seats five comfortably, but leaves enough space for a conversation nook in the room's bumped-out bay. The entire structure is painted plywood, decked out with



homemade pillows. Traffic flows past the back of the sofa from the entry door (left background) toward the dining area and kitchen or through the hallway (right background) to the bedroom/bath wing. Plans for the sofa unit are available; see *page 174*.

Backed up to the fireplace is a roomy kitchen *(below)* where the traditional term "work triangle" really fits. Meal preparation flows efficiently from refrigerator to sink to stove without wasted steps. Storage is a combination of open and closed shelving; a large pantry is just to the left of the refrigerator. Though a metal unit stows pots behind the range, the kitchen's modified gambrel ceiling provides plenty of height for an overhead pot rack as well. Two skylights capture daylight from the north side of the house.

Tucked into the back corner of the multipurpose room are a built-in banquette *(below)* and a planning desk (to the right of the banquette). The freestanding do-it-yourself table in front is a piece of plywood (who will ever know?) anchored to a large, antique crock (actually, any sturdy base will do). The desk has shelves above and drawers below. Plans for the banquette and desk are available; see *page 174*.







HOUSE OF BUILT-INS

At the left end of the house is the sleeping wing, separated from the living quarters by a five-foot buffer zone. (A utility room and coat closet help to isolate sounds from the active side of the house; see plan). Two bedrooms and two baths comprise the quiet zone. The back room is set up as a kid's lair, but also could be used as a den, TV room, home office, or guest bedroom. At the front end is the master suite—a bedroom, bath, and walk-in closet—all sealed off by a privacy door.

In the master bedroom *(below),* virtually every corner has something built into it. The bed is snugged into the corner and flanked by low, open-front niches that house the usual bedside necessities. Continuing in both directions from the bed are wall-hugging storage cabinets.



The master bedroom contributes more than its share of storage to the house's above-average capacity (see detail photo, *bottom left*). Under the bed, four drawers—two on each side—disappear neatly into space that often does little but collect dust balls. The low built-ins lining the walls are fitted with flip-down fronts that close against invisible magnetic catches. Plans for the bed, open-shelf storage piece, and flip-down wall unit pictured are available; see *page 174*.

Relegated to the back corner of the house is the 16x11-foot second bedroom. In the configuration pictured *(below)*, the space is designed for a school-age child. Dominating the scene is a double-duty couch/bed that hides two rooms' worth of storage behind it and to the right of it. Open bookcases hug the back wall, and a study desk angles across the corner at right. In the opposite corner, a triangular closet handles the standard amount of clothes on hangers. Plans for the bed/storage unit, bookshelves, and desk are available; see *page 174*.

Complete plans for the house and five projects—either as a package or individually—are available. The five projects include the porch chairs; sofa unit; banquette and desk; master bed, open-shelf piece, and flip-open wall unit; the child's bed/storage unit, bookshelves, and desk. To order, see *page 174*.



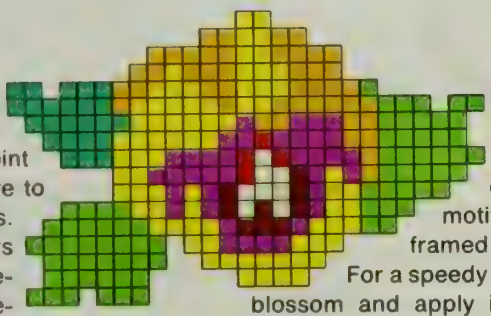





DEEP
COLORS

A BLOOMING CARPET OF QUICKPOINT FLOWERS

By Nancy Lindemeyer, Deborah Dugan, and Rebecca Jerdee



Curtain up! Here is a show-stopping quickpoint rug *(left)* that's sure to draw rave reviews. We call it "flowers by the yard" because the basic design is easily adapted to any size space in any room of the house. You can stitch as little or as much as you like just by altering the number of blooms in a row and the number of rows you repeat. The end result is an ever-fresh garden of violets, strawberries, marigolds, pansies, and primroses that heralds the beauty of spring all year. And if cross-stitch is your forte, you also can translate our motifs into a glorious framed sampler *(below)*. For a speedy project, choose a blossom and apply it to napkin and place mat corners *(bottom, right)* or curtain and tablecloth edgings for a personal touch. To complete the scenario, each of our budding performers is bedecked in a costume based on one of the carpet's versatile motifs. The costumes are another easy-to-sew project.

Complete how-to begins on page 144.
Buying information, page 58

Designs: James Williams (rug); Laura Holtorf (cross-stitch adaptations); Mimi Shimmin (costumes)
Photographs: William N. Hopkins. Photographed at the Des Moines Community Playhouse







NEVER-FADE FLOWERS You Grow From Seed

By Douglas A. Jimerson

Plant now for colorful dried bouquets this fall and winter. All of the hardy annual and biennial flowers described here are easily air dried and will retain their bright colors long after the growing season has ended. You can start your dried flower garden from seed, or you can buy transplants from a nursery or garden center. If you like, cut a few flowers during the summer for use in fresh arrangements, but let the rest mature for dried ones. Watch for our follow-up story in August that will show you how to create prizewinning bouquets with your dried flower harvest.







The exotic flowers of the ammobium, *left,* also called winged everlasting, are easy to grow. Start the seeds eight to ten weeks before the last frost is due, or sow seeds outdoors after the soil has warmed. To dry ammobium, cut the flowers before they are fully open and hang them upside down to dry.

Money may not grow on trees, but when you plant lunaria, *bottom far left,* also called honesty, you'll get plenty of coin-like seedpods. Sow lunaria seeds outdoors in late summer. The plants will bloom the following July. To dry lunaria, cut the plants when the seedpods are mature. Remove the coverings from the pods and hang the branches upside down to dry.

Annual statice, *bottom left,* **is a must** for every dried flower garden. Start seeds indoors six to eight weeks before the last expected frost, or sow seeds outdoors after the soil has warmed. To dry statice, cut the stems when the flowers are fully open. Then hang the stems to dry.

Sow seeds of bells-of-Ireland, *top right,* outdoors after frost danger has passed. To dry the flowers, cut the whole stalk when the flowers are in bloom and hang it upside down to dry.

Starflower, *right,* **was introduced in 1980.** Sow starflower seeds outdoors after frost danger has passed. To dry starflowers, cut the flowers when they're in full bloom and hang them to dry.

To grow helichrysum, *far right,* also called strawflower, sow seeds indoors six to eight weeks before the last expected frost. Or, sow the seeds outdoors after the soil has warmed. To dry strawflowers, cut the stems when the flowers are half-open. Then strip off the foliage and hang the flowers upside down to dry.

Photographs: Bill Maris, Bill Helms, Mike Dieter
Field editor: Bonnie Maharam









DRIED FLOWER TIPS

If you want to start dried flowers indoors, you'll need to find a suitable container. A wooden or plastic flat with plenty of drainage holes is your best choice. The flat should be two to three inches deep. Spread a thin layer of coarse gravel or broken flowerpots (shards) over the bottom for good drainage. Then fill the flat with a good-quality potting soil.

- As soon as seedlings become visible, move the flat to a bright window or under grow-lights. If you are using grow-lights, hang the bulbs six inches above the flat and leave them on for about 14 hours a day.
- Sowing seeds outdoors is easy. All you have to do is sprinkle the seeds over the surface of a well-prepared seedbed and work the seeds in with a hand trowel or fork. Plant larger seeds in shallow furrows. Then, gently tamp the planting surface and water thoroughly. As the plants sprout and grow, thin them to eliminate competition. Always mulch your flower garden to eliminate weeds and to increase soil moisture.
- For best results cut flowers at midday, when the blooms are at their best. Strip the leaves and gather the flowers in small bunches secured with elastic ties. Hang the bunches upside down in a dark, ventilated attic or room for two to three weeks. Avoid picking flowers after a heavy rain or when they're covered with dew.
- Other plants that dry well include: larkspur, blue salvia, Chinese lantern, hydrangea (Pee Gee), delphinium, yarrow, artemisia, cockscomb, and heather. Air drying also works well with many of the field flowers such as dock, goldenrod, pampas grass, pearly everlasting, teasel, and tansy.

EASY-DOES-IT PROJECTS TO STREAMLINE YOUR KITCHEN

By William L. Nolan



DESK-STYLE WORK CENTER

DESK-STYLE WORK CENTER

One way to make better use of space and keep the household humming along smoothly is to install a multipurpose work center in the kitchen. For example, this built-in desk unit *(right)* provides a well-lighted spot for the children to play and allows you to keep tabs on them while you're preparing meals. You also could use a unit like this for a planning center, a home office, or a hobby and crafts center.

Even if you have space for just one work station, a desk in the kitchen can prove handier than you'd think. The unit pictured here was built into a corner at one end of the kitchen cabinets. (Another likely spot would be a recycled closet space or the end of an island or peninsula.) Each work station is equipped with a shallow center drawer plus three file drawers 8 inches wide and 24 inches deep. Some of the drawers are grooved inside and fitted with 1/8-inch hardboard dividers, and the work surface is covered in plastic laminate to match the counter tops.

Photograph: Ernest Braun
Architect: Harley Jensen, AIA
Field editor: Barbara Cathcart

ROLL-OUT APPLIANCE GARAGE

Another way to make your kitchen work more efficiently is to cut down on clutter; everything goes more smoothly when you can maintain a semblance of order in the kitchen.

Clear away some of the clutter by retrofitting your work area with an appliance garage. It will provide handy space for tucking away bulky items like toasters, mixers, and food processors. And it also will encourage the whole family to keep the counter cleared for action.

This "double" garage *(opposite page, top left)* fits neatly into a corner. It features a special dolly on which several appliances at once can be rolled out—and in—at a touch. The appliances plug into a duplex electrical outlet that was added to the existing wiring beside the garage door. The door itself lifts up and slides back along a set of grooves, and detailing on the door front matches the cupboard doors above.

Photograph: Ernest Braun
Architect: Harley Jensen, AIA
Field editor: Barbara Cathcart

APPLIANCE CAMOUFLAGE

Mismatched appliances, or ones that clash with the decor, can make a kitchen look cluttered, too, even when everything is put away. But what can you do short of investing in new appliances? Try this: Pull everything together with a clever cabinet

If your family is as busy as most, you're probably looking for ways to get things organized and make better use of space around the house. The ideal place to start your streamlining is the kitchen, where clever organization really pays off. To inspire you, here's a potpourri of projects that have worked wonders in other busy kitchens. You'll find a surprising variety here—everything from savvy storage tricks to compact work centers. And every one is an inexpensive project you could adapt easily to your own kitchen and build yourself.



ROLL-OUT APPLIANCE GARAGE



APPLIANCE CAMOUFLAGE



BAKEWARE DIVIDER DRAWER



STOWAWAY SERVING CART

cover-up like the one that was used for this built-in oven *(top right)*.

The Oriental decor in this kitchen made the streamlined styling of the oven seem out of place, and the oven was clearly visible from the living room. To set things right, the homeowners camouflaged the oven with a pair of cabinet doors finished in a Chinese-red lacquer to match the surrounding cabinetry. When the doors are open, they store in slots on either side of the oven. When they're closed, they contribute to the kitchen's serenely uncluttered look.

Photograph: Jessie Walker
Design: Jan Van Vlack
Field editor: Jessie Walker

BAKEWARE DIVIDER DRAWER

When was the last time you had to struggle with a stack of heavy baking dishes to pull out the one you wanted? They never seem to stack neatly—some are round, some are square, some are oblong, and each one is a different size. To unjumble them, store them between vertical hardboard dividers in a deep cabinet drawer like this one *(below, far left)*.

The dividers in this drawer are held in place by U-shaped plastic clips that press into the front and back walls of the drawer like thumbtacks. Four clips—two in front, two in back—hold each divider. The dividers can be spaced irregularly to accommodate different-size items, and if there's room, you can use one or two spaces to file your cook books, appliance manuals, warranties, etc.

Photograph: Ernest Braun
Architect: Harley E. Jensen, AIA
Field editor: Barbara Cathcart

STOWAWAY SERVING CART

Simplify your serving and cleanup chores by putting part of your kitchen on wheels. This versatile serving cart *(left)* allows you to roll a slice of counter and shelf space right into the dining or living room or onto the patio. Although this unit stores in a space only 22 inches square, it can handle a coffee klatch or an entire meal in one or two easy trips. And when you store it away, it becomes part of your cabinet storage again.

The basic frame is a plywood box 22 inches square and 33½ inches high. Large openings are cut in the sides and the back, and the front is trimmed to match the kitchen cabinets. The unit is fitted with two recessed shelves and a recessed top and is painted with white enamel; the top is surfaced with white ceramic tile. The frame rides close to the floor on three-inch rubber casters mounted under the bottom shelf.

Photograph: Ernest Braun
Architect: Harley E. Jensen, AIA
Field editor: Barbara Cathcart

Buying Information, page 58

BUTCHER-BLOCK SNACK BAR

Another way to simplify meal-serving chores is to put the diners within arm's reach. With this butcher-block snack bar *(right)*, you can serve short-order diners and snackers without taking a single extra step. Cleanup chores and serving for parties and sit-down dinners are easy, too, because the snack bar doubles nicely as a sideboard or buffet.

This ingenious unit converts "air space" into dining space on one side of a peninsula, but you could install a similar unit on an island or even on the wall. You can buy the brackets and butcher-block ledge ready-made; then all you may need to do is attach the brackets to the underside of the ledge and mount the unit on your counter top or wall surface. The chrome brackets shown here are accessories that were purchased with the cabinets, but any sturdy brackets of similar design could be substituted.

Photograph: E. Alan McGee
Design: John Farrell, House of Denmark
Field editor: Ruth L. Reiter



BUTCHER-BLOCK SNACK BAR

FOOD SLICING CENTER

Nothing clutters up a counter—or sink—faster than chores like salad making, bread slicing. and meat cutting. But this slicing center *(right)* makes cleanup a breeze. Scraps and crumbs can be disposed of quickly; you just lift up the cutting board and dump them into a plastic waste bin underneath the counter top. The bin, which is neatly disguised with a drawer front, glides out easily for emptying. Next to the backsplash is a built-in knife rack that keeps the knives handy and lines them up in regimental order when they're not in use. The knife blades are safely stored in a 2x8-inch channel cut into the counter top behind the waste bin. The rack itself is a 3x14-inch strip of oak that matches the cutting board, with slots for eight knives.

Photograph: Martin Helfer
Design: Tony and Joyce Borra
Field editor: Ruth L. Reiter



FOOD SLICING CENTER



STAIR-STEP SPICE CABINET

STAIR-STEP SPICE CABINET

Little things often have to be stored in dense stacks, and all you can see is the front layer. A simple remedy is a stair-step insert like the one pictured *(above right)*. This three-tiered insert was constructed of ¼-inch plywood. The four mini-shelves—three tiers plus the cabinet floor—hold a large collection of bottled spices, and three-inch risers between the shelves put every item on display. Also, another mini-shelf added to the door displays a miscellany of spices in odd-sized containers.

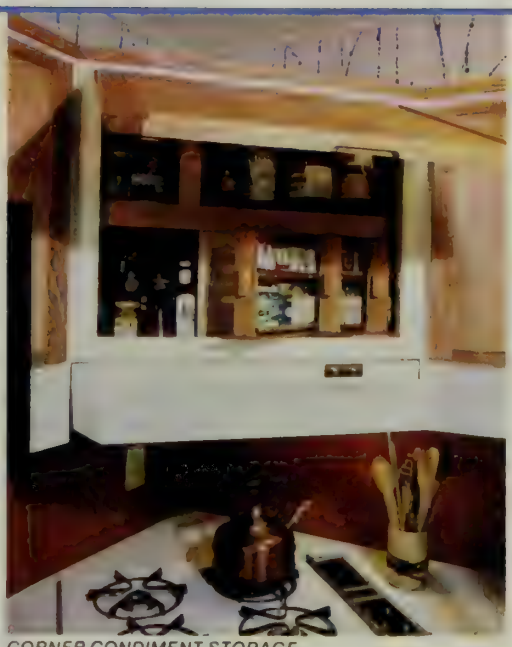
Photograph: E. Alan McGee
Design: Louis Salloway/David, Inc.
Field editor: Ruth L. Reiter

FOLDAWAY SEWING CENTER

You can use your kitchen "after hours," too, for family hobbies and crafts. Most of what you need is already in place: good lighting, roomy work surface, and easy-clean floors. All you need add to set up shop is a handy but hidden storage place for



FOLDAWAY SEWING CENTER



CORNER CONDIMENT STORAGE



PANTRY/BROOM CLOSET

your tools and materials.

One solution might be a fold-up storage unit like the one used for this compact sewing center *(top left)*. Although it looks complicated, this unit is actually easy to build and fits in a space no wider than 20¼ inches wide. The basic framework resembles a drawer that reaches almost to the floor. The horizontal part is suspended on a pair of full-extension drawer glides, and the vertical part rides on casters.

Attached to the vertical part is a false cabinet front that swings out on a pair of brass brackets to form an angled support for the left half of the work surface. Electrical cords that power the sewing machine and the foot treadle are threaded through a cutout section in the work surface under the machine (not visible). The sewing machine and cords are stored on a special shelf under the work surface.

Photograph: E. Alan McGee
Design: Louis Salloway/David, Inc.
Field editor: Ruth L. Reiter

CORNER CONDIMENT STORAGE

The corner space occupied by this handy condiment cupboard *(left)* was difficult to utilize because the lower half of the space is bisected by an angled hood stack. But with a bit of creative carpentry, this awkward corner area was converted into just-right storage near the stove for seasonings, cooking oils, etc.

The stack itself was boxed in, and the boxing was capped with a triangular shelf that divides the space into two levels. The space on the lower level, to the right of the boxing, was fitted with three double-decker spice racks that slide out on separate tracks for easy access. Since the space widens toward the rear, each rack was made a different length accordingly. The door swings up on spring-loaded hinges that hold it in the open position indefinitely.

Photograph: E. Alan McGee
Architect/Builder: Moon Brothers
Field editor: Ruth L. Reiter

PANTRY/BROOM CLOSET

This verstile pantry/broom closet *(left)* occupies little more floor space than a wastebasket, yet it incorporates two separate storage functions: a high-rise pantry in front and a compact utility closet in back *(far left)*.

The six-inch-deep pantry compartment keeps cans and bottles handy and in full view, and the shelves can be adjusted to different heights. The utility closet, which opens from the side of the unit, measures approximately 1½ feet wide by 2 feet deep—just right for storing brooms and mops. For extra rigidity, the entire unit was constructed with lumber-core plywood. And for a sleek, trim look, the exterior surfaces were covered with plastic laminate and the doors were fitted with touch-latch hardware.

Photographs: Bill Maris
Design: Adner/Woodman Design
Field editor: Estelle Guralnick

Buying information, page 58

AFFORDABLE FISH & SEAFOOD



y Joy Taylor

Tried-and-true tuna casserole isn't the only money-saving fish entrée you n serve your family! Follow our three cost-cutting strategies, and you'll have world of delicious options to choose from, as we'll demonstrate on the next w pages. The lineup ranges from tempting Crab Artichoke Appetizers to xotic Tabouli-Seafood Salad to elegant Fish à la Diable. What all these dishes ave in common is that they're as thrifty as they are tasty. Fish fanciers and argain hunters never had it so good!



STRETCH FANCY-FISH FLAVOR

Lobster, scallops, crab, shrimp, sole! Any one of these delicacies is a seafood lover's delight, but a budget watcher's dilemma. To enjoy big flavor without big spending, just supplement a small quantity of the costly fish or shellfish with less expensive ingredients. These four seafood-stretching recipes show you how.

With **Seafood Thermidor** *(front right)* you can multiply two lobster tails to four generous servings. A wine-flavored stuffing, resplendent with lobster and fish, is piled into the halved tails. Each serving adds up to one lobster "tail," with extra stuffing served on the side.

Call on **Crab-Artichoke Appetizers** *(front left)* when you want an elegant and economical first course. You can produce 12 of these extraordinary hors d'oeuvres from just one can of crab meat and three artichokes. To do it, simply stretch the classy ingredients with hard-cooked egg and sour cream.

To make a thrifty pasta salad company-special, add seafood. Our citrus-seasoned version, **Scallop Pasta Salad** *(back right),* won't scuttle your food budget because only a few scallops are required. To make them go far, you slice them, then add protein-rich beans and almonds.

The same seafood-stretching technique even lets you indulge in costly sole without a qualm. For **Sole Patties Paprikash** *(back left),* you deflate the cost by flaking the sole and mixing in gingered rice instead of serving the fillets whole. Garnish each fried patty with a halved shrimp and you have an impressive, yet low-priced, main dish.

Recipes begin on page 121.
Buying information, page 58

Photographs: William Sladcik. Food stylist: Fran Paulson

AFFORDABLE FISH & SEAFOOD

TRY OFFBEAT OPTIONS





Do you habitually buy the same high-priced fish because you aren't sure how other varieties will taste? If so, you're missing out on some great eating and significant savings. Those unfamiliar varieties, like shark, buffalo fish, and rockfish, are just as delicious as costlier halibut or salmon, and here are five recipes (plus another on page **130**) to prove it. The glossary on page **121** will help you get acquainted with a number of inexpensive fish varieties.

For starters, try **Fish à la Diable** *(front right),* a simple yet very special entrée which you can make with several kinds of fish, including mullet, flounder, perch, whiting, and pollack. Cucumber strips (plus carrots, if you like) are tucked inside the fish roll-ups, and a yogurt-mustard sauce adds a tangy fillip. Besides being delicious, this dish is a dieter's delight!

No one will ever guess that this spectacular **Turban of Broccoli and Fish** *(front left)* evolved from such simple beginnings—namely croaker, turbot, or pollack fillets and pureed broccoli. Glazed carrots and lemony Hollandaise Sauce help glamorize this unusual main-dish ring.

To make inexpensive fish exotic, add lime juice and radishes, as was done with this **Oriental-Style Stuffed Fish** *(back left).* Stuff either one large fish, such as Spanish mackerel, or two small fish, such as ocean perch or catfish, with a brown rice mixture and then baste the fish with a soy sauce-sesame seed glaze.

Smoked Mussels Rockefeller *(back center)* is our modest (yet equally tasty) version of the well-known appetizer. Just before baking, a cheesy crumb mixture is sprinkled atop the smoked seafood-spinach combo.

You'll think you're eating lobster bisque when you taste **Monkfish-Zucchini Chowder** *(back right).* In fact, monkfish is nicknamed "poor man's lobster." This whole-meal soup is thickened with pureed vegetables and seasoned with pimiento, fresh parsley, and thyme.

Recipes begin on page 121
Buying information, page 58

AFFORDABLE FISH & SEAFOOD

DRESS UP CANNED &



FROZEN FISH



It's no news that canned and frozen fish are terrific bargains. But what *is* news is that these budget helpers now are available in many new forms, shapes, and flavors. Here are some main-dish and appetizer recipes to help you capitalize on these convenient and tasty fish items.

Tabouli-Seafood Salad *(front right)* is a meal-sized version of the Near Eastern bulgur-wheat favorite. What makes this modern-day main dish super-handy is that it features canned baby clams and frozen precooked shrimp. Mushrooms, onion, and dill-weed add extra pizzazz.

Frozen breaded fish portions make short work of producing the **Italian Fish Platter** *(front left).* The fish is topped with Swiss cheese and a lively tomato sauce, then served with cooked cabbage wedges. For extra savings, you can prepare this quick-to-make dish with other frozen products when they're on sale, such as batter-fried fish fillets, fish sticks, or shrimp sticks.

Once you try flaky **Seaside Bundles** *(back left),* you'll be hooked on their mild flavor, convenience, and economy. Refrigerated roll dough encloses a creamy blend of canned fish, water chestnuts, and cheese. Our version features canned mackerel, but you could use tuna or salmon.

If you think of canned tuna solely in terms of salads and sandwiches, think again. It also can be the basis for tasty **Tuna- and Cheese-Stuffed Pasta** *(back center).* The manicotti shells are packed with a tuna-vegetable mixture and topped with a cheese-olive sauce. To make the dish a real bargain, choose grated tuna in place of the costlier flaked version.

You can put another standby, salmon, to a new use, too, by building a **Tri-Level Salmon-Tomato Appetizer** *(back right).* It's bursting with springtime color and flavor. The pastry shell holds layers of cucumber-flavored rice, seasoned salmon, and a delicate tomato aspic. (A word to budget watchers: The redder the salmon, the higher the price.)

Recipes begin on page 121.
Buying information, page 58

SHOW-OFF CAKE



For **Stained-Glass Window Cake,** *secure a waxed paper pattern onto the top of the frosted cake with pushpins or straight pins. Transfer the design onto the frosting using a tracing wheel (above). Pipe on icing through a pastry tube to make "leading" within the design. Spoon melted jelly into each portion of the design (below).*



Here's how to make the telegram's lines on your **Live Wire Cake.** *Place wooden picks in the frosted cake top to mark 6 sections. Use cardboard as a guide and mark lines between picks by pressing the edge of the cardboard into the frosting (below). Then, place licorice strips over the lines.*





DECORATING Made Easy



BY MARLENE BROWN

Whatever the red-letter event—birthday, graduation, anniversary, or bon voyage party—you're sure to find a merrymaking cake on these pages to fit the occasion. There's even a cake patterned after a favorite piece of a child's artwork. What's more, you don't need a diploma from a cake decorating school or any unusual equipment to create these extra-special cakes. They're all as simple to make as they are spectacular.

The **Rainbow Cake** *(back left)* displays a colorful cascade of candies on a pink frosting background. To create the rainbow, you halve a single cake layer crosswise, stack the halves with frosting in between, then stand the layers on the cut sides.

Why not deliver an edible telegram to the party guest(s) of honor? Just fill in the appropriate name, date, occasion, and message atop this **Live Wire Cake** *(back right).* Cover the cake with frosting and make the colorful lines with licorice whips. Use small tubes of decorator frosting to write your message.

Nut and Seed Cake *(front right)* features a crunchy mosaic fashioned from interesting nuts and seeds. Cut the sides of a two-layer cake for the hexagonal shape, then frost the cake. Spread preserves atop to provide a glistening background for the design.

Melted jams and jellies create a special effect for **Stained-Glass Window Cake** *(bottom left).* Draw a design on waxed paper, then use a tracing wheel to transfer the design to the cake. Pipe on Royal Icing for the leading; fill in between the lines with jelly.

Turn the page and learn how to personalize a cake decoration by using your child's or your own drawing. **Coloring Book Cake** is child's play!

All of our cake decorating ideas have step-by-step directions. Just follow along and your celebratory treats will be a "piece of cake" to put together.

Directions begin on page 135.

Photographs: Mike Dieter

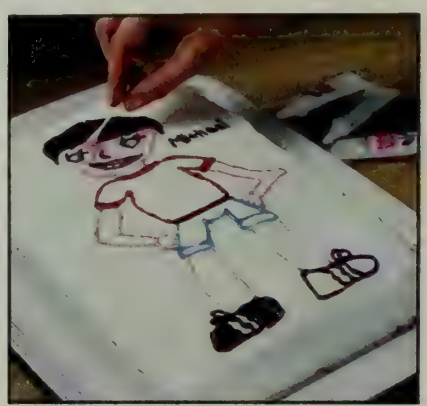
SHOW-OFF CAKE DECORATING

Coloring Book Cake

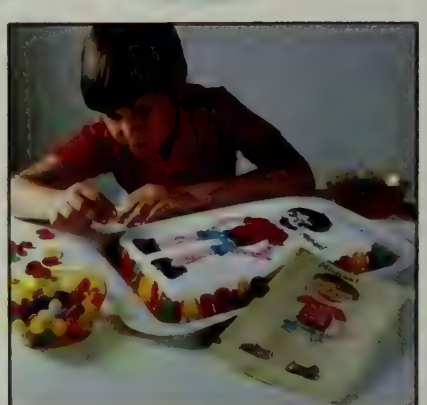
Michael proudly shows off *Coloring Book Cake*, a delicious reproduction of his own drawing.



Decorating gel fills in his design on top of the cake, and colorful candies finish off the sides.







COLORING BOOK CAKE

You'll find the decorating gel in th frosting section of large supermarkets–

Food and equipment you'll need:
Colored artwork
Tracing paper *or* waxed paper
1 13x9-inch baked cake layer
1 recipe Buttercream Frosting (see recipe below)
Straight pins *or* pushpins
Tracing wheel *or* pastry wheel
Assorted colors of glossy cake decorating gel
Assorted colored gumdrops, cinnamon candies, and hard candies

Take a picture of the drawing with a 35-mm camera using slide film; project the picture onto a wall to approximately 12x8 inches. Trace the picture onto a piece of waxed paper or tracing paper you've taped to the wall.

Place the cake layer on a serving tray; frost top and sides with *Buttercream Frosting.* Let stand 1 hour. Position the paper tracing atop cake; secure with pins. Using a tracing wheel or pastry wheel, retrace the design in the frosting. Remove pins and drawing.

Using appropriate colors of cake decorating gel, outline edges of design traced in frosting. Then fill in the outlines by squeezing the tube of gel back and forth in straight lines until the entire design is colored in. Decorate the sides of the cake with gumdrops, cinnamon candies, and hard candies.

BUTTERCREAM FROSTING

6 tablespoons butter *or* margarine
1 16-ounce package powdered sugar, sifted (about 4¾ cups)
Light cream *or* milk (about ¼ cup)
1½ teaspoons vanilla

Cream butter or margarine; gradually add about *half* the sugar, blending well. Beat in *2 tablespoons* cream and vanilla. Gradually blend in remaining sugar. Add enough cream to make of spreading consistency.



YOU ALWAYS HAD A GOOD FEELING ABOUT SOUP. AFTER YOU READ THIS YOU'LL KNOW WHY.

Soup makes you feel good in so many ways. It's the wholesome food that satisfies your appetite and your spirit.

You know that when you've got to go somewhere on a cold windy night, a bowl of steamy Clam Chowder can stoke you up for the trip, and insulate you inside till you get there.

Or, when the midday sun is sweltering you, a bowl of refreshing, chilled Consommé (maybe with a salad and iced tea) tastes great and keeps you going through the day.

But did you know nutritionists are now finding out that nutrition-wise, soup is super. Three different sources support the goodness of soup.

Using data from one of the largest studies ever made on nutrition (conducted by Government health agencies), experts from leading universities identified differences in people's diets.* **It was found that soup can be a significant part of a balanced and healthful diet.**

And when compared to other foods in a Nutrient Density Rating System** used by nutritionists, many of the most popular soups come through with flying nutrients. **In fact, some soups have more nutrients per calorie than other good foods you think are very nutritious.** For instance, calorie for calorie, Campbell's Chicken Noodle Soup has more protein and thiamin than peanut butter, or rye bread.

In another way of rating soup, based on U.S. Department of Agriculture data, one 10 ounce serving of Campbell's **Old Fashioned Vegetable Soup has more Vitamin A than 2 heads of lettuce, 12 ears of corn, or four tomatoes.**

And soup is not only good for your body. It's good for your soul. When you come home from a hard day all frazzled, a heart-warming cup of zesty Minestrone can really unwind you. Because what could be more soothing than soup?

And so digestible. If you've got a little empty spot late at night, a bowl of delicious Mushroom Soup will hit the spot perfectly and let you sleep like a log.

So you can see, there's a good reason for the good feeling you get with soup. One of the many reasons why Soup is Good Food.

Campbell's

SOUP IS GOOD FOOD.

*As published in The American Journal of Clinical Nutrition, April, 1981

**Source: Hansen, R.G., Wyse, B.W., Sorenson, A.W., The Nutritional Quality Index of Foods, AVI Publishing Co., Inc., Westport, Conn. 1979

Note—Mean value sources for nutrient comparison: USDA Handbooks No. 8 and 456 and Campbell Soup Co.

French that's smooth and mild. Or a tangy bit wild. Luscious Wish-Bone French Dressings.



Oooooolala.

Oooooooo. Two flavorful French dressings: Deluxe and Sweet 'n Spicy.® One, velvety smooth and mild. The other, delicately sweet. Provocatively spicy. Both blended with just the right balance of spices and seasonings.

Rich, luscious French. No one speaks it like Wish-Bone.

FRUIT 'N NUT SALAD

1 medium head romaine lettuce, torn into pieces
2 bananas, sliced
½ cup raisins
⅓ cup chopped walnuts
1 small apple, sliced
½ cup Wish-Bone® Deluxe French or Sweet 'n Spicy® French Dressing

In salad bowl, combine all ingredients except dressing; chill. Just before serving, toss with dressing. Makes about 6 servings.



From the Wish-Bone Garden of Dressings.

begins on page 110

Fish and seafood

If you're not sure which kind of fish is the best buy, here's the help you need. Our glossary lists the less expensive varieties that are growing in popularity among consumers. Of course, the cost and availability of any fish are affected by regional and seasonal changes. If you can't find a specific variety or it's too expensive, just opt for a cheaper variety when you shop.

In cooking terminology, fish are divided into two categories—*fat* and *lean*. *Fat fish* have oil throughout the flesh. Their body composition has no less than 4 percent or no more than 10 percent fat. *Lean fish* are slightly drier. Fat fish and lean fish can be prepared by using dry or moist heat. For broiling and baking, *fat fish* are best because they retain moisture well, even when prepared with dry heat. *Lean fish* can be broiled or baked too, if basted with a little butter or margarine. Steaming or poaching also helps keep the flesh of lean fish moist. When you substitute fish in a recipe, keep in mind whether the fish variety you use is fat or lean and adjust the cooking method as needed.

To make substituting easier, each description below also identifies how the fish is usually sold: *drawn* (the eviscerated whole fish), *dressed* or *pan-dressed* (the eviscerated and scaled fish minus the head, tail, and fins; pan-dressed refers to small fish), *fillets* (boneless cuts from the side of the fish), or *steaks* (crosscut slices from a large, dressed fish).

Fish Glossary

buffalo fish—This freshwater fish is available pan-dressed or cut into steaks. It is also called winter carp. (lean)

catfish—The Great Lakes, other U.S. lakes and rivers, and breeding farms provide an abundance of this fish. Fillets and dressed fish are usually available. (lean)

croaker—This saltwater fish can be purchased drawn, pan-dressed, or as fillets. (lean)

flounder—This is a member of the saltwater flatfish family which includes sole. Like sole, flounder has firm yet delicate white flesh. Flounder is available drawn, pan-dressed, or cut into fillets. (lean)

Greenland turbot—This is a white-fleshed flatfish that is predominant in the cold salt waters of the North Atlantic. It is available pan-dressed or cut into fillets. (lean)

grouper—This firm-fleshed fish is available drawn or cut into steaks and fillets. (lean)

lake perch—The Great Lakes have an abundance of this sweet-fleshed fish. The pan-dressed fish or fillets are usually pan-fried. (lean)

mackerel—This is a member of the large, firm-fleshed fish family that includes tuna. Mackerel is sold drawn or cut into steaks and fillets. (fat)

monkfish—When cooked, the color and texture of this popular fish are similar to lobster's. Only the tail portion, which is usually cut into fillets, contains edible meat. (lean)

mullet—The Atlantic, Pacific, and Gulf are homes for this fish. It has firm flesh and a nutlike flavor and can be purchased drawn or as fillets. (fat)

ocean perch—The delicately flavored fillets of this variety are similar to freshwater perch or bass. Ocean perch is also called redfish. (lean)

pollack—This delicately flavored fish is related to cod. The firm flesh of the drawn or dressed pollack and its steaks and fillets are streaked with gray. (lean)

rockfish—The Pacific Coast is where this fish is most abundant. It has flaky, meaty flesh. Most often, the fillets and steaks are available at local fish markets. (lean)

sea trout—This fish is most commonly found in the South Atlantic and the Gulf. Sea trout is mainly available drawn or as fillets. Its white flesh is sweet and fine-textured. (lean)

shark—Over 62 species of shark provide good eating. The skeleton of shark is made of cartilage, so the firm yet tender white meat of shark is bone-free. Shark steaks and fillets can be soaked in a salt solution or in milk prior to cooking to eliminate any strong flavor. However, most commercially caught shark are treated before being sold and should not require extra attention at home. (lean)

whiting—This mild fish has firm and flaky flesh and is available drawn. It is often called hake. (lean)

continued

ENJOY MINUTE MAID FROZEN LEMONADE AT 20¢ BELOW.



Now you can save 20¢ on great-tasting Minute Maid® Frozen Concentrate for Lemonade, Pink Lemonade or Limeade.
Minute Maid is lemonade the way you like it. Made with lots of real, juicy lemons. And nothing artificial.

MAKE SURE. MAKE IT MINUTE MAID.

STORE COUPON
20¢ SAVE 20¢ 20¢
when you buy 2-12 oz. or 2-16 oz. or 4-6 oz. cans of Minute Maid® Frozen Ades (any flavor).

CONSUMER: Coupon good only on purchase of product indicated. Not valid if transferred, exchanged, or reproduced. DEALER: REIMBURSEMENT TERMS: Valid only on product and size indicated. Valid in U.S.A. only. Value as specified plus 7¢ handling. One manufacturer's coupon per purchase. Void where prohibited, taxed, restricted, or license is required. Coupons are nonassignable, nontransferable, and may not be reproduced. Other use constitutes fraud, and all coupons will be confiscated. Coupons accepted only from retailers or authorized clearing houses. On request, dealer must provide product invoices for past 90 days. Sales tax must be paid by consumer. Presentation for payment represents compliance with these terms. Cash value 1/20¢. Redeem coupons promptly by mailing to M.S.C., P.O. Box 3960, Omaha, NE 68103.

254-01-M10



20¢ "Minute Maid" is a registered trademark of The Coca-Cola Company. 20¢
Offer expires February 28, 1983.

© 1982 The Coca-Cola Company.

continued

Fish and seafood

Note: *Microwave recipes were tested in counter-top microwave ovens. Timings are approximate since ovens vary by manufacturer.*

SEAFOOD THERMIDOR

2 6-ounce frozen lobster tails *or* 8 ounces frozen lobster meat
¾ cup water
¾ cup dry white wine
¼ cup chopped onion
¼ cup chopped celery
1 bay leaf
1 teaspoon dry mustard
1 teaspoon paprika
8 ounces fresh *or* frozen fish fillets (flounder, haddock, *or* turbot)
1 cup sliced fresh mushrooms
½ cup milk
3 tablespoons all-purpose flour
2 tablespoons snipped parsley
1 teaspoon instant chicken bouillon granules
¾ cup soft bread crumbs
2 tablespoons grated Parmesan cheese
2 tablespoons butter *or* margarine, melted
Toast triangles (optional)
Fresh dill (optional)
Lemon twists (optional)

Cook frozen lobster tails in enough boiling salted water to cover for 8 minutes. Drain and cool slightly. Place lobster, shell side down, on cutting board. With a sharp knife, cut lobster in half lengthwise. Remove meat; cut meat into chunks. Clean and reserve shells, keeping them intact. (Or, cook frozen lobster meat in boiling water 1 to 3 minutes or till tender. Drain well.)

Meanwhile, in an 8-inch skillet combine the water, wine, onion, celery, bay leaf, dry mustard, and paprika. Add fish fillets. Cover and simmer till fish flakes easily when tested with a fork. (Allow 2 to 4 minutes for ½-inch-thick fillets.) Remove fish and drain well. Cut fish into cubes. Strain poaching liquid through cheesecloth. Return liquid to skillet; bring to boiling. Boil, uncovered, for 6 to 7 minutes or till liquid is reduced to ¾ cup. Add mushrooms; simmer 4 minutes or till tender. Stir milk into flour; add to skillet. Stir in parsley and bouillon granules. Cook and stir over medium heat till thickened and bubbly. Cook and stir 1 minute more. Stir in lobster meat and fish cubes. Heat through.

If you use lobster tails, place the lobster shell halves on a baking sheet. Lightly spoon the seafood mixture into each shell half. Keep any remaining mixture warm in skillet. (If using frozen lobster meat, spoon the mixture into four individual casseroles.)

Combine bread crumbs, Parmesan cheese, and butter or margarine. Sprinkle over each serving. Broil 5 inches from heat for 2 minutes or till lightly browned. To serve lobster shells, arrange with toast triangles on serving platter. Spoon any remaining seafood mixture into a bowl; place in center of platter. Garnish lobster shells or individual casseroles with fresh dill and lemon twists, if desired. Serve immediately. Makes 4 servings.

Microwave directions: Place frozen lobster tails in a shallow dish. Micro-cook, covered, on MEDIUM for 3 to 5 minutes or till defrosted. Let stand 3 to 5 minutes. Cook, covered, on MEDIUM-HIGH for 7 to 10 minutes or till tender. Cut lobsters as directed.

In a 12x7½x2-inch baking dish combine the water, wine, onion, celery, bay leaf, dry mustard, and paprika. Arrange fish fillets in sauce, placing thicker portions toward outside of casserole. Cover with waxed paper or clear plastic wrap. Micro-cook on HIGH for 4 to 5 minutes or till fish flakes easily when tested with a fork, rotating dish halfway through the cooking time. Remove fish and drain well. Cut fish into cubes. Strain cooking liquid. Return ¾ *cup* liquid to baking dish. Add mushrooms; micro-cook, covered, for 1 minute or till tender. Blend milk into flour; add to liquid in dish along with parsley and bouillon granules. Micro-cook 5 minutes or till thickened, stirring after each minute. Stir in lobster and fish cubes. Spoon mixture into each halved lobster shell as above. Arrange shells in a baking dish. Spoon extra mixture around shells. Combine bread crumbs, Parmesan, and butter; sprinkle over each serving. Micro-cook, uncovered, 5 minutes or till hot. (If desired, broil lobster shells as above and omit the last micro-cooking.)





DESERVES ANOTHER.



Now, mix Country Crackers with the garden-fresh flavor of Vegetable Thins. You'll have a zesty new snack that's delicious...and different.

CRAB-ARTICHOKE APPETIZERS

3 medium artichokes
Lemon juice
⅔ cup dairy sour cream
2 tablespoons sliced green onion
1 tablespoon dry sherry
⅛ teaspoon celery seed
⅛ teaspoon salt
Few dashes bottled hot pepper sauce
Dash pepper
1 6½-ounce can crab meat, drained and cartilage removed
2 hard-cooked eggs, chopped
Lettuce leaves

Wash, trim stems, and remove loose outer leaves from artichokes. Cut off 1 inch of tops; snip off sharp leaf tips. Brush cut edges with lemon juice. In Dutch oven simmer artichokes, covered, in large amount of boiling salted water for 20 to 25 minutes or till a leaf pulls out easily. Remove artichokes; drain upside down on paper toweling. Remove center leaves and chokes; discard. Chill artichokes.

In bowl stir together sour cream, onion, sherry, celery seed, salt, hot pepper sauce, and pepper. Reserve a few larger segments of crab meat for garnish. Flake remaining crab meat. Stir flaked crab meat and chopped egg into sour cream mixture. Cover and chill.

To serve, cut each artichoke into fourths. Spoon crab mixture onto each artichoke piece. Garnish with reserved crab meat. Serve on a lettuce-lined plate. Makes 12 appetizer servings.

SCALLOP PASTA SALAD

Instead of tossing this main-dish salad, you might arrange it on individual lettuce-lined plates. Marinate the pasta in half the dressing; marinate the scallops, orange, beans, and onion in the remaining dressing. To serve, arrange pasta on plate; arrange scallops, oranges, and vegetables atop—

8 ounces fresh *or* frozen scallops
1½ cups water
½ teaspoon salt
6 ounces linguine *or* spaghetti, broken
1 11-ounce can mandarin orange sections, drained
1 cup garbanzo beans, drained
2 tablespoons finely chopped green onion

continued



HERE'S A FREE OFFER TO PROVE IT!

FREE CHEESEBOARD



Free! A handy eight inch cheeseboard made of hard maple. To get your cheeseboard just mail this form, 50¢ (to cover postage and handling) and purchase confirmation seals from four different NABISCO Snack Crackers checked below, to: **FREE CHEESEBOARD, P.O. BOX 636, YOUNG AMERICA, MN 55399**

☐ Country Crackers
☐ Chicken in a Biskit™
☐ Swiss Cheese
☐ Sociables®
☐ Vegetable Thins
☐ Bacon Thins
☐ Better Cheddars™
☐ Potato 'n Sesame

Please send my cheeseboard to:

Name _____

Address _____

City _____ State _____ Zip ____

Offer good only in USA. This certificate must accompany your request and may not be reproduced. Limit one offer per household, group or organization. Offer void where taxed, restricted or prohibited by law. **OFFER EXPIRES JULY 31, 1982.**

©NABISCO BRANDS, INC. 1982

continued

Fish and seafood

¼ cup salad oil
¼ cup white wine vinegar
1 teaspoon finely shredded orange peel
½ teaspoon dry mustard
Dash ground red pepper
1 6-ounce package frozen pea pods, thawed
Spinach leaves (optional)
⅓ cup slivered almonds, toasted (optional)

Let frozen scallops stand at room temperature 20 minutes. Halve any large scallops. Bring the water and salt to boiling. Add scallops. Reduce heat; simmer for 1 minute or till scallops are opaque. Drain and cool scallops. Slice scallops. Meanwhile, cook pasta according to package directions; rinse with cold water. Drain and cool.

In bowl toss together the scallops, cooked linguine, orange sections, garbanzo beans, and green onion. In screw-top jar combine the oil, vinegar, orange peel, mustard, and pepper; shake well. Pour over scallop mixture. Toss to coat, being careful not to break orange sections. Cover and chill. At serving time, stir pea pods into pasta mixture. Spoon mixture into a spinach-lined bowl; sprinkle almonds atop, if desired. Makes 4 servings.

SOLE PATTIES PAPRIKASH

12 ounces fresh *or* frozen sole fillets
2 beaten eggs
¼ cup fine dry bread crumbs
2 tablespoons snipped parsley
1 tablespoon grated onion
½ teaspoon grated gingerroot
1½ cups cooked rice
½ cup fine dry bread crumbs
2 tablespoons shortening *or* cooking oil
¼ cup dry white wine
¼ cup water
4 fresh *or* frozen large shrimp in shells, thawed, shelled, and halved lengthwise
1 tablespoon butter *or* margarine
1 tablespoon all-purpose flour
1 tablespoon snipped parsley
1 teaspoon paprika
½ cup light cream *or* milk

Let frozen fish stand at room temperature for 20 minutes; cut into four equal-sized pieces. Place a greased rack in a large skillet with a tight-fitting lid. Add water till it almost reaches rack. Bring water to boiling. Sprinkle fish with salt. Place fish on rack; cover skillet and steam about 5 minutes or till fish flakes easily. Lift out rack. Carefully remove fish from rack; cool. Flake fish.

In a bowl combine eggs, the ¼ cup bread crumbs, the 2 tablespoons parsley, the onion, and gingerroot. Stir in rice and flaked fish. Using about ⅓ cup fish mixture for each, shape mixture into eight ¾-inch patties. (If necessary, chill mixture for easier shaping.) Coat patties with the ½ cup bread crumbs. In skillet heat shortening or oil. Add patties; cook, uncovered, over medium-low heat about 6 minutes on each side or till golden brown.

Meanwhile for sauce, in saucepan combine wine and water. Bring to boiling; reduce heat. Add shrimp. Simmer 1 minute or till shrimp are pink. Drain shrimp, reserving liquid; set liquid aside. In same saucepan melt the butter or margarine; blend in the flour, the 1 tablespoon snipped parsley, and paprika. Add cream or milk all at once. Cook and stir till thickened and bubbly; cook and stir 1 minute more. Stir in the reserved liquid. Heat through. To serve, arrange patties on platter; spoon sauce over. Top each with a halved shrimp. Garnish platter with parsley sprigs, if desired. Serves 4.

FISH À LA DIABLE

"Diable," meaning devil, refers to a highly seasoned food. Here the "devilish" seasoning is mustard—

2 large carrots (optional)
1 cup sliced fresh mushrooms
⅓ cup sliced celery
¼ cup water
½ cup plain yogurt
1 to 2 tablespoons Dijon-style mustard
4 fresh *or* frozen fish fillets (about 1 pound), thawed (choose croacker, mullet, flounder, ocean perch, whiting, turbot, pollack, *or* rockfish)
1 medium cucumber, seeded and cut lengthwise into 6-inch strips
Butter *or* margarine, melted
1 teaspoon all-purpose flour
3 tablespoons milk
Paprika
Fresh dillweed (optional)
Lemon slices, halved (optional)

Cut carrots into 8 long strips. In saucepan cook the carrots, mushrooms, and celery in the water 5 minutes or till just tender. Drain. Combine the yogurt and mustard. Brush some yogurt mixture over one side of each fillet, reserving about half the mixture for sauce. Lay 3 or 4 cucumber strips and 2 carrot strips crosswise on yogurt side of each fillet. Roll up fillet around vegetables. Secure with wooden picks, if necessary.

Arrange fish rolls, seam side down, in a 9x9x2-inch baking pan. Brush fish and vegetables with melted butter or margarine. Bake, uncovered, in a 400° oven about 25 minutes or till fish flakes easily when tested with a fork. Remove to serving platter; remove picks.

In small saucepan stir flour into remaining yogurt mixture. Stir in milk. Add reserved mushrooms and celery. Cook and stir over medium heat till thickened and bubbly. Spoon over fish rolls. Sprinkle with paprika. Garnish plate with fresh dillweed and lemon slices, if desired. Makes 4 servings.

TURBAN OF BROCCOLI AND FISH

Prepare the sauce while the turban bakes. Keep the sauce warm by placing it over warm (not hot) water—

1½ pounds fresh *or* frozen fish fillets (individually frozen) (choose croaker, flounder, ocean perch, whiting, turbot, *or* pollack)
2 cups chopped fresh broccoli *or* one 10-ounce package frozen chopped broccoli
1 medium onion, chopped (½ cup)
¼ teaspoon dried tarragon, crushed
½ cup boiling water
3 eggs
⅓ cup dairy sour cream
¼ cup grated Parmesan cheese
⅛ teaspoon pepper
½ cup fine dry bread crumbs
1 recipe Hollandaise Sauce
Cooked carrots (optional)

Thaw fish, if frozen. In saucepan cook the fresh or frozen broccoli with the onion and tarragon, covered, in a small amount of boiling water for 5 to 10 minutes or till broccoli is tender. Drain and cool slightly. In blender container or food processor bowl combine broccoli mixture, eggs, sour cream,

continued

KRAFT MACARONI AND



KRAFT Macaroni & Cheese Dinner. It's the only one with Kraft's exclusive cheese sauce recipe made with genuine Kraft cheddar. It takes America's favorite cheese to make America's favorite macaroni and cheese. And the name on both of them is Kraft.

MADE WITH KRAFT CHEDDAR. WHAT COULD BE BETTER.

©1982 Kraft, Inc.

If the lettuce is real, the zucchini is real, the eggs are real, the cheese is real, the tomatoes are real, then shouldn't the bacon on top be real, too?

Hormel Bacon Bits are 100% real bacon. Lean and smoky. And delicious on practically everything.

So if you cook with real ingredients, don't stop when you get to the top.



Hormel Bacon Bits 100% real bacon.

continued

Fish and seafood

cheese, and pepper. Blend till smooth, scraping sides as necessary. Finely chop *8 ounces* of the fish; stir into the broccoli mixture with the bread crumbs.

Meanwhile, cut the remaining 1 pound fish into strips about 2 inches wide and 6 to 8 inches long. Lay fish strips in a greased 5-cup ring mold at even intervals; overlap fillets as necessary, letting ends hang over edges of mold. Carefully spoon the fish-broccoli mixture into the mold. Smooth top of broccoli mixture. Fold fillet ends over the broccoli mixture.



Place mold in a 13x9x2-inch baking pan. Add hot water to pan to come halfway up the sides of mold. Bake, uncovered, in a 350° oven for 35 to 40 minutes or till knife inserted near center comes out clean. Remove mold from pan of water. Let stand 10 minutes.

To drain off excess liquid, place wire rack over mold; invert turban to drain (do not unmold). After draining, unmold onto serving platter. Remove any excess liquid from serving platter using paper toweling. Spoon some Hollandaise Sauce over mold; pass remainder. If desired, fill center of turban with cooked carrots. Makes 8 servings.

Hollandaise Sauce: Cut ½ cup *butter* or *margarine* into thirds. Let butter come to room temperature. Place *4 egg yolks* and one-third of the butter in the top of a double boiler. Cook, stirring rapidly, over boiling water till butter melts. (Water in the bottom of the double boiler should not touch the top pan.) Add one-third more of the butter; continue stirring rapidly. As butter melts and mixture thickens, add the remaining butter, stirring constantly. When butter is melted, remove pan from water; stir rapidly for 2 more minutes. Stir in 3 tablespoons *lemon juice,* 1 teaspoon at a time; stir in a dash *salt* and dash *pepper.* Heat again over boiling water, stirring constantly for 2 to 3 minutes or till thickened. Remove at once from heat. Makes 1 cup.

ORIENTAL-STYLE STUFFED FISH

1 3- to 4-pound *or* two 1½-pound whole dressed fresh *or* frozen fish (whitefish, perch, trout, catfish, *or* Spanish mackerel)
1 cup long grain brown rice
2 tablespoons snipped chives
1 clove garlic, minced
½ teaspoon grated gingerroot
2 tablespoons butter *or* margarine
½ cup sliced radishes
2 teaspoons lime juice
Butter *or* margarine, melted
2 tablespoons soy sauce
1 tablespoon lime juice
1 teaspoon sesame seed
Parsley sprig (optional)
Sliced radishes (optional)

Thaw fish, if frozen. Prepare the rice according to package directions. In saucepan cook chives, garlic, and gingerroot in the 2 tablespoons butter or margarine just till tender. Remove from heat. Stir in the ½ cup radishes and the 2 teaspoons lime juice. Stir in rice.

Sprinkle fish cavity with salt. Spoon rice mixture into fish cavity; place stuffed fish in a greased shallow baking pan. Brush fish with melted butter. Bake in a 350° oven till fish flakes easily when tested with a fork. Bake large fish for 45 to 60 minutes; bake small fish 30 to 45 minutes. Cover stuffing with foil, if necessary to prevent drying out. Combine the 2 tablespoons soy sauce, 1 tablespoon lime juice, and sesame seed. Brush over fish. Place fish 4 inches from broiler; broil 2 minutes or till sesame seeds are lightly toasted. Transfer fish and stuffing to serving platter. Garnish with a parsley sprig and additional sliced radishes, if desired. Makes 6 servings.

SMOKED MUSSELS ROCKEFELLER

To make these appetizers ahead for a party, just mix the spinach mixture, spoon it into the coquille shells, and chill, covered, till needed. Before baking, sprinkle the crumb mixture atop—

continued

To make the best...



use the best.

riginal Philadelphia Brand
eam cheese and Keebler
eady-Crust. Together, they
ake an easy dessert that's a
ne-of-a-kind sensation!

STRAWBERRY CREAM PIE

- 8-oz. pkg. PHILADELPHIA BRAND Cream Cheese
- cup granulated sugar
- teaspoon vanilla
- Dash of nutmeg
- cup strawberry slices
- cup whipping cream
- cup sifted confectioners' sugar
- 9-inch KEEBLER® Ready-Crust® graham cracker pie crust



Combine softened cream cheese, granulated sugar, vanilla and nutmeg, mixing until well blended. Mash ¾ cup strawberry slices; stir into cream cheese mixture. Whip cream with confectioners' sugar until stiff peaks form; fold into cream cheese mixture. Fold remaining strawberries into cream cheese mixture; spoon into crust. Chill several hours or overnight. Garnish with additional strawberries, if desired.

KRAFT

© 1982 Kraft, Inc., Keebler Company

Ready-Crust® is a registered trademark of the Johnston's Ready-Crust Company.



SWEET REVENGE FOR DIETERS.

Get back at those little between-meal hunger pains. Whip up a tall, cool Alba'77 Fit 'N Frosty.

There's nothing else quite like it. Alba'77 Fit'N Frosty dairy drink mix whips up deliciously thick and rich like a milkshake. So much more satisfying than your usual diet snacks. But there's only 70 calories in a big 12-ounce servin Try Alba'77 in Chocolate, Chocolate Marshmallow, Vanill or Strawberry. And try it often. Revenge never tasted so swee



SAY ALBA®

Heinz

© 1982, H. J. Heinz C

continued

Fish and seafood

1 10-ounce package frozen chopped spinach
2 3¾-ounce cans smoked mussels
Milk
2 beaten eggs
½ cup shredded American cheese
½ cup fine dry bread crumbs
2 tablespoons chopped onion
¼ cup grated Parmesan cheese
2 tablespoons butter *or* margarine, melted

Cook spinach according to package directions; drain well, pressing out excess liquid. Set aside. Drain mussels, reserving liquid. Add milk to mussel liquid to equal ½ cup. If desired, set aside 8 mussels for garnish. Coarsely chop remaining mussels. In bowl combine eggs, milk mixture, spinach, American cheese, *¼ cup* of the bread crumbs, the onion, and chopped mussels. Spoon mixture into 8 coquille shells or 6-ounce custard cups. Place in shallow baking pan. Combine remaining bread crumbs, Parmesan cheese, and butter or margarine; sprinkle over mixture in shells. Bake in a 350° oven for 20 minutes. Garnish with the reserved mussels. Serve immediately. Makes 8 appetizer servings.

Microwave directions: Place frozen spinach in a 1-quart casserole with 2 tablespoons *water*. Micro-cook, covered, on HIGH for 7 to 9 minutes or till tender. Let stand 3 minutes. Drain well, pressing out any excess liquid. Prepare mussel mixture and bread crumb mixture as above. Spoon into eight coquille shells or eight 6-ounce custard cups. Top each with the bread crumb mixture. Micro-cook, uncovered, for 5 minutes or till set.

MONKFISH-ZUCCHINI CHOWDER

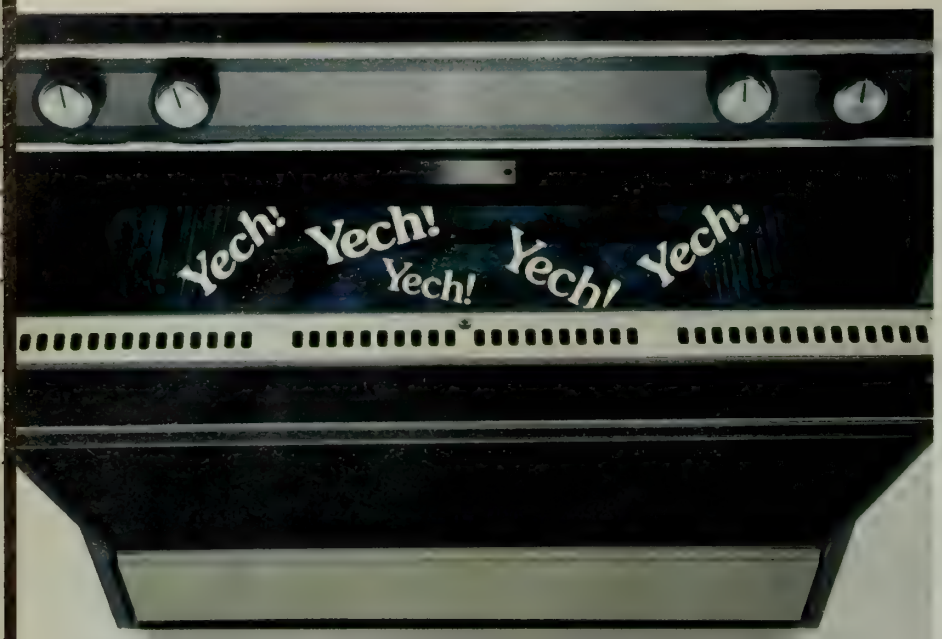
You can make this soup with flounder, ocean perch, whiting, or turbot if monkfish is not available—

1 pound fresh *or* frozen monkfish fillets
1 medium onion, chopped
2 tablespoons butter *or* margarine
1½ cups chicken broth
3 small potatoes, peeled and sliced
1 cup milk
1 2-ounce can sliced pimiento, drained and chopped
2 tablespoons snipped parsley
¼ teaspoon dried thyme, crushed
Dash pepper
1½ cups sliced zucchini

Let frozen fish stand at room temperature for at least 20 minutes. Cut fish into ¾-inch cubes. In 3-quart saucepan cook the onion in butter or margarine till tender. Stir in broth and potatoes. Bring to boiling. Reduce heat. Cover and simmer for 25 minutes or till potatoes are very tender. Place *half* of the mixture in blender container or food processor bowl. Blend till smooth. Repeat with remaining mixture. Return all to saucepan. Stir in milk, pimiento, parsley, thyme, and pepper. Bring to boiling. Reduce heat. Add fish cubes to soup. Cook about 5 minutes, stirring constantly, to prevent scorching. Stir in zucchini. Cook and stir about 5 minutes more or till fish flakes easily when tested with a fork and zucchini is crisp-tender. Season to taste. Makes 4 or 5 servings.

continued





Tappan self-cleaning gas ranges shut the door on oven grease and grime forever.



A Tappan gas range cleans itself automatically. Flick a lever and baked-on messes disappear. Almost every part comes off for quick cleaning. From spillover bowls to oven rack glides. Even tough spills clean up easily, because our top lifts and locks.

So go ahead, cook up a storm. It's easy with features like a convenient waist-high broiler and quick pre-heat setting. And, this energy-efficient Tappan range will use 50% less gas than Tappan ranges with pilots.

Tappan self-cleaning gas ranges. They open the door to beautiful cooking. And beautiful savings. Because gas will remain America's best energy buy.

TAPPAN IS COOKING™

Tappan Appliances, Mansfield, Ohio 44901

If you live beyond gas company lines, call your local LP dealer.

Gas: The future belongs to the efficient.

American Gas Association © 1982

continued

Fish and seafood

Microwave directions: If using frozen fish, place unwrapped fish in baking dish. Micro-cook at MEDIUM for 3 to 5 minutes. Let stand 5 minutes. Cut into ¾-inch cubes. Set aside. In 3-quart casserole combine butter or margarine and onion. Micro-cook, uncovered, on HIGH for 2 to 3 minutes or till onion is tender. Stir in broth and potatoes. Micro-cook, covered, on HIGH for 10 to 12 minutes or till tender. Place *half* the mixture in blender container or food processor bowl. Process till smooth. Repeat with remaining mixture. Return all to casserole. Stir in milk, pimiento, parsley, thyme, and pepper. Micro-cook, covered, for 2 to 3 minutes or till boiling, stirring once. Add fish. Micro-cook, covered, for 3 minutes. Stir in zucchini; micro-cook, covered, 4 to 5 minutes more or till fish flakes easily when tested with a fork and zucchini is crisp-tender. Season to taste.

VERACRUZ STEAKS



2 cloves garlic, minced
2 tablespoons butter *or* margarine
1 16-ounce can tomatoes, cut up
1 cup chopped, peeled eggplant
2 tablespoons snipped parsley
1 teaspoon instant chicken bouillon granules
¼ teaspoon salt
⅛ teaspoon pepper
Few dashes bottled hot pepper sauce
1 pound fresh *or* frozen fish fillets or steaks (shark, mackerel, turbot, pollack, *or* buffalo fish)
1 medium onion, cut into thin wedges
1 medium green pepper, cut into strips
1 tablespoon cold water
2 teaspoons cornstarch

In 10-inch skillet cook garlic in butter or margarine till tender. Add *undrained* tomatoes, eggplant, parsley, bouillon granules, salt, pepper, and hot pepper sauce. Bring to boiling. Simmer, covered, 10 minutes. Add fish and onion. Cover and cook over low heat for 7 minutes. Add green pepper; cook 5 minutes more or till fish flakes easily when tested with a fork. Remove fish and vegetables to platter; keep warm. Strain sauce. Return sauce to skillet. Blend cold water into cornstarch; add to skillet. Cook and stir over medium heat till thickened and bubbly. Cook 2 minutes more. Serve sauce with fish. Makes 4 servings.

Microwave directions: Combine garlic, butter, *undrained* tomatoes, eggplant, parsley, bouillon granules,

continued

A.1.® gives bottled barbecue sauce an unbottled taste.

Just add 3 tablespoons of A.1. Steak Sauce to every cup of bottled barbecue sauce, and give an exciting new taste to barbecued meats. A.1.'s herbs and spices add a unique flavor accent that gives your bottled sauce an especially delicious taste. Try it the next time you barbecue, and unbottle the taste of bottled barbecue sauce!

And it's as easy as...

1

2

3

BARBECUE SAUCE

STEAK SAUCE

SHAKE WELL

A.1.

FREE BOTTLE OF A.1.

Free bottle of A.1. Steak Sauce when you purchase A.1. and bottled barbecue sauce. Display and details at your local participating grocer.



SAVE 12¢

on any size of A.1.® Steak Sauce.

TO RETAILER Heublein, Inc. will redeem this coupon for face value plus 7¢ if you receive it on the sale of product indicated. Coupon may not be assigned or transferred. Invoices proving purchase of sufficient stock to cover coupons must be submitted on request. Customer must pay sales tax. Void where prohibited, taxed or restricted by law. Cash value 1/20¢. For redemption, mail to Heublein, Inc., P.O. Box 1038, Clinton, Iowa 52734. One purchase per coupon. Coupon expires May 31, 1983.

STORE COUPON

54400 103625

12¢ 12¢



In a bowl combine the warm water and bulgur. Let stand 1 hour. Drain well; press excess water out of bulgur. Combine bulgur, clams, shrimp, peppers, and mushrooms. In screw-top jar combine oil, lemon juice, dillweed, and salt; cover and shake well. Pour dressing over vegetable mixture; toss. Cover and chill. To serve, spoon bulgur mixture into a lettuce-lined bowl; arrange tomato pieces around edge of bowl. Top bulgur mixture with a few onion rings. Makes 4 servings.

ITALIAN FISH PLATTER

1 7- or 8-ounce package (4) frozen breaded fish portions
1 medium onion, sliced
½ cup sliced celery
2 tablespoons butter *or* margarine
½ cup tomato juice
1 7½-ounce can tomatoes, cut up
2 tablespoons snipped parsley
¼ teaspoon dried basil, crushed
½ of a small head cabbage, cut into thin wedges
½ cup shredded Swiss cheese
Fresh cabbage leaves (optional)

Bake fish portions according to package directions. Meanwhile, in medium saucepan cook onion and celery in the butter or margarine till tender. Add tomato juice, *undrained* tomatoes, parsley, and basil. Boil gently, uncovered, 10 to 15 minutes or till slightly thickened.

In large skillet cook cabbage wedges, covered, in a small

continued

Fish and seafood

salt, pepper, and hot pepper sauce in a 12x7½x2-inch baking dish. Micro-cook, covered, on HIGH for 4 minutes. Arrange fish, green pepper, and onion in dish, turning fish once to coat. Cover dish with waxed paper or clear plastic wrap. Micro-cook for 6 to 9 minutes or till fish flakes easily when tested with a fork; rotate dish halfway through cooking time. Transfer fish to serving platter; keep warm. Blend cold water into cornstarch. Stir into tomato mixture. Micro-cook, uncovered, for 2 to 3 minutes or till bubbly, stirring once. Spoon vegetable sauce over fish. Makes 4 servings.

TABOULI-SEAFOOD SALAD

2 cups warm water
¾ cup bulgur wheat
1 10-ounce can whole baby clams, drained
1 6-ounce package frozen cooked shrimp, thawed
2 red *or* green sweet peppers, cut into ½-inch squares
1 4-ounce can sliced mushrooms, drained
¼ cup olive *or* salad oil
2 tablespoons lemon juice
½ teaspoon dried dillweed
¼ teaspoon salt
Lettuce leaves
2 medium tomatoes, sliced and halved
½ of a small onion, thinly sliced





with additional shredded cheese or sour cream. Makes 8 sandwiches.

TUNA- AND CHEESE-STUFFED PASTA

If you don't have au gratin dishes, you can bake all of the stuffed manicotti in a 12x7½x2-inch baking dish—

8 manicotti shells
3 small carrots, sliced
½ cup chopped onion
½ cup chopped celery
1 beaten egg
1 9-ounce can tuna, drained and flaked
¾ cup cream-style cottage cheese
½ teaspoon salt
¼ teaspoon lemon-pepper seasoning
1¾ cups milk
2 tablespoons all-purpose flour
½ cup shredded process Swiss cheese (2 ounces)
½ cup pitted ripe olives, sliced
Parsley sprigs (optional)

Cook pasta according to package directions; drain well. Meanwhile, in saucepan cook carrots, onion, and celery in small amount of boiling water 8 minutes or till tender. Drain well. To *half* the vegetables add the egg, tuna, cottage cheese, salt, and lemon-pepper seasoning. Spoon about ⅓ cup filling into each manicotti shell. Using 4 individual au gratin dishes, arrange two filled shells in each dish.

For sauce: In saucepan blend milk into flour. Cook and

continued

amount of boiling water for 10 to 12 minutes or till tender. Drain well. Keep warm.

Sprinkle cheese over fish portions. Bake 2 minutes more or till cheese is melted. To serve, arrange cooked cabbage and fish portions on cabbage-leaf-lined platter, if desired. Spoon sauce over all. Makes 4 servings.

SEASIDE BUNDLES

1 cup sliced green onion
2 tablespoons butter *or* margarine
1 8-ounce can water chestnuts, drained and chopped
½ cup dairy sour cream
1 2-ounce jar sliced pimiento, drained and chopped
¼ cup fine dry bread crumbs
1 beaten egg
½ cup shredded American cheese (2 ounces)
¼ teaspoon pepper
1 16-ounce can mackerel, drained and flaked
2 packages (8 each) refrigerated crescent rolls
Shredded American cheese *or* dairy sour cream

In saucepan cook the onion in butter or margarine till tender. Remove from heat. Stir in water chestnuts, sour cream, pimiento, bread crumbs, egg, cheese, and pepper. Stir in fish.

Unroll dough; form into eight 6x4-inch rectangles, using two rolls to form one rectangle. Seal perforations. Spoon ⅓ cup filling on each. Fold dough over to seal; seal with tines of fork. Place on ungreased baking sheet. Bake in a 425° oven 10 minutes or till golden brown. To serve, top each



continued

Fish and seafood

stir over medium heat till thickened and bubbly. Stir in Swiss cheese till melted. Add remaining cooked vegetables and the olives. Pour sauce over pasta shells in each dish. Cover dishes with foil. Bake in a 350° oven for 30 minutes or till heated through. Garnish with parsley, if desired. Makes 4 servings.

Microwave directions: Cook pasta in boiling water as above. In a 4-cup glass measure combine the onion, celery, and carrots with ¼ cup *water.* Micro-cook, covered, on HIGH for 5 minutes or till vegetables are tender, stirring once; drain well. To *half* the vegetables add the egg, tuna, cottage cheese, salt, and lemon-pepper seasoning. Spoon about ⅓ cup filling into each manicotti shell. Arrange filled shells in a 12x7½x2-inch baking dish.

For sauce: In a 4-cup glass measure blend *1¼ cups* milk into the flour. Micro-cook, uncovered, about 4 minutes or till thickened and bubbly, stirring twice. Blend in Swiss cheese till melted. Stir in remaining cooked vegetables and olives. Pour sauce over pasta shells. Micro-cook, covered, 6 minutes or till heated through.

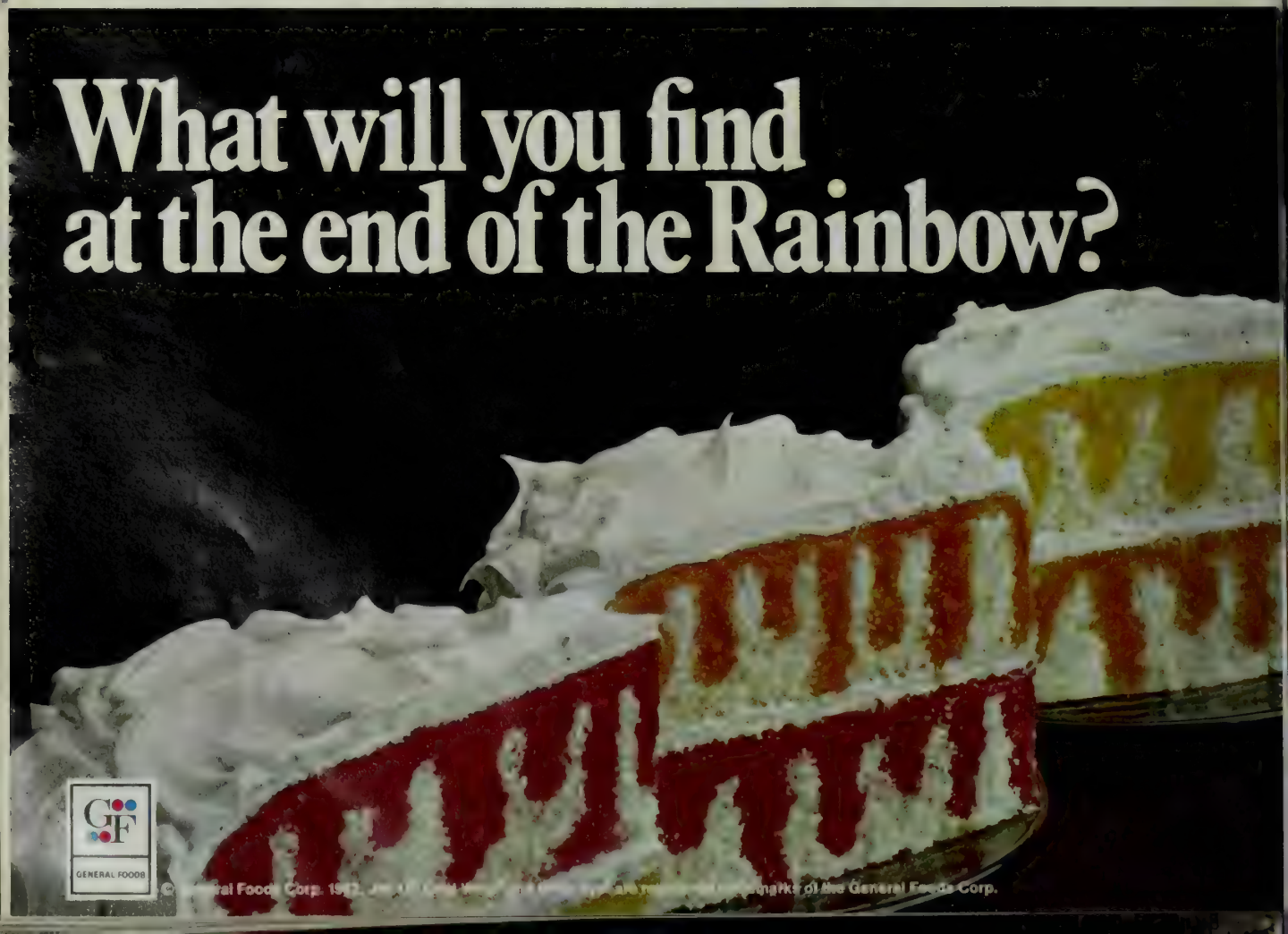
TRI-LEVEL SALMON-TOMATO APPETIZER

For a light entrée, prepare this recipe in six individual tarts—

Pastry for one-crust 9-inch pie
½ cup long grain rice
1 cup water
⅓ cup creamy cucumber salad dressing
1 envelope unflavored gelatin
1½ cups vegetable juice cocktail
2 tablespoons lemon juice
½ teaspoon sugar
¼ teaspoon celery salt
1 16-ounce can salmon, drained, boned, and flaked
¼ cup chopped green onion
¼ cup finely chopped celery
3 tablespoons creamy cucumber salad dressing
Celery leaves (optional)
Pitted ripe olives (optional)

Prepare pastry. Line a 10-inch flar pan or pie plate with the pastry. Prick sides and bottom. Bake in a 450° over for 10 to 12 minutes or till golden. Coo on a wire rack. Cook rice in water, cov ered, for 15 minutes or till tender. Com bine hot cooked rice with the ⅓ cup dressing; press into pastry shell. Chill. In small saucepan soften the gelatin in *¾ cup* of the vegetable juice cocktail. Heat over low heat, stirring constantly, till gelatin is dissolved. Remove from heat. Stir in the remaining vegetable juice cocktail, *1 tablespoon* of the lemon juice, the sugar, and celery salt. Chill till mixture is partially set (consistency of unbeaten egg whites).

For filling, combine the salmon, green onion, chopped celery, the 3 tablespoons salad dressing, and the remaining lemon juice. To assemble, top rice mixture with the salmon mixture, pressing lightly. Spoon partially set tomato mixture atop. Chill tart till firm. To serve, garnish with celery leaves and pitted ripe olives; cut into thin wedges. Makes 12 appetizer servings.



begins on page 116

Cake decorating

Step by Step to Decorated Cakes

All of our decorated cakes call for common baking pans that you probably already own. To make the cake layers, use a cake mix or your favorite scratch cake recipe. Choose a cake that's not too tender, such as pound cake or sponge cake. Then follow the instructions to make the designs. Bake the cake at least several hours ahead of the time you decorate it so it will be completely cool.

LIVE WIRE CAKE

FOOD AND EQUIPMENT YOU'LL NEED:

1 13x9-inch baked cake layer
1 12x8-inch piece of cardboard
Stick pins *or* pushpins
1 can chocolate fudge frosting
1 can vanilla *or* lemon frosting
Yellow food coloring
Wooden picks
Red licorice whips
1 tube brown glossy cake decorating gel

Place cake layer on a board or serving tray; center the piece of cardboard atop cake to leave a 1-inch border around top of cake. Secure cardboard with stick pins or pushpins. Frost sides and top border of cake with the chocolate frosting up to the cardboard edge. Remove cardboard and pins. Tint white or lemon frosting a bright yellow with food coloring; spread frosting on top of cake up to chocolate border.

For the message portion, mark the yellow rectangle into 6 sections with wooden picks by placing a ruler alongside the short side and inserting picks at 1, 2, 3, 4, and 7 inches down from the top border (see photo, page 116).

Using the cardboard as a guide, place picks in corresponding positions on the opposite side of the border. Mark lines between picks by pressing the edge of the cardboard gently into the yellow frosting (see photo, page 116). Remove cardboard and wooden picks; cut licorice into six 12-inch pieces. Make the first line a double line by placing 2 pieces of the licorice side by side over the first line marked on the frosting. Make remaining lines by placing single strips of licorice over the rest of the marked lines.

With a wooden pick trace the words "Live Wire" atop the double strip of licorice in the upper right-hand corner of the telegram. In the second space trace "To: ____"; in the third space "City: ____"; in the fourth space "Date: ____"; in the fifth space "Message: ____"; and "From: ____" in the bottom space. Write over your tracings by piping on decorating gel.

NUT AND SEED CAKE

FOOD AND EQUIPMENT YOU'LL NEED:

1 recipe Buttercream Frosting (see recipe, page 118)
½ to 1 teaspoon maple flavoring
2 8-inch round baked cake layers
Waxed paper
Compass (optional)
Wooden picks
Cloth tape measure
Apricot preserves, melted

continued






SPAM® MAKES A SANDWICH YOU'LL FALL IN LOVE WITH.

HOT VEGGIE SANDWICH

1. Cut SPAM® Luncheon Meat (12 oz. can) into slices. Spread 4 slices of rye bread with mayonnaise. Assemble 2 cups shredded zucchini, 12 onion rings, 12 tomato slices, 4 large mushrooms, sliced. Divide and layer vegetables on bread and add slices of SPAM® Luncheon Meat.

2. Wrap each in foil and bake at 350° 15-20 minutes. Open foil, add slices of Monterey Jack cheese and broil 'til melted. 4 servings.



Hormel

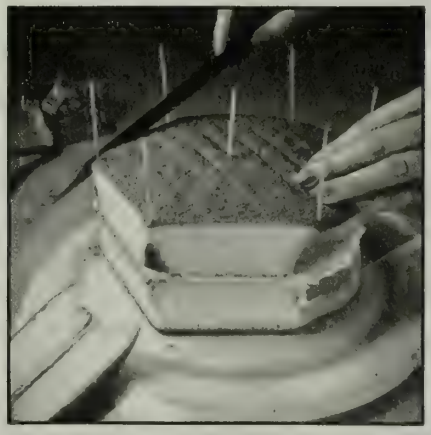
SPAM® is a trademark for luncheon meat made only by Geo. A. Hormel & Co.

continued

Cake decorating

Assorted nuts *or* nut snacks such as sesame sticks *or* nut crunch
Dark raisins (optional)
About 8 ounces whole unblanched almonds

Prepare Buttercream Frosting, adding maple flavoring to taste. Place one cake layer on a board or serving plate; place 3-inch-wide strips of waxed paper around cake and tuck under cake slightly to cover outer edge of plate. Frost the top with some of the frosting. Place second cake layer atop. Find the center of the top cake layer with a compass or crisscross two 9x1-inch strips of waxed paper atop cake. Mark center of cake with a wooden pick; remove compass (or crisscrossed strips of waxed paper). Wrap a tape measure around outer edge of cake; mark cake at 6 even-spaced intervals with wooden picks, placing picks just inside the top edge of cake. With a sawtooth knife, cut cake into a hexagon shape by trimming off rounded sides between wooden picks. Set aside trimmings; reserve for snacking. Remove wooden picks *except* for center marker.



Brush crumbs from cut sides of cake; frost sides with remaining frosting, forming a high edge. Remove waxed paper strips. Carefully spread melted preserves over top of cake just to frosted edge. Arrange your choice of nuts in circular bands atop cake, starting from the center and working toward outside edge of cake. Remove center marker. If desired, add a few raisins to center of the design and leave the outer edge of preserves ungarnished. Press whole almonds in horizontal rows onto top and bottom of cake sides. Store the cake, covered, in a cool place.

RAINBOW CAKE

FOOD AND EQUIPMENT YOU'LL NEED:

1 recipe Buttercream Frosting (see recipe, page 118)
Assorted small candies such as jelly beans in several colors
1 9- or 10-inch round baked cake layer
Red *or* yellow food coloring
Canned decorator frosting

Prepare Buttercream Frosting; tint it pastel pink or yellow with food coloring. If candy colors are mixed, separate the candies into color groups. Cut the baked cake layer in half crosswise; place 1 half of the cake on a large piece of foil. Frost the top of the layer with some of the Buttercream Frosting; top with the second half of the cake. Press layers together to secure. Using foil, stand the cake layers up on the cut sides. Using 2 spatulas, transfer standing cake to a serving tray.



Frost the top and sides of the cake with the remaining Buttercream Frosting. Press the brightest candies into the frosting in a border along the top edge of the cake on the side facing you. Repeat with another color of candy, making a band just under the top border.

Continue making 7 to 10 bands with remaining candies, ending with the lightest color. Write a message on the rounded edge of cake with decorator frosting and/or decorate with candles. Serve the cake the same day.

continued

"Cheese bored?"





"Spice up the evening with my Triscuit Pizzas," says Shirley Jones.

"Not a big pizza. Little appetizers, easy enough to make in minutes. All you need are Triscuit® Wafers for a crispy, crunchy pizza crust. Smother them with pizza sauce and melted cheese, and serve 'em hot and bubbly."





Triscuit Pizzas

Place Triscuit® Wafers in pan or skillet. Top with one teaspoon pizza or spaghetti sauce. Sprinkle with grated mozzarella cheese and oregano. Add mushroom slices, pepperoni, or chopped pepper and onion if desired. Heat for ten minutes in 400° oven or in covered skillet over low heat until cheese melts.

Send for the Free Triscuit Recipe Booklet. Just mail one proof of purchase seal from any size Triscuit Wafers plus 25¢ for postage and handling along with your name and address to:

Shirley Jones Triscuit Recipes
P.O. Box 4061
Young America, Minnesota 55399

This form must accompany your request
Limit: one per household. Offer expires December 31, 1982

It's a whole snack menu in one box.

© Nabisco Brands, Inc., 1982



Copper Clad Revere Ware skillets are now available with SilverStone®. Dupont registered trademark.

continued

Cake decorating

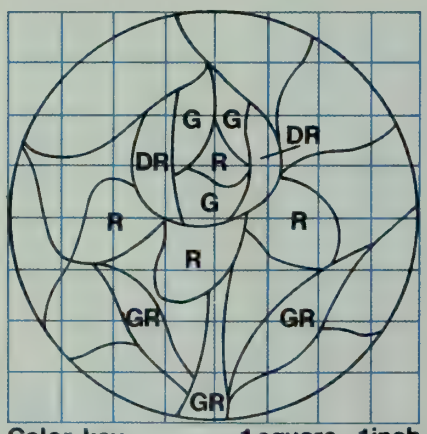
STAINED-GLASS WINDOW CAKE

If you want to make your own design, experiment first with different jams and jellies on a white paper plate to achieve the effect you want. Some preserves, such as raspberry, need to be strained before using—

FOOD AND EQUIPMENT YOU'LL NEED:

White paper
Marking pencil
Waxed paper
1 recipe Royal Icing (see recipe, below right)
2 9-inch round baked cake layers
Straight pins *or* pushpins
Tracing wheel *or* pastry wheel
Brown paste food coloring
Pastry bag and tip
¼ cup *each:* mint-flavored, red currant, apple, and grape jelly
Demitasse spoon *or* small spoon
1 cup apricot preserves

To create your own design, draw an 8-inch circle using an ink pen on a piece of white paper. (Use an 8-inch round pan as a model.) Draw the design within the circle in ink. Or, use the grid (below) to duplicate the design pictured on page 116.



Color key: **1 square = 1 inch**

G=gold **DR=dark red**
R=red **GR=green**

To transfer design: On a piece of white paper draw an 8-inch square. Divide the square into 64 equal sections by drawing horizontal and vertical lines. Then draw an 8-inch circle within the square. Draw in the lines of the design as shown on the grid. Using a marking pencil, trace the design onto a piece of waxed paper. Reserve about ⅓ cup of the icing; cover tightly with wet paper toweling and plastic wrap and set aside. Place 1 of the cake layers on a plate; cover plate edge with strips of waxed paper tucked slightly under the cake. Frost cake top with some of the Royal Icing. Top with second layer; quickly frost top and sides of cake. Remove waxed paper strips.

Let cake stand 20 minutes. Center waxed paper design on top of cake; secure with straight pins. Using tracing wheel, retrace the design in the frosting, pressing just enough to make a visible indentation. Remove paper and pins. Tint reserved Royal Icing a dark brown color with food coloring; place in pastry bag fitted with a small plain round tip. Push icing down into bag to remove air bubbles. Close pastry bag by flattening its sides above frosting. Fold in corners, then fold flap down. Roll top down a few inches toward tip. Holding the top edge of the cone in your hand, grasp the bottom of the cone near the tip and squeeze out icing over lines traced on cake. Allow cake to stand, uncovered, 10 minutes till dry.

Melt about ¼ cup mint-flavored jelly over low heat. Using a small spoon, fill in the stem and leaf portion of the design with the melted jelly. Repeat procedure with red currant, apple, and grape jellies; use to fill in petals of the flowers. (See grid for exact locations.) Melt apricot preserves; push preserves through sieve to clarify. Use preserves to fill in around flower to outer edges of design. Let cake stand 1 hour to set. Cover tightly; store it in a cool place till serving time.

ROYAL ICING

3 egg whites
1 16-ounce package powdered sugar, sifted (about 4¾ cups)
1 teaspoon vanilla
½ teaspoon cream of tartar

Combine the egg whites, sugar, vanilla, and cream of tartar. Beat on high speed of electric mixer for 7 to 10 minutes or till very stiff. Use immediately, covering frosting in bowl with wet paper towel at all times. Makes 3 cups. FB&G



© 1982, Wilton Enterprises, Inc.

Decorate a happy cake.

ecorate a clown cake. A freewheelin' truck cake. A ttle cowboy cake. Or a hot-air balloon. It's easy ith Wilton!

For a birthday or any day, Wilton can help you ut on a cake that's as fun to decorate as it is to erve. Just start with a specially shaped pan. dd Wilton's colors, tips and simple, step-by-ep instructions and you'll decorate a cake hat'll bring on the smiles.

Free Baker's Joy!

ith each specially selected pan you y, you'll get a full size can of Baker's oy free! It's the easy way to grease nd flour in one step. Quantities are mited, so get your specially marked an today... in the Wilton Cake Decrating Center at participating deartment stores or cake decorating pecialty shops. And then decorate a appy cake.





Wilton®
Cake Decorating Products
Decorate your days

Barbecue Sauce Magic. Karo makes it simple.

It's easy to make every barbecue a delicious new taste experience. All it takes is Karo Corn Syru Karo has a way of balancing and blending flavors to give you that perfect barbecue taste, and a Karo barbecue sauce coats foods evenly to lock in moisture, so everything you barbecue comes out juicy, tangy and delicious.

KARO BARBECUE SAUCE

1 Tbsp corn oil
1 cup finely chopped onion
½ cup KARO Dark Corn Syrup
½ cup catchup
¼ cup cider vinegar
¼ cup prepared mustard
¼ cup Worcestershire sauce

In 1½-qt saucepan heat corn oil over medium heat. Add onion; stirring constantly, cook 1 min. Stir in remaining ingredients. Stirring occasionally, bring to boil over medium heat. Reduce heat; stirring occasionally, simmer 20 min. Brush on chicken, beef or pork during last 15 to 20 min of grilling or broiling. Heat and serve any remaining sauce. Makes about 2 cups.

AROMATIC HERB SAUCE: Follow basic recipe. Add 2 cloves garlic, minced, with onion. Add 1 tsp dried oregano leaves and 1 tsp dried basil leaves to KARO Corn Syrup mixture.

FRUITY ORANGE SAUCE: Follow basic recipe. Omit corn oil and onion. Add ¼ cup orange juice and 1 Tbsp grated orange rind to KARO Corn Syrup mixture.

HEARTY BEER SAUCE: Follow basic recipe. Substitute ⅓ cup beer, 2 Tbsp soy sauce and ¼ tsp pepper for vinegar, mustard and Worcestershire sauce.

WESTERN CHILI SAUCE: Follow basic recipe. Add 1 Tbsp chili powder with onion.



Karo. It could be what's missing in your cookin

© 1982 Best Foods, CPC International Inc.



File under Meat

Photographs: Mike Dieter

Meat Loaves and Meatballs

Meatballs in Rosé-Tomato Sauce

Accompany this top-notch meatball entrée with Italian bread slices and a vegetable vinaigrette salad—

- **2 small apples, peeled and shredded (1 cup)**
- **¾ cup finely chopped onion**
- **1 beaten egg**
- **¼ cup fine dry seasoned bread crumbs**
- **¾ teaspoon salt**
- **⅛ teaspoon garlic powder**
- **⅛ teaspoon pepper**
- **1 pound lean ground beef**
- **1 tablespoon cooking oil**
- **¾ cup rosé wine**
- **¾ cup water**
- **1 6-ounce can tomato paste**
- **¼ teaspoon dried rosemary, crushed**
- **¼ teaspoon dried basil, crushed**
- **Hot cooked noodles**

In bowl combine shredded apple, ***¼ cup*** of the onion, the egg, bread crumbs, salt, garlic powder, and pepper. Add the ground beef; mix well. Shape into 1½-inch meatballs. Brown meatballs, ***half*** at a time, in hot oil. Remove meatballs from skillet; set aside. Reserve drippings in pan. Cook remaining ½ cup onion in drippings till tender; drain off fat. Stir in wine, water, tomato paste, rosemary, and basil. Return all meatballs to skillet; bring to boiling. Reduce heat; cover and simmer 15 to 20 minutes or till meatballs are done. Serve over hot cooked noodles. Makes 4 servings.

Mrs. Irene Shanahan, Sound Beach, N.Y.



File under Salads & Dressings

Buying information, page 58

Molded Salads

Cucumber Mousse

This winning salad will add a refreshing touch to a springtime meal—

- **2 envelopes unflavored gelatin**
- **¼ cup cold water**
- **½ cup boiling water**
- **1 cup mayonnaise *or* salad dressing**
- **1 tablespoon sliced green onion**
- **1 tablespoon lemon juice**
- **½ teaspoon dried dillweed**
- **¼ teaspoon salt**
- **Dash bottled hot pepper sauce**
- **2 medium cucumbers, peeled and cut up**
- **Lettuce**

Soften gelatin in cold water; transfer to blender container or food processor bowl. Add boiling water; cover and blend till gelatin is dissolved. Add mayonnaise or salad dressing, green onion, lemon juice, dillweed, salt, and hot pepper sauce. Blend till well combined. Add cucumber, a few pieces at a time, through opening in lid; blend till smooth. Pour mixture into 8 individual molds or one 5-cup mold; chill till firm, 4 hours or overnight. To serve, unmold onto lettuce-lined plate; garnish with sliced cucumber and radish roses, if desired. Serves 8.

Mrs. Sabina G. Lawton, Providence, R.I.



PRIZE TESTED RECIPES®
ADD TO YOUR COOK BOOK

Order your 400 page loose leaf cook book. Contains 1,200 tested recipes. Room to add extra pages like this one. At booksellers or mail $15.95 + $1.45 postage to Better Homes and Gardens, Dept. 22A, P.O. Box 374, Des Moines,



Tangy Apple Ring

2 cups applesauce
1 6-ounce package lemon-flavored gelatin
1 12-ounce can (1½ cups) lemon-lime carbonated beverage
1 teaspoon finely shredded orange peel
¼ cup orange juice
1 cup chopped apple
2 tablespoons chopped walnuts
Mayonnaise *or* salad dressing (optional)
Watercress (optional)

In medium saucepan heat applesauce just till it bubbles. Stir in gelatin. Cook and stir over medium-low heat till gelatin is dissolved. Remove from heat. Cool. Stir in carbonated beverage, orange peel, and orange juice. Chill till partially set (consistency of unbeaten egg whites). Stir in chopped apple and walnuts. Turn into a 4- or 5-cup ring mold. Chill till firm. To serve, unmold onto serving plate. If desired, serve with mayonnaise or salad dressing and garnish with watercress. Makes 8 servings.

Kim Hauge, Robinson, N.D.



Corned Beef Salad Mold

Serve slices of this elegant yet inexpensive salad as an appetizer or a light main dish—

1 envelope unflavored gelatin
1½ cups tomato juice
1 cup mayonnaise *or* salad dressing
1 teaspoon lemon juice
1 12-ounce can corned beef, finely flaked
1 cup finely chopped celery
1 hard-cooked egg, chopped
1 tablespoon finely chopped onion
Spinach leaves *or* lettuce leaves
Hard-cooked egg slices (optional)
Celery leaves (optional)

Soften gelatin in ¼ cup ***cold water.*** Meanwhile, in saucepan bring tomato juice to boiling; add softened gelatin, stirring till gelatin is dissolved. Gradually stir mixture into mayonnaise; stir in lemon juice. Chill till partially set. Fold in corned beef, celery, the chopped egg, and onion. Turn into a 9x5x3-inch loaf pan. Chill till firm. Unmold onto spinach-lined plate. Garnish with egg slices and celery leaves, if desired. Makes 6 main dish servings.



Rancho Meatball Bake

1 16-ounce can tomatoes, cut up
1 15¾-ounce can barbecue beans
1 beaten egg
⅔ cup instant mashed potato flakes
½ envelope *regular* onion soup mix
2 tablespoons catsup
2 teaspoons Worcestershire sauce
1 pound lean ground beef
½ cup all-purpose flour
1½ teaspoons baking powder
¼ teaspoon chili powder
¼ cup milk
2 tablespoons cooking oil

Combine ***undrained*** tomatoes and beans; turn into a 10x6x2-inch baking dish. In bowl combine egg, potato flakes, soup mix, catsup, Worcestershire sauce, and ⅛ teaspoon ***pepper.*** Add meat; mix well. Shape into 18 meatballs. Arrange meatballs atop beans. Bake, covered, in 375° oven for 35 minutes. Meanwhile, stir together flour, baking powder, chili powder, and ¼ teaspoon ***salt.*** Add milk and oil; mix well. Drop batter by spoonfuls to form 6 dumplings between meatballs. Return to oven and bake, uncovered,



Reuben Meat Loaf

Bake some potatoes along with the meat loaf for an easy and energy-wise meal—

1 beaten egg
1 cup soft rye bread crumbs
½ cup chopped onion
¼ cup sweet pickle relish
¼ cup Russian salad dressing
1 tablespoon Worcestershire sauce
1½ pounds lean ground beef *or* pork
1 8-ounce can sauerkraut, drained and finely snipped
1 cup shredded Swiss cheese

In bowl combine egg, bread crumbs, onion, relish, salad dressing, Worcestershire sauce, 1 teaspoon ***salt,*** and ¼ teaspoon ***pepper;*** add ground meat and mix well. On waxed paper pat mixture to a 12x8-inch rectangle; top with the sauerkraut and ***¾ cup*** of the cheese. Using waxed paper to lift rectangle, roll up meat jelly-roll style, beginning with short side. Press ends to seal. Place roll, seam side down, in a 13x9x2-inch baking pan. Bake in a 350° oven for 50 minutes. Sprinkle remaining cheese atop; bake 3 minutes



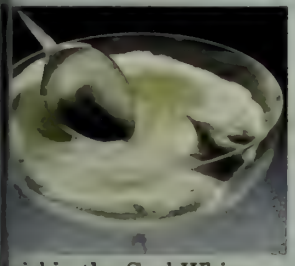
A heavenly idea!

PUDDING IN A CLOUD

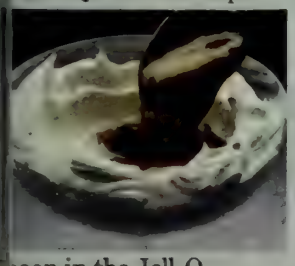
So lovely. So light. So luscious.
You get two delicious tastes in every spoonful.

Pudding in a Cloud...a delicious dessert with a delectable taste that you and your family will love. You get the luscious taste of Jell-O® Brand Instant Pudding surrounded by the great fresh taste of Cool Whip® Non-Dairy Whipped Topping in every bite. That's two great tastes together in every spoonful... right down to the last spoonful.

Swirl in the Cool Whip Topping and spoon in the Jell-O Instant Pudding. It's that easy to create a dessert masterpiece. And it's so delicious you'll want to try making it with all your favorite Jell-O Instant Pudding flavors.



Swirl in the Cool Whip.



Spoon in the Jell-O Instant Pudding.

Pudding in a Cloud

2 cups thawed COOL WHIP® Non-Dairy Whipped Topping

1 package (4-serving size) JELL-O® Chocolate Flavor Instant Pudding and Pie Filling*

2 cups cold milk

Spoon ⅓ cup of whipped topping into each of six dessert glasses. Using back of spoon, make depression in center and spread topping up sides of glass.

Prepare pudding mix with milk as directed on package.

Spoon pudding mixture into glasses. Chill.
Makes six servings.

*or any other flavor



GENERAL FOODS

© General Foods Corporation 1980
Cool Whip and Jell-O are registered trademarks of General Foods Corporation.

begins on page 102

Quickpoint

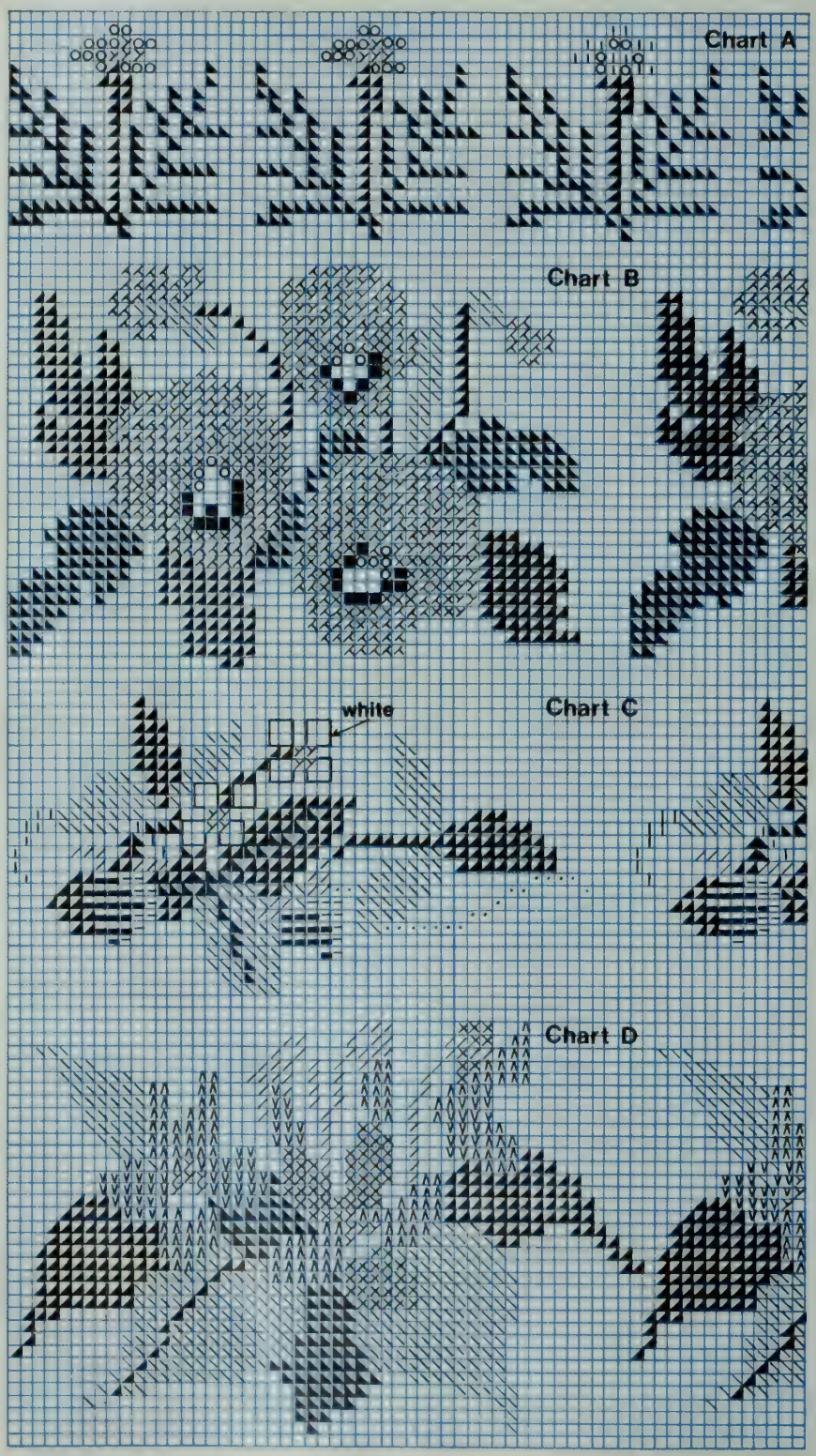
RUG, page 102

Finished size of our rug is approximately 38x86 in. To alter the size, increase or decrease the number of motifs in each row or the number of rows. Adjust the materials accordingly.

Materials: 42x90 in. no. 5-count rug canvas; large tapestry needle; Paternayan wool for quickpoint (See Buying Information, *page 58,* for source.) in the following amounts and colors: 1 skein each of yarns listed in color key, *below,* except 2 skeins each of medium green and light purple-brown and 3 skeins of cream yarn; rug frame or 40x88-in. plywood blocking board; rustproof nails; masking tape; carpet thread.

Instructions:

1. The charts, *left and on page 150,* represent the basic motifs repeated horizontally. Stitch from the charts, or transfer them to graph paper with colored pencils.



1 square = 1 stitch

Color Key	Rug*	Sampler, place mats**
Orange	424	900
Yellow	441	742
Lt. yellow (gold**)	442	971
White (pink**)	005	776
Red	237	309
Red orange	843	350
Rust	269	900
Yellow green	545	3348
Lt. med. green	555	734
Med. green	510	3346
Dark green	505	319
Lavender, pale	682	554
Lt. lavender	620	552
Lavender	615	550
Grape (navy**)	612	311
Navy (fuchsia**)	365	718
Bronze	521	355
Cream	492	738
Peach	286	945

Background colors	
Lt. purple brown	143
Lavender—white	011
Lt. avocado	929
Steel gray	346
Dark teal	515
Dark brown	115

* Numbers indicate Paternayan rug yarn

** Numbers indicate DMC embroidery floss

2. Bind the canvas edges with masking tape. If desired, mount the canvas on a rug frame to minimize distortion.

3. Use continental stitches for the flowers, working them in the colors indicated by the charts; repeat the motifs across the width. Work background colors in basket-weave stitches. Follow each floral strip with border (Chart F), changing background color to correspond with strip. The order for the floral strips, the colors for their backgrounds, and the corresponding

continued

SAVE SPACE OUTSIDE.



COOK BIG INSIDE.

THE SPACEMAKER™ MICROWAVE OVEN FROM GE.

Can a microwave oven that's compact outside cook big inside? Just look into the Spacemaker and find out.

Look inside and you'll see how it was designed to be big and extra-wide. Big enough for a 5-qt. casserole. Wide enough to fit two large serving dishes side by side.

Look outside and you'll see how it was designed to be trim and compact. It fits neatly over your range so you don't lose any counter space. And it comes with its own two-speed exhaust fan and cooktop light.

And don't overlook the fact that the Spacemaker was designed to make microwave cooking faster and easier than ever. It practically cooks by itself, thanks to the Automatic Cooking Control that automatically sets time, temperature, and power levels.

The Spacemaker Microwave Oven from GE. It cooks a lot bigger than it looks.

For your nearest Spacemaker dealer, call toll-free (800) 447-4700. In Illinois only, call (800) 322-4400.



WE BRING GOOD THINGS TO LIFE.

GENERAL ELECTRIC

WIN A FREE MOVE



ANYWHERE IN THE U.S.A.
10 GRAND PRIZE WINNERS!

Planning a move? Better Homes and Gardens® Real Estate Service wants to make it easier.

We'll pay the bill. You relax and let the movers do the work. Just tell them where to put the furniture. It could be worth thousands of dollars.

Register at any Better Homes and Gardens® member firm "Open House" or sales office before June 30, 1982. Or send your name and address on a post card to: "Free Move", Box 10677, Des Moines, Iowa 50336.

1000 SECOND PRIZES—BETTER HOMES AND GARDENS® NEW DECORATING BOOK



From the editors of Better Homes and Gardens®, 432 pages. A beautiful idea for your new home. $29.95 Retail value.

PLUS 10,000 THIRD PRIZES— "WAYS TO FINANCE YOUR NEXT HOME" from Better Homes and Gardens®.

The Real Estate Members of

Better Homes and Gardens®

EQUAL HOUSING OPPORTUNITY

IT'S LIKE MOVING WITH SOMEONE YOU KNOW.

CONTEST RULES

Register anytime between April 1, 1982 and June 30, 1982. No purchase necessary. Mail entries must be postmarked by June 30, 1982. Drawing will take place July 15, 1982.

Better Homes and Gardens® Real Estate Service will pay to move all your household goods from point to point inside the U.S.A. including Alaska and Hawaii. Moving company will be determined from three estimates. Prize includes packing and moving, but not storage and insurance. Recreational vehicles or autos not included. Prize is not transferable.

Equivalent cash prize only if the winner's move is corporately paid. Move must take place between April 1 and December 31, 1982. Odds will be determined by number of entries. For a list of winners write "Free Move" Box 10677 Des Moines, Iowa, 50336. Contest void where prohibited by law. Employees of Meredith Corporation, its real estate members and its advertising agency are ineligible.

ontinued

Quickpoint

orders with their background colors re listed below:

trips	Background colors	Borders
. Marigold	Lt. purple-brn.	Rust
. Pansy	Lavender-white	Grape
. Strawberry	Light avocado	Dark teal
. Violet	Steel gray	Navy
. Primrose	Cream	Dark brown

Work the sequence of strips and orders twice to complete the rug.

4. To block the rug, sprinkle the canvas with water until the yarn feels damp on both sides. Or wet a large towel, wring it out, and leave the canvas wrapped inside the damp towel for several hours or overnight.

Tack the damp rug facedown on the blocking board, placing the nails 1 inch apart. Pull the canvas taut as you go, making sure the edges are straight and corners are square.

Sprinkle the canvas with water again; let it dry thoroughly—at least 24 hours—before removing it from the board. You may need to block the rug several times to get it square.

5. Hem the rug with carpet thread.

SAMPLER, PLACE MATS, page 103

Materials: 18x26 in. hardanger cloth (for sampler); 16x22-in. hardanger cloth (for each place mat); 2 skeins each of all embroidery floss colors listed in color key.

Instructions:

Use the rug charts for the sampler and place mats, substituting cross-stitches for needlepoint stitches. Stitch with 2-strands of floss over 2 threads.

Our place mats are made with a single motif embroidered in the lower left corner and a row of purple cross-stitches worked all around. Press the edges under 2 inches and hem.

The finished sampler size is 15x22 inches. Use the photograph on *page 103* for reference. Work cross-stitches from the rug charts, leaving out background colors; border the floral strips with purple cross-stitches. Frame the sampler.

PANSY COSTUME, page 102

Finished costume fits size 6-8.

Materials: ⅜ yd. yellow, ¼ yd. chartreuse Pellon (See Buying Information, *page 58*, for source.) Phun-Phelt; 1½ yds. 1-in.-wide chartreuse ribbon; 3½ yds. 72-in.-wide violet nylon net; 1⅔ yds. 72-in.-wide light violet nylon net; 1 yd.

continued



COMPLETELY REVISED

See it at your store now.

Over the years you've changed the way you cook. So we've changed your favorite cook book to reflect the way you cook today...and tomorrow. Completely revised from cover to cover, the latest edition of the Better Homes and Gardens® *New Cook Book* places more emphasis on time-saving methods, dollar-stretching recipes, and good nutrition and diet. It's at your bookseller's now, and it makes a great gift.

Look for this display at your supermarket or bookstore.



IDEAS YOU CAN USE





NEW!

POTHOLDERS GALORE!

Imagine! A whole book filled with nothing but **new and different potholder patterns!** All original designs, all in **full color,** and all with clear, **easy-to-follow instructions!** A real collector's item—34 gorgeous crochet and sewing potholders in all! Get your copy of *Annie's Showcase of Needlecraft Potholder Potpourri* for **only $5.95 ppd.** Or take advantage of a special subscription offer. Subscribe now to Annie's Pattern Club Newsletter and *Annie's Potholder Potpourri* is yours for **only $4.95 ppd.** Annie's Newsletter comes your way 6 times per year in full color. Jam-packed with delightful paterns for **crochet, sewing** and more! One year (6 issues) **only $10.** Two years **only $17.** *ORDER TODAY!*



Clip coupon and mail to:
ANNIE'S PATTERN CLUB
Dept. BH6
Big Sandy, Texas 75755

☐ Send me *Annie's Potholder Potpourri* for the special price of **$4.95** with my subscription to Annie's Pattern Club Newsletter for ..... ☐ 1 yr. **($10)** ☐ 2 yrs. **($17)** ☐ 3 yrs. **($25)** ☐ 5 yrs. **($39)**

☐ **NEW SUBSCRIPTION** ☐ **RENEWAL**

☐ Send me *Annie's Potholder Potpourri* for **$5.95.** I'm not interested in a subscription to Annie's Newsletter right now.

Name _____

Address _____

City _____ State _____ Zip _____

☐ **VISA** ☐ **MASTERCARD** Exp. Date _____

Card # _____

Signature _____

CALL TOLL-FREE 1-800-527-8452 for ordering only. MINIMUM $10 phone order. (In Texas, Alaska and Hawaii call 1-214-636-4353.) **VISA, MASTERCARD accepted.** Canadian res. add 25%. Tex. res. add 5% sales tax (no tax on newsletter). © 1982 Annie's Pattern Club. All rights reserved.

RELIEF FROM CONSTIPATION WITHOUT SPASMS OR CRAMPS

If you suffer with spasms and cramps when you take a laxative, you're not getting the kind of relief you could get. The laxative you're taking may be too harsh.

The fact is, you don't have to suffer with spasms and cramps to get over constipation.

You can take Regutol.

Regutol Stool Softener contains the ingredient most prescribed by doctors for constipation. It makes elimination easier and more natural by softening dry, hard stools. And gently brings you back to "natural" regularity in 1 to 5 days.

So you get gentle, predictable relief. With no cramps or spasms.

Next time you need relief from constipation—get "natural" relief. Get Regutol.



REGUTOL
RELIEF WITHOUT SPASMS OR CRAMPS

Read and follow label directions © Plough, Inc. 1981

continued

Quickpoint

¼-in. elastic; thread; butcher paper.

Instructions:

1. Enlarge pansy patterns, *right,* onto paper.

2. For skirt, cut 5 of the smallest petals from chartreuse felt and 5 of the next size from yellow. From light violet net, cut 5 of the third largest petals (each 2 layers deep); cut 5 of the largest petals (each 4 layers deep) from violet net. Arrange the petals from largest to smallest in 5 stacks: with machine stitching, gather tops of stacks, connecting them in a row and fitting them to your child's waist. Sew ribbon over gathers to form waistband.

3. For headpiece, cut 6 small petals from chartreuse felt and 6 from yellow. Cut four 8x72-in. strips of violet nylon net. Machine-gather along one long edge of each strip; fit to child's face. Stack small petals on large petals and sew to net over previous stitches. From green felt, cut a 1x30-in. strip. Fold strip in half lengthwise and pin over gathering stitches on hat. Sew along raw edges. Run elastic through this casing; adjust to fit and fasten elastic ends.

PRIMROSE COSTUME, page 103

Finished costume fits size 4-6.

Materials: ⅓ yd. chartreuse and ¼ yd. each of pink and green Phun-Phelt; 1 yd. white 72-in.-wide nylon net; ¼ yd. fusible webbing; 1 yd. ¼-in. elastic; thread; butcher paper.

Instructions:

1. Enlarge primrose patterns, *right,* onto paper. The dotted lines on the vine pattern indicate where dark leaves lie over or under the vine.

2. Cut vine from chartreuse felt in 1 piece. Cut leaves from dark green felt (shaded leaves on pattern). Glue dark leaves onto vine, using dotted lines for placement. Pin vine to child's leotard.

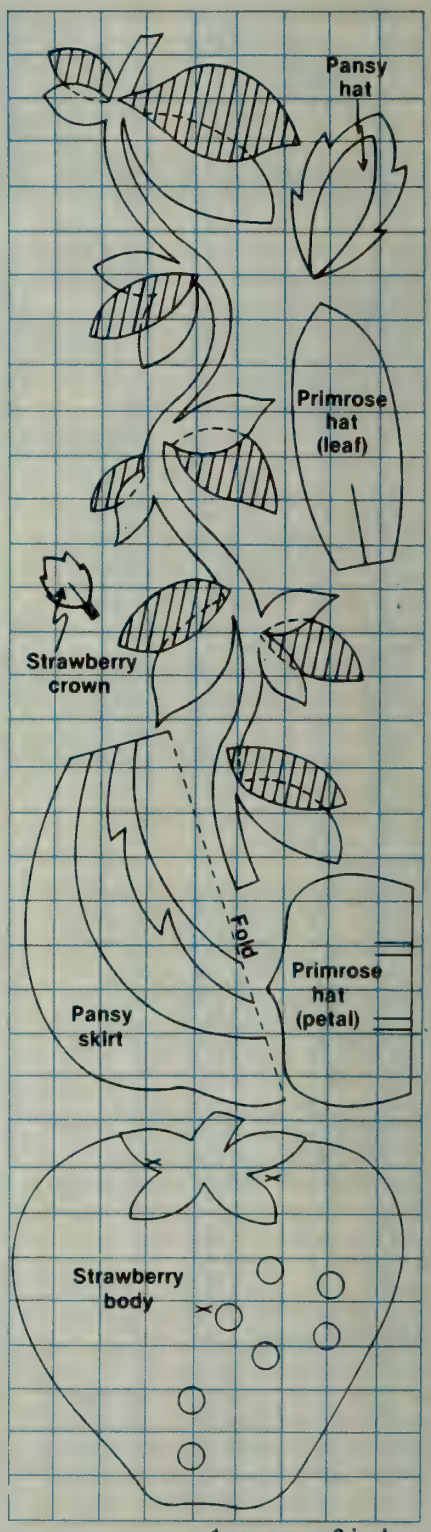
3. For headpiece, cut 5 pink petals; cut 4 chartreuse and 4 dark green leaves. Cut a 1x30-in. pink strip. Cut net into four 8x72-in. strips. Tuck petals along tuck marks (see pattern); pin. Measure child's head and pin petals together, overlapping their edges to fit the measurement; baste into circle. Gather the lengths of the net strips to fit circle of petals; baste behind circle.

4. Slash leaves along center lines (see pattern); pin and tuck leaves (alternate colors) behind net ruffle and baste. Machine-stitch all layers together ½ in. from raw edges. Fold pink strip in half lengthwise. Pin strip over gathering stitches to hide stitches and form casing; sew along edges of strip. Run elastic through the strip; adjust to fit and fasten ends together.

STRAWBERRY COSTUME, page 102

Finished costume size is 4-6.

Materials: 1 yd. 72-in.-wide red



continued



CENTRUM® high potency multivitamin/multimineral formula gives you every vitamin and mineral in the U.S. RDA and more. And, now, a chance to win a trip to the 1982 World's Fair in Knoxville, Tennessee!

GRAND PRIZE:

Round-trip air fare for you and three members of your family to Knoxville, Tennessee—the site of the 1982 World's Fair!
Accommodations at the brand new, Vols Hotel (5 minutes from the Fair) for 5 days and 4 nights in August.
General admission tickets.
And $400 spending money!

5 First Prize Winners will receive:
A 3-piece set of Lark luggage valued at over $500.

250 Second Prize Winners will receive:
Kodak's Pleaser Instant Camera.

745 other lucky winners will receive:
Official 1982 World's Fair T-shirts.

Enter the 1982 World's Fair Sweepstakes and Save $1.00 on CENTRUM.*

OFFICIAL RULES CENTRUM® 1982 WORLD'S FAIR SWEEPSTAKES

1. To enter
a. Persons sending in for a refund must include the color band from the top of a CENTRUM package and are automatically entered in the sweepstakes subject to these rules.
b. Other persons who do not wish to take advantage of the refund offer but would like to enter the sweepstakes (or who have requested a refund but would like to enter again) may do so:
(1) Complete an Official Entry Form (or hand print on a plain 3"x5" paper) with your name, address, zip.
(2) Mail with the color band from top of a package of CENTRUM (or hand print CENTRUM on a separate 3"x5" paper). **No Purchase Necessary.** Enter as often as you wish but each entry must be mailed separately.
2. Entries must be received by June 30, 1982. Sponsor not responsible for lost or misdirected mail.
3. All winners will be selected in random drawings conducted by Marden-Kane, Inc. an independent judging organization, whose decisions are final. Limit one prize to a family. Taxes, if any, are the sole responsibility of the winner. Prizes are nontransferable. No substitutions permitted. All prizes will be awarded. Major prize winner will be notified by mail and may be required to execute an affidavit of eligibility and a release.
4. Sweepstakes open to all residents of the United States, except employees and their families of American Cyanamid, its subsidiaries, affiliates, advertising agencies, and Marden-Kane, Inc. Void in Wisconsin and wherever prohibited, taxed or restricted. Odds of winning are dependent upon the number of entries received.
5. For the name of the major prize winner send a self-addressed stamped envelope to CENTRUM® Winner List, P.O. Box 308, New York, NY 10046. DO NOT SEND ANY OTHER MAIL TO THIS ADDRESS.

© 1982, Lederle Laboratories 045-2

ENTRY FORM

CENTRUM® 1982 World's Fair Sweepstakes



NAME _____ (Print legibly)

ADDRESS _____

CITY/STATE/ZIP _____

CHECK EITHER #1 FOR REFUND AND SWEEPSTAKES ENTRY OR #2 FOR SWEEPSTAKES ENTRY ONLY.

☐ 1. Enter my name in the CENTRUM 1982 World's Fair Sweepstakes and also send me a 50¢ refund check and a coupon good for 50¢ off my next CENTRUM purchase. I'm enclosing the color band from the CENTRUM package.
Mail refund request and sweepstakes entry to:
CENTRUM REFUND & SWEEPSTAKES,
Dept. B, P.O. BOX NB974, El Paso, TX 79977

☐ 2. I do not wish a refund, but enter my name in the CENTRUM 1982 World's Fair Sweepstakes only. I'm enclosing the color band from the CENTRUM package OR the hand written word CENTRUM on a separate 3" x 5" piece of paper.
Mail entry to:
CENTRUM 1982 WORLD'S FAIR SWEEPSTAKES,
Dept. B, P.O. BOX 23, New York, N.Y. 10046

FLEISCHMANN'S HEALTH LESSON #
LESS SALT AND CHOLESTEROL MAKE GOOD EATING SENSIBL



Low Sodium Lemon Chicken—Makes 4 servin
Saute 1/4 cup minced onion in 3 tbsp. Fleischmann's Unsalt
Margarine. Stir in 1/3 cup lemon juice, 1/3 cup honey and 1 th
grated lemon peel. Split and skin 2 large chicken breas
Pour sauce over breasts in pan. Cover; baked at 375°
25 min. Uncover. Baste and bake 15 more m
or until done. Place breasts on platt
Mix 1/2 cup water and 1 tbsp. cornstarc
add lemon sauce. Cook and stir un
thick. Serve sauce over breas
Calories per serving: 310. Cholest
(milligrams per serving): 70. Sodiu
(milligrams per serving):



© 1982, Nabisco Brands, Inc.

continued

Quickpoint

Phun-Phelt; ⅛ yd. each of dark and light green Phun-Phelt; 4 yds. 18-in.-wide fusible webbing; scraps of white interfacing; 2 yds. wide double-fold red bias tape; 18 in. of florists' wire; florists' tape; thread.

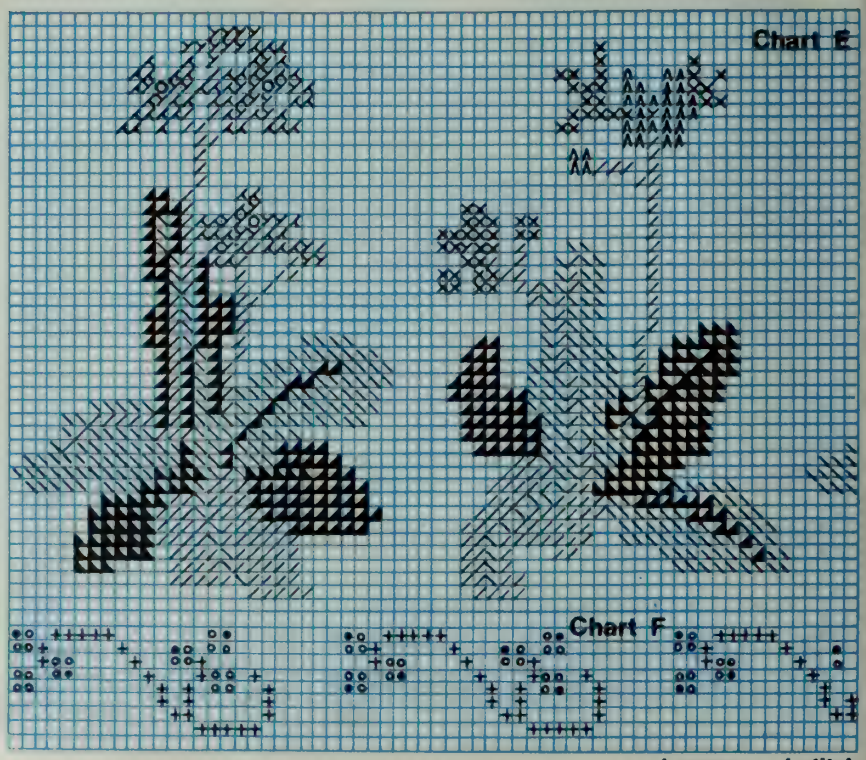
Instructions:

1. Enlarge pattern on page 148.

2. For strawberry, cut red felt into four 18x36-in. pieces. Fuse 2 of the rectangles together with fusible webbing. Fuse a third layer on top of the first 2; fuse the fourth layer to them. From the resulting thick rectangle, cut 2 strawberries. Cut stems from dark green felt, 4 leaves from light green and 14 seeds from interfacing. Fuse stem, leaves, and seeds onto strawberries.

From red bias tape, cut two 9-in. shoulder straps. Attach to strawberries at upper X's (see pattern). Cut remaining tape in half and attach at lower X's for waist ties.

3. For crown, twist wire into a circle and wrap with florists' tape. With fusible webbing between the layers, fuse the remainder of the ⅛-yd. pieces of dark and light green felt together. From the resulting fabric, cut out 18 leaves and slash them along center. Wrap stems and attach to wire circle.



KOA...More of what you go camping for.







Camping has long been one of North America's favorite pastimes. American and Canadian camping families, like yours, have come to depend on the familiar red and black KOA sign. It means clean restrooms with hot showers. Friendly hosts. And, best of all, family fun at a price you can afford. Want more? You've got it! Level sites for your R.V. Grassy tent sites. Convenience store. Laundry facilities. Utility hookups. Swimming pool. Game rooms and playgrounds. Dump stations and advance reservations. Throughout the U.S. and Canada, Kampgrounds of America has more than 700 campgrounds to help you get the best value for your camping dollar. For a free 108-page 1982 KOA Handbook and Directory, stop at any KOA Kampground, or send $1.00 to KOA Directory, P.O. Box 30558, Billings, Montana 59114-0558.

KOA®

clean, friendly, & fun

Spring-Fresh Asparagus Specialties

Adding a touch of spring to your meals is as simple as including fresh asparagus—but act fast, while the supply lasts. You can feature asparagus in everything from tempting appetizers to elegant entrées. For starters, here is a trio of exceptionally good recipes for you to try.



Photographs: Mike Dieter

CREAMY ASPARAGUS AND CARROTS

¾ pound fresh asparagus, cut up *or* one 8-ounce package frozen cut asparagus
2 medium carrots, sliced
1 teaspoon all-purpose flour
Few dashes ground nutmeg
1 3-ounce package cream cheese, softened
1 tablespoon sliced almonds (optional)

In saucepan cook fresh or frozen asparagus and the carrots, covered, in ½ cup of boiling salted *water* about 5 minutes or till just tender. Drain, reserving ⅓ cup liquid. Return reserved liquid to pan. Stir flour and nutmeg into softened cream cheese; add to reserved liquid. Heat and stir over low heat till cheese melts and sauce is bubbly. Gently stir in vegetables; heat through. Season to taste with salt and pepper. Garnish with sliced almonds, if desired. Serves 6.



ASPARAGUS PASTA SALAD

¾ pound fresh asparagus, bias-sliced into 1-inch pieces *or* one 8-ounce package frozen cut asparagus

Why some families enjoy tomatoes at 1969 prices.*



*Comparative data available on request

Why some families enjoy green beans at 1957 prices.*



*Comparative data available on request

12 cherry tomatoes, quartered
½ cup pitted ripe olives, sliced
3 tablespoons snipped parsley
¼ cup vinegar
3 tablespoons olive *or* salad oil
1 clove garlic, minced
1 teaspoon dried oregano, crushed
½ teaspoon dried marjoram, crushed
4 ounces fettucini *or* spaghetti

Cook fresh asparagus in a small amount of boiling salted water for 8 to 10 minutes. (Or, cook frozen asparagus according to package directions.) Drain well. In mixing bowl combine asparagus, tomatoes, olives, and parsley. In a screw-top jar combine vinegar, oil, garlic, oregano, marjoram, ¼ teaspoon *salt,* and dash *pepper;* cover and shake. Pour dressing over asparagus mixture. Cover; chill.

Cook pasta according to package directions. Drain; rinse with cold water, then drain again. Continue rinsing and draining till pasta is thoroughly chilled. Turn thoroughly drained pasta into salad bowl. Spoon vegetables and dressing atop; toss well. Serves 6.



FISH AND ASPARAGUS ROLLS
8 fresh *or* frozen sole, flounder, *or* other fish fillets (2 pounds)
1½ pounds fresh asparagus *or* two 8-ounce packages frozen asparagus spears
¼ cup butter *or* margarine, melted
½ teaspoon grated lemon peel
1 teaspoon snipped fresh dill *or* ½ teaspoon dried dillweed
½ teaspoon salt
1 recipe Lemon Butter Sauce

Thaw fish, if frozen. Cut fresh asparagus into 6-inch lengths. In saucepan cook fresh asparagus, covered, in small amount of boiling salted water for 8 to 10 minutes. (Or, cook frozen asparagus according to package directions.) Drain.

Place three or four asparagus spears crosswise atop each fillet; roll up fillets and secure with wooden picks. Place fish rolls, seam side down, in a 12x7½x2-inch baking dish. Combine melted butter or margarine, the lemon peel, dill, and salt; brush fish with butter mixture. Bake, uncovered, in a 350° oven for 20 to 25 minutes. Remove rolls to platter; remove picks. Top with hot *Lemon Butter Sauce:* Melt ½ cup *butter* or *margarine;* set aside. In heavy saucepan mix 2 *egg yolks,* ¼ teaspoon finely shredded *lemon peel,* 1 tablespoon *lemon juice,* 1 tablespoon of the melted *butter* or *margarine,* 1½ teaspoons *water,* and a dash each of *salt* and *pepper.* Cook and stir over low heat till thickened. Remove from heat. Slowly add the remaining melted butter or margarine, several drops at a time, beating well. Beat ½ cup *whipping cream* to soft peaks; fold into hot sauce. Serves 8.

Buying information, page 58

Why some families njoy strawberry jam at 1978 prices.*



*Comparative data available on request.

Put a Ball lid on inflation.



Veteran home canners are justifiably proud of their accomplishments. Their families enjoy the fresh-picked flavor of food canned in '81 at yesteryear's grocery store prices.*

Let delicious, nutritious, preservative-free home canning with Ball give you the edge on inflation at the grocery, too.

*Comparative data available on request.

The famous Ball Blue Book contains 96 pages on everything you need to know about home canning and freezing. Write: Ball Corp. Consumer Affairs, Dept. BHG, 345 S. High St., Muncie, IN 47305.

Send ____ Blue Book(s) at $2.50 each to:

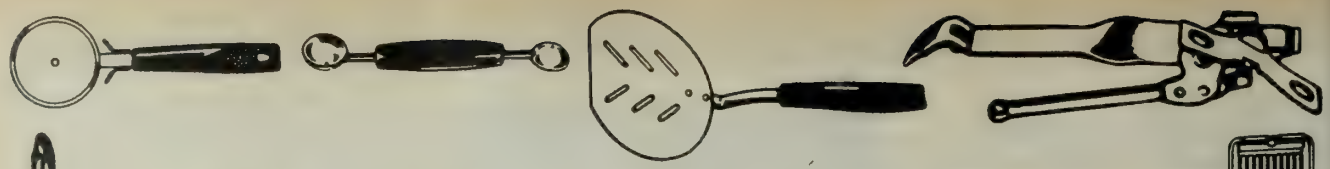
Name _____

Address _____

City, State, Zip _____

Offer void where prohibited by law. Allow 6 weeks for delivery. Indiana residents add 4% sales tax.

© 1982 Ball Corporation



EKCO'S "SAVE $1.00" SALE

BUY TWO EKCO KITCHEN GADGETS... GET $1.00 BACK





Choose any 2 selected* Ekco kitchen gadgets. Send the Product Code Symbols and your cash register receipt with prices circled to: Ekco $1.00 Sale, P.O. Box NB 897, El Paso, Texas 79977.

***Offer limited to purchase of:**

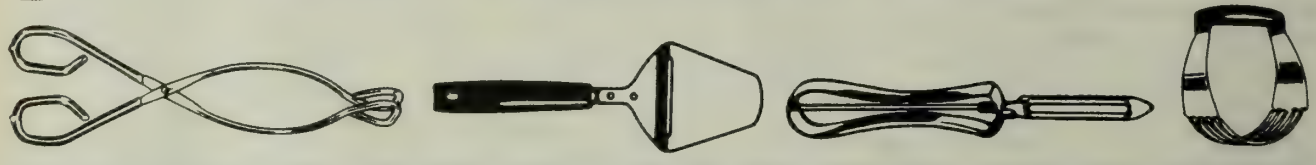
Lifter-Drainer #03040
Stainless Peeler #00020
Cheese Slicer #03270
Sure-Grip Tongs #01120
3-Way Can Opener #08840
Pizza Cutter #00140
Flexible Spatula #30100
Fruit & Butter Baller #00110
Tomato Slicer #03210
Jumbo Turner #30410
Peeler/Bean Slicer #00040
Dough Blender #00100





Offer good only in the U.S. Void where prohibited, taxed, or otherwise restricted by law. Submission of any portion of the package other than the Product Code Symbol will not be honored. Limited one refund per household. No clubs, groups, associations or organizations. Allow 6-8 weeks for delivery. Offer expires September 30, 1982.

EKCO: Quality kitchen help you can afford.



FOOD

WIN MONEY FOR YOUR

RECIPES

Holiday Meats
Festive Candies

For a Christmastime meal, do you prepare a special meat entrée? Is your forte making batches of tempting candies? Send us your recipes—you could be a winner. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next December. Winners receive a Certificate and six copies of the recipe.

Hints to Help You

Holiday Meats

Any original celebration-style meat entrée—beef, veal, pork, or lamb—can be submitted. **Tips: endive-wrapped meat, lamb en papillote, brioche-capped veal.**

Festive Candies

Your clever recipe for fudge, fondant, brittle, penuche, or any other confection could have blue-ribbon status. **Hints: molasses almond brittle, banana taffy, mint truffles.**

THIS MONTH'S WINNERS

(See recipes on pages 141 and 142)

Cooks-of-the-Month

Mrs. Sabina G. Lawton, Providence, R.I.
Mrs. Irene Shanahan, Sound Beach, N.Y.

Runners-up

Nickie Cartwright, Sunrise Beach, Mo.
Mrs. Ford Down, Houghton Lake, Mich.
Kim Hayes, Bohineau, N.D.
Jennifer Such, Northridge, Calif.

Honor Roll

Marjorie Cruse, Okemos, Mich.
Mrs. Norma Currie, Fayetteville, N.C.
Janet C. Foley, Sarasota, Fla.
Mrs. H. C. Frank, Johnstown, Pa.
Mrs. Doris Hoke, Stone Mountain, Ga.
Ken Jackman, Phoenix, Ariz.
Sonia A. Key Albuquerque, N.M.
Rebecca B. Loach, Lincoln Park, Mich.
Carolyn V. Wakefield, Lynn, Mass.
Sandra D. Willis, Anchorage, Alaska

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "December Holiday Meats" or "December Festive Candies."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, May 31. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8205 Food Department. Better Homes and Gardens, Des Moines, IA 50336.**

At last, a calorie-controlled food that leaves a good taste in your mouth.

Lean Cuisine.® From Stouffer's.®

It took us years to do it.

To bring you calorie-controlled entrees that are so good, you'd think they were fattening.

Yet each one is less than 300 calories. Less than 300 calories!

How did we manage to make such good food for so few calories?

By simply remembering that food should be a pleasure. No matter what the calorie count.

So, first, we concentrated on creating the best-tasting food we could. Then—and only then—we systematically cut out excess calories, without removing anything that's good for you. We selected beef with less than 10% fat. Used naturally flavorful ingredients like mushrooms, onions and tomatoes to give sauces body. Seasoned with tarragon, sesame seeds, sherry. To give Lean Cuisine® the kind of flavor that makes you forget just how calorie-conscious it is.

We didn't stop there. We made sure Lean Cuisine® is a treat for the eyes. And we gave you the textures that make food worth eating. The crunch of vegetables. The *al dente* of pasta. And much, much more.

Finally, Lean Cuisine® has enough variety to keep you from feeling bored or deprived. With 10 different entrees that range through beef dishes, fish, chicken, seafood, even pastas.

With Lean Cuisine,® we think you'll find it possible to eat lighter, and feel satisfied while controlling your calories.

Stouffer's Lean Cuisine.® Never before have so few calories tasted so good.

© 1982 Stouffer Foods Corporation

Shown here: FILET OF FISH FLORENTINE, GLAZED CHICKEN with Vegetable Rice and SPAGHETTI with Beef & Mushroom Sauce.



Regular, 1 mg. "tar", 0.2 mg. nicotine av. per cigarette, FTC Report Dec. '81; Menthol, 1 mg. "tar", 0.2 mg. nicotine av. per cigarette by FTC method.

© 1982 B&W T Co.





The pleasure is back.

BARCLAY

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

FAMILY CAMPING VACATION GUIDE



WHERE TO GO AND WHAT TO KNOW

BY BARBARA HUMESTON, GEORGE S. BUSH, AND KIM GARRETSON

Versatile is the word for a family camping vacation. It can be whatever you want it to be: a quiet wilderness adventure, a comfy stay-put sojourn at a lively resort, or an over-the-road ramble to see the sights.

Nevertheless, camping vacations have something in common—economy. Campground stays for a family of four average around $10 to $13 a night. And meals cooked over a crackling campfire cost a fraction of what you'd spend eating out.

What's more, no matter where you live or travel, there are sure to be camping opportunities nearby. You still can find campgrounds secreted away in cool deep woods and on breezy mountain slopes. And today campgrounds also are springing up around exciting cities and theme parks. You even can buy vacation packages with the option of camping when you get where you're going.

This *Family Camping Vacation Guide* features a roundup of America's best camping spots, as well as some camping options you may never have considered before. There's also a preview of new camping gear and tips about equipment you'll want if you're just starting out.

continued

Photograph: Wm. Hopkins, Hopkins Assoc.

If you hate mosquitoes, but love people.

You want two things in an insect repellent. A repellent that repels insects. And a repellent that doesn't repel people.

Cutter Evergreen gives you both.

Wherever people do heavy hiking and backpacking, you'll find Cutter. We think that's as strong a recommendation as there is.

And it's just as effective, just as pleasant to use, right in your own back yard.

Look for Cutter Evergreen, in spray, lotion, or convenient stick, even if you have to look a little harder.

It's worth it. Cutter Evergreen.



Best Smeller.

©1981 Cutter Laboratories, Inc.

WILDERNESS CAMPING

For tranquil camping without the rigors of backpacking, national forests provide the best opportunities by far. These reserves are so plentiful and vast that you're certain to find at least one within a day's drive. They also encompass as much natural beauty as do national parks of comparable topography. Only the crowds and perhaps special sight-seeing features—Yellowstone's geysers, for instance—are missing.

Campgrounds may be found along paved highways that cut through or border national forests, as well as tucked deep into the forests' interiors. Typically, the grounds are small, with rarely more than a dozen or two sites in one location. Most are hidden in the woods, often adjoining lakes and creeks. Amenities range from bare essentials to cozy setups with camping platforms, grills, and sometimes bathhouses. More-primitive sites are free; developed sites usually run no more than $5 or $6.

While the great outdoors is the prime attraction, frequently you'll find riding stables, boat rentals, and restaurants nearby. And despite all their advantages, campgrounds are rarely full.





Photographs: Wm. Hopkins and Montana Travel Promotion

NATIONAL PARK ALTERNATIVES—The pleasures of hassle-free camping are nowhere more apparent than in national forests that neighbor popular national parks, like Yosemite. This park's spectacular Yosemite Valley is jammed with visitors. Yet, cross Tioga Pass—less than an hour's scenic drive—and you're in Inyo and Toiyabe National Forests. Even at the height of the season, many campgrounds there have openings.

That's also the case in Bridger-Teton National Forest, which borders Yellowstone and Grand Teton National Parks; Arapaho and Roosevelt National Forests, which surround Rocky Mountain National Park; Targhee, Gallatin, Custer, and Shoshone National Forests, which ring Yellowstone; and Cherokee, Nantahala, and Pisgah National Forests, which frame Great Smoky Mountains National Park out in the East.

For a roundup of national forests (154 in all), write U.S. Forest Service, Department of Agriculture, Box 2417, Washington, DC 20013. Then contact specific forests for literature and maps (usually $1). But here's a sampling:

INYO AND TOIYABE, CALIFORNIA—These two national forests stretch all along the crest of the Sierra Nevada between central California and Nevada, connecting with Yosemite, Kings Canyon, and Sequoia National Parks. Most campgrounds are at high elevations, amid the Sierra's spectacular scenery. Assorted services and resorts are abundant on US-395.

Contact: Inyo National Forest, 873 North Main, Bishop, CA 93514; Toiyabe National Forest, 111 North Virginia, Reno, NV 89501.

SAWTOOTH, IDAHO—Sawtooth National Forest, north of Sun Valley, embraces three distinct areas: regular national forest lands, a designated Wilderness Area, and a 750,000-acre National Recreational Area. You can camp in all three (permits required in the wilderness). In the National Recreation Area, several improved campgrounds cluster around resort facilities on lakes between jagged summits. In the rest of the forest, improved campgrounds are rare, and you may camp anywhere, provided you obey certain restrictions. Fishing for trout is excellent in Redfish, Pettit, and Alturas Lakes.

Contact: Sawtooth National Forest, 1525 Addison Avenue East, Twin Falls, ID 83301.

BIGHORN, WYOMING—Off I-90 near Sheridan is Bighorn National Forest, the first Rocky Mountain forest you come to en route from the upper Midwest to Yellowstone and the Tetons. There are neat creek-side campgrounds throughout. Trout fishing and wildlife watching are exceptional, too. Hiking trails run along the ramparts of snowy peaks.

continued

WHAT'S WHAT IN CAMPGROUND GUIDES

The following campground guidebooks will help you zero in on good campgrounds wherever you vacation.

- *Trailer Life's RV Campground & Service Directory,* TL Enterprises, 29901 Agoura Road, Agoura, CA 91301 ($9.95)—RV campgrounds in U.S., Canada, and Mexico.
- *Wheelers RV Resort & Campground Guide,* 1521 Jarvis Avenue, Elk Grove Village, IL 60007 ($8.95)—campgrounds and RV parks in U.S., Canada, and Mexico.
- *Rand NcNally Campground and Trailer Park Guide,* Rand McNally, Box 728, Skokie, IL 60076 ($9.95)—tent and RV campgrounds in U.S., Canada, and Mexico.
- *Free Campgrounds, U.S.A.,* VanMeer Publications, Inc., Box 1289-B, Clearwater, FL 33517 ($9.95)—state-by-state roundup of over 6,000 free campgrounds.
- *Camping in the National Parks,* Consumer Information Center, Department 188K, Pueblo, CO 81009 ($2.25)—camping areas and fees in national parks.
- *Good SAMpark Directory,* 29901 Agoura Road, Agoura, CA 91301 ($1)—230 RV campgrounds in U.S.

See page 165 for *Woodall's Campground Directory* and KOA, Jellystone, and Safari campground guides.

WILDERNESS CAMPING

Contact: Bighorn National Forest, North Main, Buffalo, WY 82834.

CARSON, NEW MEXICO—This national forest in northern New Mexico rises to mountains and alpine lakes from surrounding deserts. A portion of the forest is wilderness (camping by permit). Stream fishing for trout is best in the Santa Barbara Canyon area. Improved campsites there can be reached from State-75 near Penasco. Spanish settlements with lovely old churches are scattered throughout the forest and its environs.

Contact: Carson National Forest, Box 558, Taos, NM 87571.

MARK TWAIN, MISSOURI—This national forest is in several units which cover large sections of the Ozarks south of St. Louis. It has 31 campgrounds, many hiking and riding trails, and canoeing and fishing waters. Loggers Lake, 70 miles south of Rolla (on I-44), is perhaps the most beautiful location. Anglers, wildlife watchers, and occasional hikers prefer Crane Lake, in the easternmost segment of the forest. You can't camp at Crane Lake, however. Closest sites are at Marble Creek, about seven miles east.

Contact: Mark Twain National Forest, 401 Fairgrounds Road, Rolla, MO 65401.

SHAWNEE, ILLINOIS—In southernmost Illinois, Shawnee National Forest spreads across craggy sandstone and limestone bluffs. The forest's scenic hill country contrasts delightfully with the plains all around. Among Shawnee's 13 campgrounds, two of the best situated are Johnson Creek on the Mississippi River side of the forest and Pharaoh in the Garden of the Gods on the forest's Ohio River side. This is a region of gigantic rock formations south of Harrisburg. You'll also like the scenery and swimming at Lake Glendale near Vienna. Crab Orchard National Wildlife Refuge lies on the forest's north edge near Marion.

Contact: Shawnee National Forest, Route 45 South, Harrisburg, IL 62946.





Photographs: Hedrich-Blessing and Lee Foster

NICOLET, WISCONSIN—This national forest in northern Wisconsin is ideal for canoeing. Within its boundaries lie more than 1,000 lakes and some 500 miles of floatable streams. Waters range from mild (Brule and Pine Rivers) to rambunctious (the Wolf and Peshtigo). In addition, spring-fed ponds abound with brook trout. If you don't have a canoe, you can get livery service at communities around the forest.

Contact: Nicolet National Forest, Federal Building, Rhinelander, WI 54501.

APALACHICOLA, FLORIDA—Ecologically, this national forest southwest of Tallahassee is the country's most fascinating. The forest's 23,000-acre Bradwell Bay Wilderness is a freshwater swamp where you'll see alligators, bald eagles, deer, bear, and maybe a wildcat. Some 50 campsites, in three campgrounds, are situated on high ground. Fees are charged only at Silver Lake, where there's good swimming. But to take full advantage of the wetlands and great fishing, bring a canoe or rent one in a nearby town.

Contact: National Forests in Florida, Box 13549, Tallahassee, FL 32308.

GREEN MOUNTAIN, VERMONT—The two sections of this national forest extend nearly halfway up Vermont's mountainous spine and harbor portions of two major national hiking trails, the Appalachian Trail and the Long Trail. At the same time, this forest is surrounded by and sprinkled with New England villages, country inns, and resort hotels. That means you can combine a national forest vacation with old-fashioned country comforts. There are nearly 30 improved camping areas, all accessible off State-100.

Contact: Green Mountain National Forest, Box 519, Rutland, VT 05701.

STATE FORESTS AND PARKS—Also look into camping opportunities in state forests and parks. Call information for phone numbers of state forest offices and/or state park and recreation divisions in state capitals.

continued

UNUSUAL FAMILY-CAMPING OPTIONS

Do you crave a unique camping adventure? Then consider camping on the water. Rent a platform-like cruiser, drive a camping vehicle aboard, and set out on an easy cruise. You can go "camper cruising" on scenic waterways from California to Florida. Rates for cruisers that accommodate camping vehicles ranging from motor homes to vans and pickup campers run $300 to $400 a week. For $20 to $30 a day extra, a camping vehicle also will be supplied. Contact: CAF Industries, Inc., 101 South 30th Street, Phoenix, AZ 85034.

For backcountry camping minus the exertion of long-distance hiking, California's new environmental campsites are ideal. Some 50 of these tent-only sites are situated in a dozen California state parks (750 sites are to be available in 50 parks by the summer of 1984). You carry in all your supplies, but it's only a short walk—200 yards to 1½ miles—from the nearest parking area. Sites can be reserved only by mail ($5 per night, plus a $2 reservation fee). For more information about the sites and a reservation form (free), write to Department of Parks and Recreation, Box 2390, Sacramento, CA 95811.

EXPERIENCE THE WORLD OF

TRON

A FUTURISTIC ADVENTURE MOTION PICTURE
NEW FROM WALT DISNEY PRODUCTIONS

THIS SUMMER'S MOST EXTRAORDINARY MOTION PICTURE EVENT!

SEND FOR THIS

BEACH TOWEL

ONLY $7.95

$12.95 VALUE

WITH 2 DIAL OR TONE PROOFS-OF-PURCHASE

©MCMLXXXII Walt Disney Productions





COLORFUL SHEARED VELOUR
ACTUAL SIZE 32" x 60"

TRON BEACH TOWEL
ORDER FORM

To order your 32" x 60" sheared velour "TRON" beach towel complete this order form with your name and address. Make your check or money order for $7.95 for each towel payable to "TRON BEACH TOWEL." Enclose your order with any two side panels showing the Dial or Tone name and UPC symbol

SEND TO: Tron Beach Towel
P.O. Box 9189
St. Paul, MN 55191

Name _____
(Please Print)

Address _____

City _____

State _____ ZIP _____

Please allow 6 weeks for shipment after receipt of your order
THIS OFFER GOOD WHILE SUPPLY LASTS AND NO LATER THAN NOVEMBER 30, 1982.

10¢ STORE COUPON 10¢

003251

SAVE 10¢

ON YOUR NEXT PURCHASE OF
2 BARS ANY SIZE



DEALER: You are authorized to act as our agent for redemption of this coupon. We will reimburse you for the face value, plus 7¢ handling when redeemed with purchase of specified brand by consumer. Void where prohibited or regulated. Cash value 1/100 cent. Only one coupon redeemed per offer. Ship coupons at our expense to: **Armour-Dial, Inc. Box 3021, Elm City, NC 27898.** Offer limited to one coupon per specified product and size

Offer expires: May 31, 1983

003251

10¢ 10¢

13¢ STORE COUPON 13¢

003202

SAVE 13¢

ON YOUR NEXT PURCHASE OF
3 BARS ANY SIZE



DEALER: You are authorized to act as our agent for redemption of this coupon. We will reimburse you for the face value, plus 7¢ handling when redeemed with purchase of specified brand by consumer. Void where prohibited or regulated. Cash value 1/100 cent. Only one coupon redeemed per offer. Ship coupons at our expense to: **Armour-Dial, Inc. Box 3021, Elm City, NC 27898.** Offer limited to one coupon per specified product and size

Offer expires: May 31, 1983

003202

13¢ 13¢

RESORT CAMPING

Roughing it isn't your only alternative if you want to avoid hotel bills. Another option is resort-style camping at state resort parks and top private campgrounds. Resort camping not only offers conveniences, like on-site restaurants, lounges, and laundries, but also all sorts of sports and other organized activities.

STATE RESORT PARKS—These excellent parks are largely concentrated in the southeast—Alabama, Georgia, South Carolina, Tennessee, Kentucky, Arkansas—plus West Virginia, Indiana, and Oklahoma. Among the best parks is Georgia's Stone Mountain, less than an hour from Atlanta, which combines comfortable outdoor living with sports facilities, attractions, and rides.

A steam train circles Stone Mountain, a giant bulge of weather-polished granite; an aerial tram climbs to its summit; and a stern-wheeler cruises the park's lake. Pettable animals roam a game ranch. And there are daily carillon concerts, Civil War and automobile museums, a War in Georgia show, an antebellum plantation, a working gristmill, and a cottage house where craftsmen's work is displayed. You can swim and zip down the water slide, fish, play golf and tennis, glide along a roller-skating trail, ride bikes, and meander around the lake in a rental boat.

The 500-space campground has its own swimming beach. Should you tire of cooking, you have a choice of restaurants and snack bars. Public transportation to Atlanta stops nearby, or you can join daily sightseeing tours.

Stone Mountain stays open year round. One-time entry fee is $3; camping (no reservations) runs $6 to $7.50. The combined admission to major park attractions costs $8.95, $5.50 for ages four to 11.

Contact: Stone Mountain Park, Box 778, Stone Mountain, GA 30086.

Yet another fine Georgia resort park is Lake Lanier Islands, a 1,200-acre family recreation resort also near Atlanta. Besides having a nearly mile-long beach, the park offers every kind of boating. There also are tennis courts, golf course, riding stable, restaurant, and recreation center. The entry fee runs $2.50. Camping costs $5 to $7.

Contact: Lake Lanier Islands State Park, Box 605, Buford, GA 30518.



Photograph: Terry Coker/Stone Mountain Park

CAMPGROUND RESERVATION SYSTEMS

With the help of camping reservation systems, you can be sure a campsite will be waiting when you get there.

CAMPER 800 makes guaranteed reservations at over 2,000 campgrounds for a $1-per-call service charge. The campsite fee and service charge are billed via VISA or MasterCard (by mail, if time allows). For participating campgrounds, write CAMPER 800, Box 100, Jamestown, NY 14701. Toll-free reservation numbers are: 800/828-9280 or 800/462-9220 in New York state.

Ticketron, a computerized reservation and ticket outlet operation with nearly 600 locations, makes reservations for campsites at several popular national parks; state parks and forests in California; and state parks in New York and Virginia (generally a $2 service charge). If there isn't a Ticketron outlet nearby, write: Ticketron, Rincon Annex, Box 2715, San Francisco, CA 94126, for national parks, and Box 26430 for California state parks; Ticketron, 1350 Avenue of the America's, Department CG, New York, NY 10019, for New York state parks; Ticketron, Box 62221, Virginia Beach, VA 23462, for state parks in Virginia.

ALABAMA—Gulf State Resort Park, which rims the wide Gulf beaches near Mobile, offers boating, tennis, golf, fishing, water-skiing, and a restaurant in a modern lodge. Campsites run $6.50 to $9. Other Alabama resort parks include Lakepoint, Joe Wheeler, Lake Guntersville, Desoto, Roland Cooper, and Cheaha.

Contact: Division of State Parks, 64 North Union, Montgomery, AL 36130 (800/392-5832 for toll-free reservations).

SOUTH CAROLINA—Two South Carolina resort parks have special appeal for families that enjoy fishing: Hickory Knob, west of Columbia near the state line, and Santee, between Charleston and Columbia. Both feature tennis, and Hickory Knob—fancier of the pair —also offers golf and horseback riding. Sites cost $5.50.

Contact: Hickory Knob State Resort Park, Route 1, Box 199-B, McCormick, SC 29835; Santee State Resort Park, Route 1, Box 255-A, Santee, SC 29142.

WEST VIRGINIA

Pipestem Resort State Park, high in the Appalachians, boasts the best recreation program in these parts, with two golf courses, tennis courts lighted for night play, trail rides, arts and crafts, indoor and outdoor pools, dances, and dinner theater. For boating and fishing, visit nearby Bluestone State Park. Two other fine West Virginia resort parks, Blackwater Falls and Canaan Valley, are neighbors in the northern part of the state. Campsites range from rustic to deluxe ($5 to $7).

Contact: Parks and Recreation Division, 1800 Washington Street East, Charleston, WV 25305.

TENNESSEE—The most inviting resort parks in Tennessee are Fall Creek Falls, north of Chattanooga, and Pickwick Landing and Paris Landing, on the Tennessee River near the Alabama state line. All have top golf courses, rental boats and bikes,

continued


The most beautiful backs in the world turn their backs on us.
The back in front of you belongs to Miss Universe, Irene Saez. But like every back on earth, it can't survive on beauty sleep alone. It needs real support. Spring Air Back Supporter support. Multiple layers of padding for surface comfort. With Teflon® coated cover. Exclusive Adapta-Flex innersprings for deep-down support. Plus extra strong springs in the mattress center, where 70% of body weight is concentrated. And support like this is very affordable.
So remember what your back does for you all day. Get a Back Supporter. And pay it back all night.
Spring Air Back Supporter.®
Pay your back back.
Spring Air Company
20 N. Wacker Dr., Chicago, IL 60606
SPRING AIR
DuPont TEFLON®
Many fine Spring Air mattresses are treated with Teflon®


Vantage Ultra Lights
When you want
good taste
and ultra low tar.
VANTAGE
ULTRA LIGHTS
100s
Ultra Low Tar 5 mg
VANTAGE
ULTRA LIGHTS
Ultra Low Tar 5 mg
5 mg
ULTRA LIGHTS: 5 mg. "tar", 0.5 mg. nicotine av. per cigarette by FTC method; ULTRA LIGHTS 100's: 5 mg. "tar", 0.5 mg. nicotine av. per cigarette, FTC Report DEC. '81.
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

RESORT CAMPING

recreation centers, and good restaurants. Fall Creek Falls, with its cascades, is the most scenic; Pickwick and Paris Landing have better fishing. Sites run $4.50 to $6.50.

Contact: Fall Creek Falls Resort Park, Pikeville, TN 37367; Pickwick Landing Resort Park, Pickwick Dam, TN 38365; Paris Landing Resort Park, Buchanan, TN 38222.

KENTUCKY—This state has more resort parks (16) than any other state. For the greatest range of activities, consider Kenlake, Kentucky Dam Village, and Lake Barkley, which ring the Land Between the Lakes National Recreation Area near Paducah. Boating and fishing are prime attractions. The parks also offer beaches, golf, tennis, riding, restaurants, and recreation programs. For tennis, you'll prefer Kenlake. Campsites run $8.

Contact: Travel, Frankfort, KY 40601.

INDIANA—Spring Mill State Park, south of Bedford, takes you back to our country's past with a reconstructed pioneer village. More conventional pleasures include riding, swimming, fishing, tennis, biking, and nature programs. Entrance fee is $1.50. Campsites run $2 to $5.30. Other good Indiana parks include those in bucolic Brown County and at Clifty Falls on the Ohio River.

Contact: Division of Public Information, Room 615, State Office Building, Indianapolis, IN 46204.

ARKANSAS—In the foothills of the Ouachita Mountains south of Hot Springs, you can play tennis and golf, fish and swim in a big lake, hike nature trails, and bike country backroads at De Gray State Park. Campsites cost $6.

Contact: De Gray State Park, Route 1, Box 144, Bismarck, AR 71929.

OKLAHOMA—All seven state resort parks here are spic-and-span modern with every vacation pleasure. Lake Texoma and Lake Murray are two of the best. They each offer a pool, beach, golf, water-skiing, trail rides, archery, boats and bikes, and a supervised recreation program. On Fort Gibson Lake near Tulsa, Western Hills Guest Ranch provides stagecoach and hay wagon rides as well. Camping rates range from about $2 to $7.50.

Contact: Oklahoma Tourism, 500 Will Rogers Building, Oklahoma City, OK 73105.





Photographs N D Parks & Recreation Dept and Charlie Westerman

PRIVATE CAMPING RESORTS—Many private campgrounds also supply opportunities for family recreation. In fact, one chain, Jellystone Park Camp-Resorts, specializes in everything for stay-put family vacations, as do an increasing number of Kampgrounds of America (KOAs) and independent campground operations.

Jellystone parks typically feature full programs of organized activities—from arts and crafts to softball and square dances. Sports equipment—bikes to canoes—is for rent. The campgrounds often have two swimming pools, plus pavilions for shows and movies, TV lounges and teen "huts," fast-food shops and sometimes full-menu restaurants. Showers, laundry, and a convenience store are standard.

Tents and RVs are welcome at all Jellystone parks. Nightly rates generally run $9 to $16. You can get a free directory of Jellystone campgrounds (and one for less elaborate Safari Campgrounds) by writing to Leisure Systems, Inc., 30 North 18th Avenue, Unit 9, Sturgeon Bay, WI 54235 (800/558-2954 for toll-free reservations).

To find out more about KOAs, pick up a directory at a KOA campground (free) or send $1 to *Handbook and Directory for Campers,* Kampgrounds of America, Box 30558, Billings, MT 59114.

Woodall's Campground Directory contains an extensive listing of independent campgrounds. You can order a copy ($11.30) from Woodall's Publishing, 500 Hyacinth Place, Highland Park, IL 60035 (800/323-9076 toll free).

Here's a selection of leading independent camping resorts:

CALIFORNIA—Holiday Host Travel Park near Santa Cruz (RVs only) is

continued

IS CONDOMINIUM CAMPING FOR YOUR FAMILY?

There's a new alternative to renting campsites—buying a site at a condo campground. You pay a flat fee to buy a campsite and use recreational facilities. When you're not there, campground management rents your site to other campers if you like. You pay real estate taxes, plus a recurring maintenance fee. With some agreements, you get reduced rates at other campgrounds.

Another form of condo camping is really a membership plan—no property changes hands. You buy the right to use a particular campground for a specified price, plus annual dues. Sometimes membership privileges are valid for the camper's lifetime, may be willed or resold, and extend to several campgrounds. These tips will help ensure sound condo camping decisions:

- Don't make any purchases solely as an investment.
- Find out specifically what annual fees cover.
- Visit the campground in person before you buy.
- Check the developer's reputation with the Better Business Bureau and state attorney general's office.
- Ask other campsite owners if they're satisfied.
- Have an attorney review any contract before you sign.

RESORT CAMPING

famed for its dinner theater, which presents Broadway-style musicals. The resort, surrounded by redwood country, features a pool, game room, and restaurant. Sites run $14 for four.

Address: 100 Santa's Village Road, Scotts Valley, CA 95066.

MINNESOTA—Weekends are big at Cokato Lake Campgrounds, 50 miles west of Minnesota's Twin Cities. Dances and/or stage shows are scheduled every Saturday night, and there's a roster of themed weekends with special activities all summer. Rental boats, swimming in two pools, tennis, mini-golf, hayrides, and pony rides round out the activities. Sites cost $8.50.

Address: Route 2, Cokato, MN 55321.

MICHIGAN—Double-R Ranch Resort, east of Grand Rapids, extends 1.5 miles along both sides of the Flat River. Canoeing and tubing are favorite pastimes, but there also are two pools, hayrides, horseback riding, and square dances. A restaurant and lounge are on the property. Sites run about $9.50 to $10.50.

Address: 4424 Whites Bridge Road, Smyrna, MI 48887.

OHIO—This state has two particularly outstanding establishments: Wally Camp Resort, between Columbus and Cleveland, and Hillside Haven, between Columbus and Cincinnati.

Wally offers canoeing on the Mohican River, a giant-twister water slide, mini-golf, swimming hole, fishing pond, hayrides, tennis, Saturday night dances, restaurant and lounge, plus horseback riding nearby. Sites run $8 to $9.

Address: Box 120, Loudenville, OH 44842.

At Hillside Haven, just 20 minutes from Kings Island theme park, the campsite rental fee includes everything—tennis, fishing, swimming, mini-golf, pedal boats, talent shows, arts and crafts, movies, hayrides, and recreation programs. The summer schedule features corn roasts, pig barbecues, flea markets, square dancing, and sports tournaments. Campsites run $10.

Address: 295 Todd Fork Road, Wilmington, OH 45177.

TENNESSEE—Hermitage Landing Campground, ten minutes east of Nashville, stands out even among top-notch camping resorts. It offers an 1,800-foot beach on a large TVA lake, as well as a double-size olympic pool. There's a water slide, cable water-skiing (without a boat), roller-skating track, tennis, mini-golf, and boats. Bluegrass and square dance buffets are Saturday night specials. Other events include luaus on an island. Tours of Opryland, Nashville, and Andrew Jackson's Hermitage depart daily. Sites run $12 to $20.

Address: Route 2, Bell Road, Hermitage, TN 37076.

GEORGIA—A lively amusement park is the center of things at Holiday Beach near Douglas, north of Okefenokee Swamp and less than two hours from the coast. The resort's Opry House stages country-western and rock concerts. A water park, arts and crafts, mini-golf, and a game arcade round out diversions. Sites cost $9 to $12.50. One-day ride tickets run $6.50.

Address: Route 2, Douglas, GA 31533.

FLORIDA—Walt Disney World's own campground is Fort Wilderness, with 825 sites in a lakeside pine forest. There's a beach, plus several playgrounds. Organized activities are largely scheduled for evenings. Free shuttle service covers the Disney property, connecting with sight-seeing buses to other attractions. Sites run $19 to $22.

Address: Walt Disney World Central Reservations, Box 40, Lake Buena Vista, FL 32830.

SOUTH CAROLINA—Lake Arrowhead Campground at Myrtle Beach has its own half-mile sandy strand, plus a $250,000 pool. The recreation program emphasizes fishing contests, beach races, ball games, song fests, and beach bonfires. Facilities include tennis courts and a mini-golf course. Sites cost $9 to $15.50.

Address: 9750 Kings Road, Myrtle Beach, SC 29577.

NEW YORK—Lakeside Camp Chautauqua is two miles from the Chautauqua Institution, which hosts a summer program of music and arts. The campground features sing-alongs, hayrides, potluck suppers, rental bikes and boats. Family sites run about $14.

Address: Box 100, Stow, NY 14785.

continued



Photograph: Grafton Marshall Smith/Image Bank

RENTAL CAMPING—VACATIONING THE EASY WAY

Renting a camping setup can add convenience and flexibility to your vacation. To check into the possibilities, write to the sources below. Also contact individual campgrounds in areas you plan to visit.

Rental tent sites are available in some state parks in Arkansas, Ohio, and Oklahoma. Nearly 200 KOAs in the U.S. and Canada rent equipped tent sites, too.

You can rent RVs from private firms and dealers.

- **American Safari National RV Rental System,** 7000 62nd Avenue, Miami, FL 33143 (800/327-9668 toll free).
- **AAA Motor Home Rentals,** 12667 South 300 East, Draper, UT 84020—RV rental-reservation center.
- **Coachman RV Company,** Rental Department, Box 30, Middlebury, IN 46540 (names of nearest rental dealers).
- **Dave's Camperland, Inc.,** 11909 San Pablo Avenue, El Cerrito, CA 94530.
- **Winnebago Industries,** Box 152, Forest City, IA 50401 (free *Dealer Rental Directory*).

A *Recreational Vehicle Rental Directory* ($2) is available from the Recreational Vehicle Dealers Association, 3251 Old Lee Highway, Suite 412, Fairfax, VA 22030.

New Coleman® Smoker-Grill.
(And they thought you were great before!)





ure you built a reputation on your ribs. You got
ooorays for your hamburgers. But your finest feasts
re yet to come: on a new Coleman Smoker-Grill.

Moist-smoke a turkey or roast. Dry-smoke a salmon
r your favorite catch. Charbroil steaks fast, chops slow.
arbecue the usual, unusually good.
ven steam clams, crab, lobster.

Of course you know how Coleman
ooks outdoors. And *keeps* cooking, feast after feast. After feast.

You'll also find new Coleman tabletop Grills that do anything any "kettle" cooker will do, and fit into a compact car trunk besides.

There's a portable gas yard light too, sort of like a Coleman lantern dressed up for a patio party.

Coleman

PATIO PRODUCTS • WICHITA, KANSAS

OLEMAN PATIO OFF-ER

Complete this certificate with your name, dress, and zip code. Check appropriate box the Coleman product(s) purchased.

For your proof-of-purchase, remove the dotted tion of the product carton or carton label con- ning the word "COUPON" and its model number.

Send your sales receipt dated before gust 31, 1982, this certificate, and the proof purchase described above to:

leman Patio Off-er
) Box 1752 • Maple Plain, MN 55348

D. Mail the items above postmarked prior to September 1, 1982. You will receive the rebate for products purchased. Offer good on purchase of these couponed items by August 31, 1982. Allow 4 to 6 weeks for delivery.

E. Void where prohibited, taxed or restricted by law. Limit one per family. Coleman will not honor a coupon redeemed by agencies, brokers, organizations or others who are not Coleman retail customers. Offer good only in U.S.A.

Copyright The Coleman Company, Inc.

☐ **$10 REBATE**—Purchase of Coleman Smoker-Grill Gas Model 5475-701 or Charcoal Model 5474-701

☐ **$5 REBATE**—Purchase of Coleman Grill, Gas Model 5473-701 or Charcoal Model 5471-701

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

BASE CAMPING

Campgrounds situated near major vacation attractions often provide tours and/or shuttle transportation to area sights. KOAs are noted for such services. Some of these base campgrounds also are resorts; others have more limited facilities. Tours generally aren't included in the site price, though some campgrounds offer package deals. Here's a collection of top-drawer base camps across the country (sites run $8 to $15).

PACIFIC NORTHWEST—Float trips, sailing charters, and tours of Seattle, Victoria, and Vancouver are featured at the Burlington-Cascade KOA. *Address: 646 North Green Road, Burlington, WA 98248.*

SAN DIEGO—Tours to Sea World, the San Diego Zoo, and Ensenada in Mexico are arranged by the San Diego Metro KOA. *Address: 3601 Edgemere Avenue, Chula Vista, CA 92101.*

LAS VEGAS—From the resort-type Las Vegas KOA, you can tour this glittery city, plus Hoover Dam, Lake Mead, and the Grand Canyon. *Address: 4315 Boulder Highway, Las Vegas, NV 89121.*

SAN ANTONIO—Sights of this Spanish-flavored city surround you on tours from the Alamo KOA. *Address: 602 Gembler Road, San Antonio, TX 78219.*

DALLAS/FORT WORTH—Two campgrounds provide tours to Six Flags over Texas, Arlington Stadium, and the International Wildlife Park. *Addresses: Arlington KOA, 2715 South Cooper, Arlington, TX 76015; Safari Campground, 1301 North Watson, Arlington, TX 76011.*

GREENFIELD VILLAGE—The Detroit-Greenfield KOA Resort-Kamp features tours to nearby Greenfield Village and Henry Ford Museum, as well as automobile factory and city tours. *Address: 6680 Bunton Road, Ypsilanti, MI 48197.*

NEW ORLEANS—From two KOAs, you can tour this Mississippi River city where jazz was born. *Addresses: KOA West, 219 South Starrett, River Ridge, LA 70123; KOA East, Route 1, Box 335, Slidell, LA 70458.*

NASHVILLE—In addition to Hermitage Landing, other campgrounds arrange tours to area attractions. *Addresses: Nashville KOA, Music Valley Drive, Nashville, TN 37214; Nashville North KOA, 708 North Dickerson Road, Goodlettsville, TN 37072; Jellystone Park, 1252 Louisville Highway, Goodlettsville, TN 37072; Safari Nashville Southeast, Box 172, Route 4, Smyrna, TN 37167; Holiday Nashville Travel Park, 2572 Music Valley Drive, Nashville, TN 37214.*

KENTUCKY—Louisville, Stephen Foster's Old Kentucky Home, the Kentucky Horse Park, and Mammoth Cave are featured on excursions from the Metro KOA. *Address: 900 Marriott Drive, Clarksville, IN 47130.*

TAMPA BAY—From Riverview Jellystone Park, you can tour the stretch of Florida coast which includes Tampa and Busch Gardens, plus northern Florida sights like Walt Disney World. *Address: 12500 McMullen Loop Road, Riverview, FL 33569.*

WALT DISNEY WORLD—Three campgrounds provide tours to this theme park and other area attractions. *Addresses: KOA, Drawer 939, Kissimmee, FL 32741; Jellystone Park, 9200 Turkey Lake Road, Orlando, FL 32809, or 8555 West Spacecoast Parkway, Kissimmee, FL 32741.*

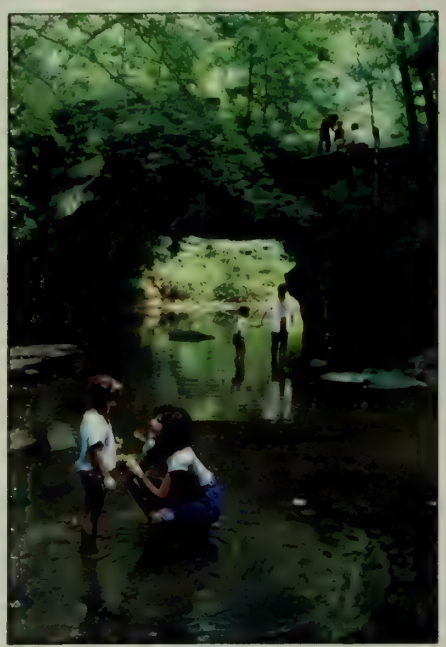
WILLIAMSBURG—This 18th-century reconstruction is featured on tours from Colonial Campground. *Address: RFD 4, Box 341C, Williamsburg, VA 23185.*

PENNSYLVANIA DUTCH COUNTRY—From the Memorial Lake KOA, you can experience this picturesque region. Tours also feature delightful Hershey Park. *Address: RD 1, Jonestown, PA 17038.*

OLD STURBRIDGE VILLAGE—You can tour this yesteryear community from the local Jellystone Park, which also offers tours to Boston. *Address: 30 River Road, Box 600G, Sturbridge, MA 01566.*

BOSTON—At the Boston Hub KOA, one night's camping is free with the city tour ($20; $15 for ages under 12). Other tours include Plymouth and Cape Cod, plus Newport, Rhode Island. *Address: Route 1A, Wrentham, MA 02093.*

continued



Photograph: John Webb

HOW ABOUT A CAMPING CLUB?

Camping clubs are for campers who relish getting away from it all but enjoy the company of other campers. Local chapters typically schedule monthly outings. National organizations sponsor regional meetings and often a gigantic annual get-together. Besides fellowship, there are practical benefits such as discounts on camping gear and publications, reduced rates at campgrounds, trip-routing services, and special insurance rates.

For details, contact a camping equipment dealer or RV dealer; a club listed below; or KOA, Box 30558, Billings, MT 59114, or RVIA Publications, Box 204, 14650 Lee Road, Chantilly, VA 22021 (send a stamped, self-addressed business envelope to both of the latter).

- **National Campers and Hikers Association, Inc.,** 7172 Transit Road, Buffalo, NY 14221.
- **Good Sam Club,** Box 500, Agoura, CA 91301 (RV owners only).
- **North American Family Campers Association,** Box 87, Manchester, CT 06040.
- **Family Motor Coach Association,** 8291 Clough Pike, FHB 29, Cincinnati, OH 45244 (motor home owners).



A General Electric washer has extra action. So does Tide.

The extra action in a GE is a new "Extra Cleaning cle." This new cycle provides an extra deep rinse and spin heavy soils on modern fabrics. It even allows you to use ra detergent if necessary. Some of today's GE washers also ne with a special Mini Quick cycle that washes a small load bout 14 minutes.

Another extra in every new GE washer is a money-saving coupon for Extra Action Tide.

The Extra Action in Tide is extra cleaning power. If you have to clean things like ground-in clay from the garden, sticky orange juice from breakfast or dried-in gravy spills from dinner, Tide should be in your washer. Because Tide's Extra Action works on a wide range of tough laundry problems. The kind of problems you face every day!

Tide has agreed with washer makers to supply Tide coupons packed by them and feature their washers in Tide advertising.
The makers of 17 washers pack Tide coupons in their top-loading automatics.

NEW PRODUCTS

Buying camping equipment can be an adventure in itself. To help you sort out the good gear from the mediocre, we've assembled a few of the most innovative products. Some of the items can be part of the basic equipment mentioned in our Gearing Up section. Others are comfort and convenience options. Prices are suggested retail only.



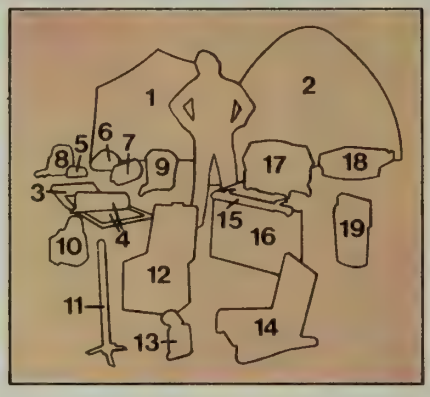
Photograph: Wm. Hopkins, Hopkins Assoc.

The 8x10-foot **Coleman Columbia Cabin Tent** *(1)* ($250) is made of a three-layer polypropylene laminate that's one-third lighter than canvas, yet still strong and durable. The material breathes better than both canvas and nylon, so water vapor escapes rather than condenses inside the tent to keep you cooler in summer and warmer in winter. The 10x10-foot **Camel Family Dome Tent** *(2)* ($170) (shown without its rain fly) is the first nylon tent in the popular dome shape that's large enough for a family of four and has enough height (seven feet) to stand up in.

The green canvas **Cimba Cot** *(3)* ($30) has a sturdy, lightweight steel frame that's collapsible; both the frame and canvas cover fit into a carrying bag only four by 20 inches.

On the cot is the newest idea in sleeping pads, the self-inflating, insulating **Therm-A-Rest Mattress** *(4)* ($37 to $49). You unroll the deflated mattress (the green roll on the cot), open the air valve, and the 1½-inch-thick foam pad sealed in the nylon cover fills with air. Then close the valve, and the air is trapped. The rust-colored inflated pad on the cot is the shorter of two lengths available.

In sleeping bags, the news is an expanded variety of cover and fill materials. The small bag is the **Eddie Bauer 4-Way Ultralight Goose-Down Bag** *(5)* ($140). It can serve as (1) a sleeping bag for mild weather; (2) one-half of a twin bag for two; (3) a liner-bag to make another sleeping bag warmer; and (4) a comforter or blanket (unzipped). **The Southern Light Bag from Wilderness Experience** *(6)*



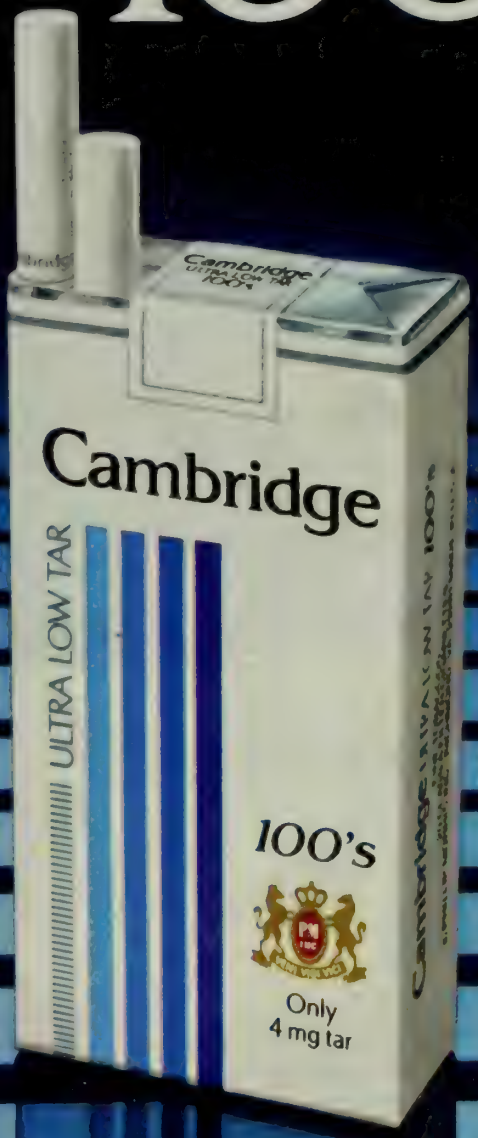
($100) features a layer of Texolite, a thin reflective material that adds warmth to the bag without adding bulk. And the **Eddie Bauer Woodsman Summer Sleeping Bag** *(7)* ($100) is insulated with Polarguard, a material that dries quickly if it gets wet.

In camping luggage, the **Eagle Creek Convertible Travel Pack** *(8)* ($120) is a good multipurpose buy. The Cordura nylon bag functions as both a backpack and a suitcase. For traveling, the backpack's internal frame and padded shoulder and belt straps shown in the photo stow away in a zippered side compartment. Probably the roomiest piece of luggage for a family's gear is a duffel bag, and the **Athalon Drawstring Duffel** *(9)* ($60) is an excellent choice. The bag is made of durable Cordura nylon and has a shoulder carrying strap and a zippered pocket on the outside.

The **Reliance Solar Spray** *(10)* ($9) holds five gallons of water and hangs in the sun to quickly heat the water for showering or cooking. The two-foot hose has a shower head and an on-off valve. The **Hitachi Fluorescent Lantern** *(11)* ($30) is battery operated, provides 360-degree illumination, and folds up for carrying. The **Action Products Plastic Camp Box** *(12)* ($12) has carrying slots on each side and a hinged lid that's strong enough to sit on. The orange flashlight is the **Sanyo Rechargeable Lantern** *(13)* ($90) with both fluorescent and incandescent lights and a removable, rechargeable battery pack. The beautiful **Mad River Folding Canoe Chair** *(14)* ($70) works equally well in a canoe, beside the campfire, and in front of the fireplace at home. It has an ash frame with a high-gloss finish and a woven cane seat and back. Hanging on the table is the **Camp Sport Camp Pantry** *(15)* ($40), a weatherproof unit with take-apart wood shelves and frame and a nylon cover. The pantry is stocked with **Mountain House Freeze Dry Gourmet Entrées** *(16)* ($4 each), lightweight and low-bulk camping food you prepare simply by adding hot water. The entrées are Chicken a la King With Noodles, Beef Bourguignon and Noodles, and Sweet and Sour Pork With Rice. Above the pantry is the **Structo Grid'L Top Portable Propane Gas Grill** *(17)* ($60). The top functions as a griddle for pancakes, eggs, bacon, and more, and the inside is a conventional barbecue grill. The legs fold up to form a carrying handle. The **Reliance Port-a-Sink** *(18)* ($25) is a lightweight polyethylene unit that stores five gallons of water and has a pump faucet and a basin with a drain. And on the table seat is the **Trend Pacific Beverage Carrier** *(19)* ($40), which holds two bottles of wine or several beverage cans. You fill a center plastic bottle with water and freeze it overnight to keep the beverages cold. Several colors are available.

continued
Buying information, page 58

ULTRA LOW TAR
Cambridge 100's



Satisfying taste
at only 4 mg tar.

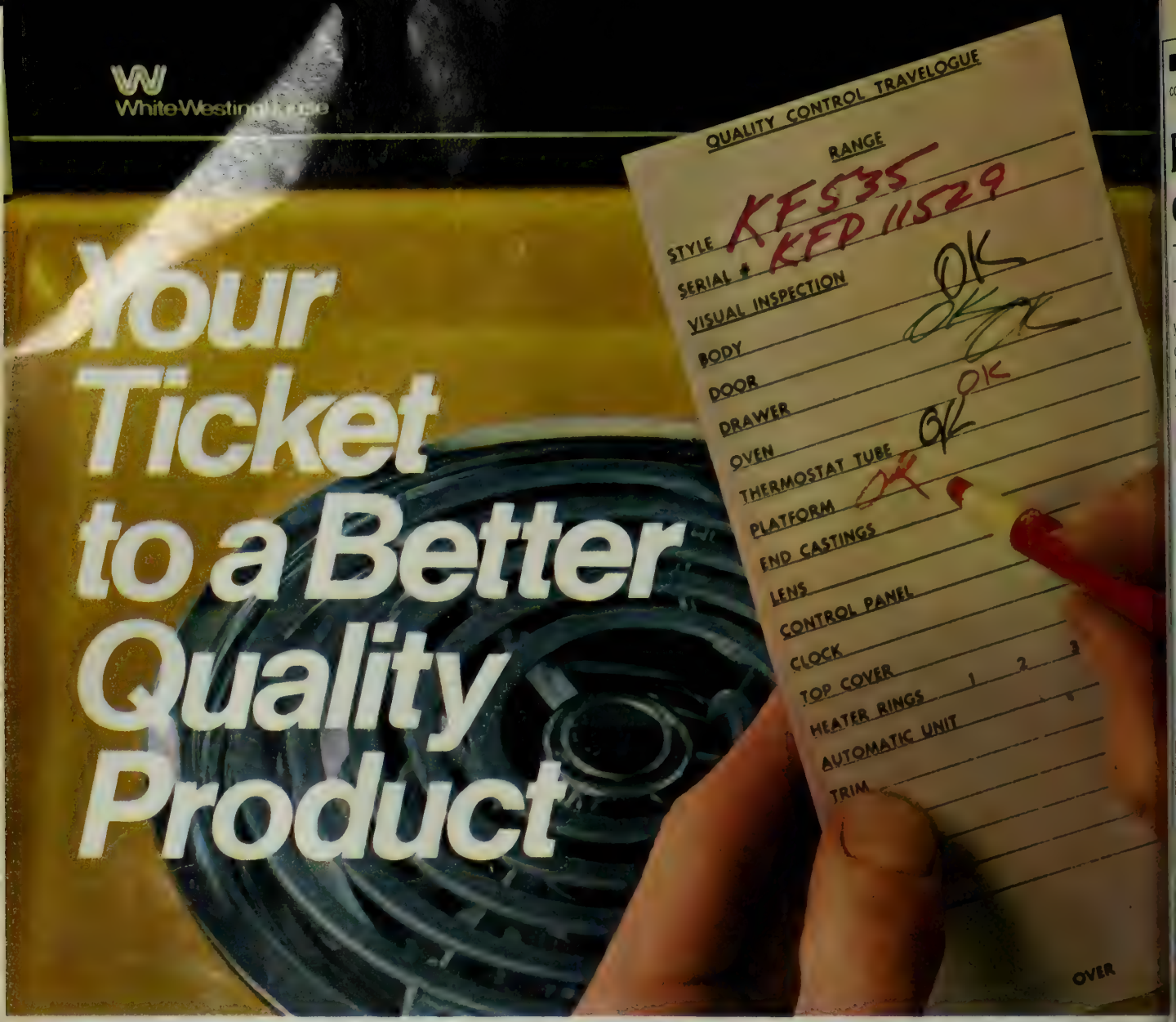
© Philip Morris Inc. 1982

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

4 mg "tar," 0.4 mg nicotine av. per cigarette by FTC method.

White-Westinghouse

Your Ticket to a Better Quality Product



This is a Travelogue.

It's a checklist of quality tests and inspections made on every White-Westinghouse appliance as it's being built. In some cases (our new electric ranges for example), we run 65 quality checks on each appliance. We know that no matter how good our manufacturing techniques are, we can only guarantee trouble-free products if we check them every inch of the way — inside and out.

Of course, the real test is in your home. In the unlikely event you have a problem with your new White-Westinghouse appliance, we want to know about it! Call our Quality Hotline (toll free) 1-800-245-0602. In Pennsylvania, call 1-800-242-0580.



White-Westinghouse

We're making things better for you!

930 Ft. Duquesne Blvd., Pittsburgh, PA 15222 · A Division of White Consolidated Industries

continued

Family camping

Gearing up for camping

If you're a family of novice campers, you won't want to spend a fortune on camping gear. While most families take to camping, some don't, and if your family should happen to be among the latter, you'd be stuck with a sizable investment. The safest bet is to buy minimum equipment and rent the rest for your first few outings. Rental equipment usually is available at local outlets, which you'll find under a listing like "Camping Equipment and Supplies" (sometimes "Rental Services") in the Yellow Pages.

But once you've decided to stick with camping, don't stint too much on cost. Buy the best gear that's appropriate to your needs. Unless you really intend to rough it, plan on spending about $400 to $450 on a minimum camping kit for a family of four (including tent, sleeping bags, cots and/or sleeping pads, white-gas stove and lantern). Top-quality items are more expensive, but they last longer and make outdoor living easier.

Tents—Your tent should be large enough to prevent cabin fever (about 85 to 100 square feet of floor space for a family of four); provide adequate ventilation (at least one good-sized window opposite the door); be weatherproof and bug-proof (openings fitted with fine mesh and zippered flaps); and stand up to many seasons of heavy use (seams double-stitched back on themselves, and all areas reinforced where the material is attached to the tent frame).

Space can be utilized most effectively in cabin-type rectangular tents with vertical walls. If you want an easier-to-handle, umbrella-type tent with a square floor and slanting walls, aim for the upper end of the recommended square-foot range. A tent with a double roof provides the advantage of an insulating air cushion. Failing a double roof, a separate waterproof "fly" sheet gives some protection.

At the same time, a tent shouldn't be too bulky when packed—cars are getting smaller. Nylon tents don't mildew, are light, may be crumpled into small space, and can 'breathe or repel water, depending on how they're treated. Shop for a tent with sides of water-repellent nylon, a specially coated waterproof floor, and a roof of untreated breathable nylon. Materials newer than nylon can be both waterproof and breathable, too, but they usually cost more.

Expect to pay from about $250 up for a tent that meets most or all these criteria. Eureka's Great Western (about $350) is one good buy. Also look into Camel, Diamond, Coleman, and White Stag brands. For occasional campers, a good choice is a cabin-type 9x7-foot tent, like Coleman's Holiday (about $160).

Sleeping gear—Army-surplus-type cots cost about $20 each. Insulating foam strips make good sleeping pads (at least 20 inches wide and long enough to reach from neck to upper thighs). Foam Design's 1¼-inch Sierras are excellent buys at $9 to $13.

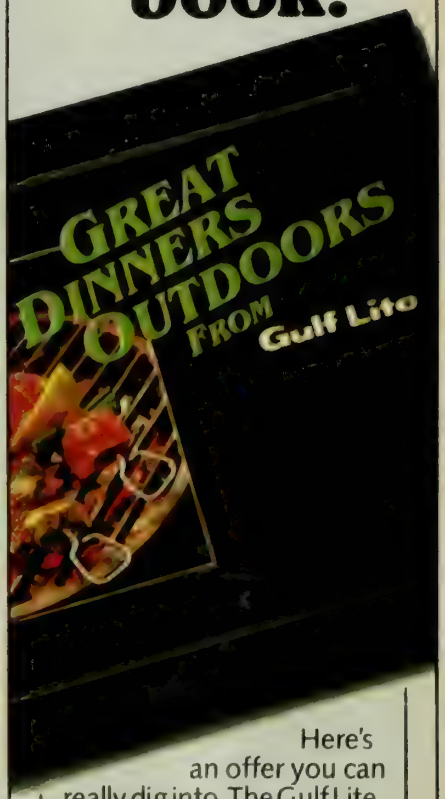
For warm-climate camping, you'll need, at most, synthetic-filled two-pound sleeping bags (washability is a big plus). Medium-weight synthetic bags (about $40 each) will suffice for camping early and late in the season. You'll need bags in the $100 class only for cold-weather camping. Tapered models are snugger and warmer than rectangular bags of similar weight. Look for fills like Polarguard and Hollofill II.

Stoves and lanterns—Units that operate on white gas and naphtha (which can be used interchangeably and are available almost anywhere) deliver more Btu's than any other camp fuel except kerosene, which smells and is sometimes hard to light. If weight isn't a problem, you'll probably want a two-mantle lantern (Coleman, about $40; single-mantle $30) and a two-burner stove (again Coleman, $30 to $50).

Other basic camping accessories you probably already have around the house include a plastic-foam ice chest (under $10), a small cooler (about $25), and a two-gallon jug (about $15).

· **Cartop carriers**—Small-car owners may need to add storage capacity for their camping gear. Weatherproof, lockable cartop carriers from Sears, K mart, and other discount and auto supply houses run about $50 to $100.

Next time you barbecue, go by the book.



Here's an offer you can really dig into. The Gulf Lite® Barbecue Cookbook. It's not only filled with enough different, delicious, and economical recipes to fill an entire summer, but the Better Homes and Gardens Seal of Approval guarantees you the most savory results every time.

So start up your weekend with Gulf Lite, the "one-match" starter—then dig into a terrific meal.

Just send $1.50 plus 50 cents postage and handling to: The Gulf Lite Cookbook Offer, P.O. Box 9724, St. Paul, Minnesota, 55197. Please allow 6 weeks for delivery.

Cooking out is in.



Gulf Lite®
The "one-match" starter.

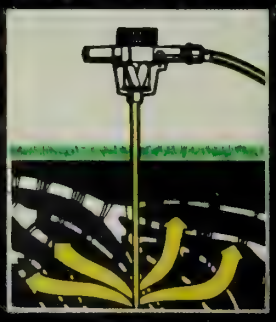
BUILD A BETTER TREE WITH ROSS.



It's easy...just load the ROSS Root Feeder with specially formulated ROSS Root Feeder Cartridges. Together they deliver water and essential nutrients in solution directly to the root zone, where growth begins. There's no waste, no run-off, no root burn.

Use ROSS right from the start. New ROSS **Tree & Shrub Starter Cartridges** reduce transplanting shock, stimulate sound root development plus promote lush, green foliage.

To maintain the vigor and beauty of all your trees, shrubs, evergreens and roses, depend on a full selection of specially formulated ROSS Root Feeder Cartridges for use season after season.



ROSS

The Better Way to Grow... Right From the Start.

Available at your local garden supply dealer.
Ross Daniels, Inc., Box 65430, West Des Moines, IA 50265

How To Order Material From The Magazine

AFFORDABLE COMFORT
House of Built-ins Here's a home plan that can save you money! The House of Built-ins makes the most of every square foot while offering you contemporary charm, comfort and lots of conveniences. Your home plan comes complete with a list of materials for cost estimating, an outline of specifications for workmanship and complete drawings including: • Exterior elevations • Foundation plans showing structural support and materials • Floor plan dimensions • Roof plan details • Free list of energy-saving specifications from the home experts at Better Homes and Gardens®. *(See page 95).*

SAVE 20%
Project Plans Order all 5 Project Plans shown in the House of Built-ins *(page 95)*, and enjoy a savings of 20% off individual titles. Plans include both Porch Chairs, Banquette Desk, Sofa Unit and Bedroom Project. Each plan packet offers large professional drawings, materials list, diagrams and complete instructions.

OVER 400 DECORATING IDEAS
Craft Kits Catalog. We'll send you our fabulous, new, 40-page, full-color catalog—loaded with hundreds of fun-to-do craft projects that suit your taste, your pocketbook! Only $1.00!

OUR GUARANTEE: 100% REFUND if not completely satisfied!

Send check or money order to:

Better Homes and Gardens

Dept. 2BA, Box 374
Des Moines, IA 50336

Name_____
Address_____
City_____
State_____ Zip_____

*TAX NOTE: We are required to collect and pay **STATE** taxes in: Arizona, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Pennsylvania, Wisconsin. We are required to pay **STATE AND LOCAL** taxes in California, Georgia, Nebraska, New Mexico, New York, Tennessee, Texas, Virginia, Washington.

Page	Description	Qty.	Price	Total
95	**No. 19939** House Plan 1 set, $95; 5 sets, $135; 8 sets, $155; Additional sets of same plan, $25.			
	No. 50424 Set of all 5 Built-In Project Plans $19.95			
97	**No. 50419** Porch Chairs, Single Project Plan $4.95			
97	**No. 50420** Porch Chair, Wraparound Project Plan $4.95			
99	**No. 50421** Banquette Desk Unit Project Plan $4.95			
99	**No. 50422** Sofa Unit Project Plan $4.95			
101	**No. 50423** Bedroom Built-In Project Plan $4.95			
	No. 16123 Furniture Projects Book, 66 projects. 96 pages. Hard-cover. $5.95			
	No. 16124 Storage Projects Book, 96 pages. Hard-cover. $5.95			
	No. 16125 Woodworking Projects Book, 58 projects. 96 pages. Hard-cover. $5.95			
	No. 16126 New Decorating Book, 432 pages. Hard-cover. $29.95			

SHIPPING AND HANDLING

For orders up to $5.00	$1.45
$5.01 to $10.00	$2.45
$10.01 to $15.00	$2.95
$15.01 to $25.00	$3.45
$25.01 to $40.00	$3.95
$40.01 to $50.00	$4.45
Over $50.00	$4.95

		Total of Merchandise	
		State Sales Tax*	
		Shipping and Handling	
	No. 00900 Craft Kits Catalog, 40 pages. Full color. $1.00 (Includes shipping, handling and tax)		
		TOTAL	

Credit Card Orders Only Fill in the boxes below—or on orders of $20 or more **PHONE TOLL FREE 800-247-5099.** In Iowa, call 1-800-532-1526. (Toll free not available in Alaska or Hawaii.)

Credit Card No. | | | | | | | | | | | | | | | | | | | |

Expiration Date Month/Year | | | | |

MasterCard VISA AMERICAN EXPRESS

REDWOOD

THE ONE WOOD TREATED WOODS TRY TO IMITATE

If you're planning a deck, fence, or any garden structure, no other woods, even pressure-treated woods, come close to the natural beauty and performance of redwood garden grades.

When you work with redwood, you'll know it's the best wood. It's easy to saw and nail. It goes down flat and stays flat. It takes finishes easily and weathers beautifully.

And nature, herself, protects the heartwood from insects and decay. Unlike pressure-treated woods, this protection goes all the way through. So all sawn ends, nail holes and other exposed areas are always protected.

It's your deck. Why use an imitation? Get the real thing—redwood.

California Redwood Association One Lombard Street, San Francisco, California 94111
Send 50 cents for our Redwood Garden Idea Booklet



Showcasing Collectibles

Half the fun of having a collection is displaying favorite finds in your home. To help you show them off to best advantage, here are some guidelines and two attractive arrangements to provide examples.



Photograph: John Rogers. Design: Gary Owens
Field editors: Barbara Sims/Linda Magazzine

Even when you start with a mixed bag of collectibles, you can create a well-balanced arrangement like this one *(left)*. Each side of the grouping has nearly the same visual weight despite the different sizes and shapes of the components.

To attain this kind of balance, start with a middle point (like the painting centered over the library table). Then place collectibles and accessories on either side of this midpoint according to the their size and scale. Play around with various configurations until you have an arrangement that looks orderly but not static. A good sense of balance comes with practice.

Although informal arrangements like this one *(right)* may look unstudied, they still call for some planning. First choose a focal point for your grouping, such as the large octagonal mirror used here. Then add other pieces to set off the focal point. In this arrangement, for instance, the baskets and unglazed vases provide textural contrast to the shimmering mirror.

Balance also is important in casual



Photograph: Maris/Semel. Design: Russell Frese and Gary Miller. Field editor: Ruth L. Reiter

groupings; here the vases on the shelf and the low-hung print counterbalance the off-center mirror. The long shelf, which is actually an old mantel, serves as the point of reference for the asymmetric arrangement. BH&G



The Waverly look of quality.



"PRUDENCE"—our spritely new floral in a charming bedroom ensemble completely coordinated for you in color and design. Attractively quilted comforter with harmonizing dust ruffle, pillow shams, decorative pillows, neckroll and pleated draperies. All quality crafted in the famed Waverly tradition and modestly priced at leading stores.

Roc-lon® To save on energy costs, draperies are available with Roc-lon linings with an insulated finish that helps keep out summer heat and winter cold.

WAVERLY

58 WEST 40th STREET · NEW YORK, N.Y. 10018

A Bump-Out Dining Nook

To hold down costs, builders sometimes slight the family dining space. But perching on stools or squeezing into tiny nooks doesn't build family togetherness at mealtime. Solution? Add one of those corners the builder decided to cut.

Creating a just-right spot for family meals was a problem at the Hills', too; their formal dining room was too large and their kitchen was too small. So they bumped out the adjoining pantry 4½ feet and gained a cozy 7x8-foot alcove between the kitchen and the formal dining room *(right)*. A 2x10 double header replaces the old exterior wall, and the existing floor level extends over a poured-concrete foundation. A wraparound, south-facing window wall and skylight roof make the new space bright and cheerful. The skylight consists of tempered double glazing supported by a frame of clear redwood and sealed with rubber gaskets under 1½-inch-wide metal strips.



Photographs: William N. Hopkins

To make the room look even sunnier, the Hills chose a beige and white color scheme and warm-hued maple flooring. For after-dark dining, they added track lights controlled with a dimmer switch.

The original pantry built-ins on the back wall (opposite the alcove, out of camera range) were painted off-white and retained for storing china. And in the sidewalls, between-studs shelving was added to hold cook books and accessories. The eight-inch-deep shelves extend four inches from the wall.



Architect: Michael P. Collins. Field editor: P. Carpenter

The exterior of the bump-out nestles neatly into a corner of the house next to the dining room *(above)*. The clapboard siding and corner detailing of the add-on blend perfectly with those of the existing house.

You're looking through a solid piece of window insulation.



VALVAC® Insulux™ Energy Control film.
The unseen shield that keeps energy dollars from escaping.

A new generation of window insulation. Offering a balance of energy-saving high performance and high light transmission for normal light levels inside your home.

Insulux is a subtle yet effective film that offers two-way visibility and a natural look to the windows from the outside.

In summer Insulux film protects your home's interior from heat, glare and ultra-violet rays that cause fading. In winter, it re-radiates heat back into the home that would normally escape through the glass.

You save energy all year—your air-conditioning doesn't have to work as hard in summer; you use less fuel in winter.

Professionally installed, quickly and easily, by your local VALVAC film dealer.

For his name, and more information, call Barbara Kennedy toll free: 800-343-4044. In Mass. and outside the Cont'l. U.S.: 617-935-7850.

Van Leer Plastics, VALVAC Products Division, 64 Industrial Parkway, Woburn, MA 01888

Insulux Film is manufactured using KODAK. A product of OCLI.

TUACA.
ITS TASTE HAS COME.

Tuaca is a very different liqueur.
It costs a bit more but it's worth it.
Imagine a big, bold brandy taste
lightly laced with a subtle sweetness.
Unboring. Unusual.
Imported from Italy.

Tuaca. It's what's missing from
your collection of liqueurs.



Tuaca.
The bold but subtly sweet
Italian liqueur.

TRAVEL DIRECTORY

VACATION INFORMATION, IDEAS, TRIPS AND PLACES TO STAY

COLORADO

It's new. It's old. It's The Way It Wuz Days. (It's a summer packed with Old West adventures in Steamboat, Colorado.)

The Way it Wuz Days includes a mountain man's rendezvous, Indian powwow, square dancing, lots of rodeos, steak rides and all kinds of Old West excitement.

(Plus the Sheraton at Steamboat's usual array of summer fun—tennis, swimming and golf on our own Robert Trent Jones, Jr. course.)

If you're hankerin' for Old West adventure, call your travel agent or call toll-free 800-325-3535.

Please send me the schedule that'll tell me the way it'll be every day of The Way It Wuz Days.

Name _____

Address _____

City/State/Zip _____

Sheraton at Steamboat

SHERATON HOTELS & INNS WORLDWIDE

P.O. BOX 773419 STEAMBOAT SPRINGS COLORADO 80477
(303) 879-2220 BHW

IDAHO

Sun Valley

SUMMER

Golf, Tennis, River Rafting, or Afternoons By The Pool.

If your idea of summer is action-packed, or very relaxed, Sun Valley, Idaho is for you.

- **Activity programs for the entire family**
- **Shops, Galleries & Restaurants**
- **Hotel & Condo Accommodations**
- **Spectacular Ice Shows each Saturday night during July & August**

For more information contact: Sun Valley Company, Dept. X, Sun Valley, ID 83353 or Call: 800-635-8261. In Idaho 800-632-4104.

WELCOME WEST



®

TRAVEL PLANNING GUIDE
Free Information

The Better Homes and Gardens travel advertisers listed below will be happy to provide you with free information about their facilities and services. Simply circle the numbers for the material you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers.

FLORIDA SECTION

1. **Boca Raton Hotel & Club**—Elegance at America's legendary resort estate.
2. **Daytona Beach**—World-famous beach—Vacation headquarters for Disney World.
3. **Florida Cypress Gardens**—Exquisite botanical gardens, famous water-ski revue.
4. **Greater Pompano Beach, FL Chamber of Commerce**—Send for color brochure.
5. **Kissimmee-St. Cloud Resort Area Convention & Visitors Bureau**—Color brochure.
6. **Pensacola**—Featuring beaches, history, night life, year-round family fun.
7. **Albuquerque**—High-country magic, Sun Belt City, great year-round climate.
8. **Arvida Corp.**—We build more quality into our resorts and communities. 20 brochures.
9. **Bar Harbor, Maine's Island Paradise**—Free 80-page color brochure.
10. **Cape Cod, Mass.**—Resort directory. Over 700 places to stay.
11. **Corning Glass Center, Corning, N.Y.**—Experience the wonder of glass.
12. **Cotton Bay Club**—Eleuthera, Bahamas—Color brochure, information, rates.
13. **Eastern Cruise Line**—*SS. Emerald Seas* to Nassau/Freeport from Miami, all ports.
14. **Estes Park, Colorado**—Ringed by snow-capped peaks, family fun in the Rockies.
15. **Galveston Island, Texas**—Sand, sea, and sun. The rest is history.
16. **Greenfield Village, Mich.**—Descriptive brochure for Good-Old-Days.
17. **Harbor View**—The Harbor View Hotel and Martha's Vineyard are synonymous.
18. **Hershey, Pa.**—Theme park, Chocolate World, fine hotels. Free brochure.
19. **Hilton Head Rentals**—Private homes, villas, Hilton Head, S.C. 800-845-6134.
20. **Maine Coast Cruises**—Sail *Victory Chimes*, New England's Windjammer vacations.
21. **Martha's Vineyard C of C**—45 minutes from Cape Cod. Beautiful island.
22. **Maryland**—Send for your free Maryland State of Excitement Kit.
23. **New Hampshire Lakes Region**—Where to eat, shop, stay, and play year-round.
24. **Niagara County**—Niagara Falls and more! Exciting, affordable family vacations.
25. **North Carolina**—Free full-color travel vacation planning kit.
26. **Orange County, N.Y.**—A great color to see. Between Hudson and Delaware rivers.
27. **Philadelphia**—Celebrate Century IV—our 300th Birthday—all year long!
28. **Plymouth County**—Beaches, *Mayflower II*, replica of Pilgrim Village.
29. **Royal Caribbean Lines**—7-, 10-, 11-, and 14-day Caribbean cruises from Miami.
30. **San Antonio**—The Texas original. Historic. Unique riverwalk. The Alamo.
31. **Saratoga is Exciting!**—Race courses, sea gardens, performing arts center.
32. **Sheraton Colorado**—A year-round resort in the Sheraton tradition.
33. **Sleepy Hollow Country, N.Y.**—Explore fabled land on the Banks of Hudson.
34. **South Dakota**—Discover new vacation freedom in the Old West, the Real West.
35. **Sun Valley**—Activities, golf, tennis, young and teen programs.
36. **Texas**—"Texas, where the past meets the future."
37. **U.S. Virgin Islands**—Send for your vacation kits: St. Croix, St. John, St. Thomas.
38. **Valley Forge Country**—44 attractions, near Philadelphia, Brandywine, casinos.
39. **Vermont**—Send for list of free attractions and map.
40. **Weight Watchers Adult Course**—Coast-to-coast. Brochure.
41. **Western Cruise Line**—*SS. Azure Seas*, 3- 4-night cruises L.A. to Ensenada, Mex.
42. **Sea World of Florida**—Send for color brochure.
43. **Stowe, Vt.**—Picturesque, lively, family vacationland.
44. **Essex, Olympic County, N.Y.**—Heart of Adirondack Mts. along Lake Champlain.

Mail To: (Include 25¢ handling charge)
BETTER HOMES AND GARDENS
P.O. BOX 4534, DEPT. 205W
DES MOINES, IA 50336

Name _____

Address _____

City _____

State _____ Zip _____



The summer of 82°

82°F. That's the average mean temperature in the summer in the American paradise. With trade winds blowing almost without exception from an easterly direction. (Now that doesn't sound mean at all!) See your travel agent.

United States Virgin Islands

St. Croix · St. John · St. Thomas

©1981 United States Virgin Islands Division of Tourism, 1270 Avenue of the Americas, NY, NY 10020.

SPREAD THE NEWS!

Chicken Sandwich Mix from Valley Fresh!



Meal on a bun for everyone!

Big energy break!

Use our recipe or go creative!

Valley Fresh Chicken Sandwich Mix makes a marvelous meal on a bun. Farm fresh chicken — perfectly spreadable. Economical in the big 12½ ounce can! Try this wonderful new way to serve a trouble free anytime treat. Chicken Sandwich Mix — new from Valley Fresh!

The GOURMET POULET

1. Butter both halves of a sesame seed bun.
2. Fill with lettuce, tomato, Valley Fresh Chicken Sandwich Mix, sliced dill pickles and onion rings.
3. Assemble. (Careful not to spill pickle.)
4. Prepare to make another.



Also try Valley Fresh Chunked Chicken, White Chunked Chicken and Mexicana Chicken.

Accent Groupings

When you're ready to put the finishing touches on your decorating scheme, don't overlook small, easy-to-accessorize spaces. Eye-catching groupings like the two below add lots of personality and can be assembled in next to no time.

▼A fascinating combination of old and new folk art turns this lounge chair corner into an extra special spot. A contemporary hand-thrown pottery plate complements the 19th-century Indian weather vane, oval Shaker box, and the wall-hung primitive painting. The elements of the uncluttered grouping work well together because of the simplicity of their designs.



Photograph/Field editor: Jessie Walker Associates

▼A simple grouping of old wooden produce boxes and everyday objects nicely fills in a narrow wall space between two kitchen doors. In keeping with the room's rustic flavor, the boxes were left in their natural state. For a more contemporary look, boxes like these could be sanded and painted. The staggered arrangement is striking and solves the practical problem of access to the light switch. BH&G

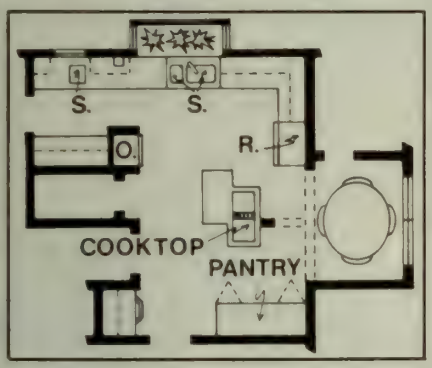


A Knockout Kitchen Remodeling

If a "hopelessly" hodgepodge kitchen is trying your patience, take heart. You can make that problem kitchen streamlined and efficient if you tackle the problem head-on. Here's a perfect example.

Originally, this 54-year-old kitchen consisted of several ill-defined and poorly utilized spaces. The appliances were scattered willy-nilly—stove in this alcove, refrigerator in that one—and the table and chairs were parked awkwardly in the middle of it all. So the homeowners knocked out some walls and started from scratch.

Three of the old rooms were merged into a single L-shaped work space (see plan, *below*). On one side of the L,



cabinets stretch the full length and wrap around a zigzag cooking island *(above right)*. Beyond the built-in ovens was the old pantry. This area was converted into a convenient serving and beverage center, complete with a wet-bar sink and built-in blender.

One part of the island was fitted with a regular cooktop and also a barbecue unit *(below right)*. The zigzag shape allows plenty of room in front of the refrigerator (partly visible at right). To the left of the island is a new double-door pantry, and beyond the pantry is a fourth alcove that became a cozy dining nook. The nook is handy to the cooking island and the refrigerator, yet segregated from the main work area.

A large greenhouse-style window over the main sink brightens the whole kitchen by day, and recessed ceiling fixtures provide ample light at night. Natural oak flooring and cabinets help to coordinate the contemporary kitchen with the rest of the house.

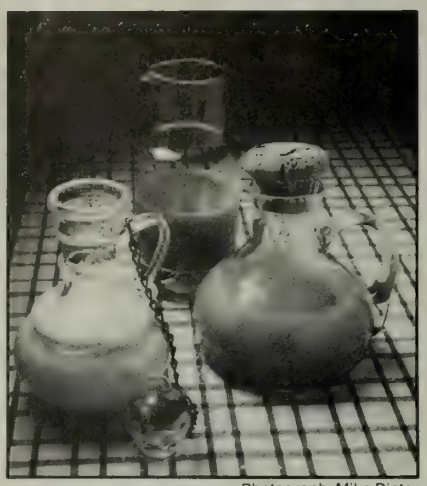


Photographs: Jessie Walker. Design: Edgar F. Hillner, Kitchen Classics. Field editor: Jessie Walker



Shake-Together Salad Dressings

Just measure a few ingredients, shake them together, and you'll have terrific salad dressings like these. Choose from the *Orange Poppy Seed Dressing* for chilled fruits, the *Slim Dilly Dressing* for tossed green salads, and the *Chutney Dressing* for savory vegetable or seafood salads.



Photograph: Mike Dieter

ORANGE-POPPY SEED DRESSING

For an easy side dish, pour this sunny topper over cooked, sliced carrots, then chill. Serve as a relish with meats—

½ cup salad oil
½ of a 6-ounce can (⅓ cup) frozen orange juice concentrate, thawed
2 tablespoons honey
2 tablespoons vinegar
1 teaspoon poppy seed *or* celery seed

In a screw-top jar combine salad oil, orange juice concentrate, honey, vinegar, poppy seed or celery seed. Cover and shake well. Serve with avocado, citrus, or other fruit salads. Store any remaining dressing in refrigerator. Makes 1¼ cups.

SLIM DILLY DRESSING

Here's a low-fat dressing with lots of zip and a hint of dillweed—

½ cup buttermilk
1 tablespoon vinegar
½ teaspoon sugar
¼ teaspoon dried dillweed
Dash pepper

In a screw-top jar combine buttermilk, vinegar, sugar, dillweed, and pepper. Cover and shake well. Serve over greens. Refrigerate any remaining dressing. Makes ½ cup.

CHUTNEY DRESSING

The spices in the chutney give this dressing a unique flavor—

¼ cup tarragon vinegar
¼ cup salad oil
2 tablespoons chutney, finely chopped
2 teaspoons sugar
1½ teaspoons curry powder
¼ teaspoon salt

In a screw-top jar combine vinegar, salad oil, chutney, sugar, curry powder, and salt. Cover and shake well. Serve over greens. Makes ⅔ cup.



Blue Diamond Almonds

Be impulsive! Make yourself a sundae now with chocolate sauce and lots of chopped Blue Diamond Almonds. (Pour them right from the package, or toast them briefly for even more flavor.) Blue Diamond Almonds are ready-to-go in five handy forms for your recipes. Want some ideas? Write for our colorful Almond Treasury booklet of over 100 great recipes. Please send 75¢ to: California Almond Growers Exchange, P.O. Box 42577, San Francisco, CA 94142.



Sprinkle some almonds on your sundaes



THE ALMOND PEOPLE™ CALIFORNIA ALMOND GROWERS EXCHANGE, P.O. BOX 1768, SACRAMENTO, CA 95808

Cornelius

for Corning



In a time of rising food prices, here's a welcome meal made out of leftovers, eggs and a frying pan. Of course, it's not just any frying pan: it's a Rangetoppers® skillet by Corning. It's gleaming white Corning Ware® cookware, with a metal bottom, so you can use it on top of the stove, in the oven, under the broiler, take it to the table. (And for this recipe, you do them all!) The recipe is part of my new frittata recipe booklet.* The skillet is part of Corning's new 5-piece Rangetoppers Starter Set, containing the 8½" skillet and glass cover, the 1-quart saucepan and glass cover and the 6-cup teapot, all in your choice of classic Corning Ware cookware patterns or all white.

I gotta frittata.



3 tbsp. olive oil
1½ cup cooked broccoli, or other leftover vegetables
⅓ lb. mushrooms, sliced
1 clove garlic, minced
½ bell pepper, diced
¼ lb. leftover meat (chicken, turkey, ham, beef, salami), sliced into julienne strips
6 eggs, beaten
salt to taste
½ tsp. freshly ground black pepper
½ cup shredded mild cheese (Monterey Jack, Muenster, Swiss or Cheddar)
¼ cup freshly grated Parmesan cheese

Heat oil on medium heat in Rangetoppers 8½" skillet. Add chopped vegetables, mushrooms, garlic and bell pepper. Stir, cover and cook 3 minutes. In bowl, combine meat strips with eggs, salt, pepper and shredded cheese. Remove pan from heat and stir in egg mixture. Bake at 350° for 20 minutes. Top with Parmesan cheese and place under broiler for 1 minute to brown top. Serves 4-5.

*10 fabulous frittatas – from dinners to brunches, lunches and munches. For a copy, just send 50¢ for postage and handling to Cornelius O'Donnell, Creative Services, Dept. BH-82-2 Corning Glass Works, Corning, NY 14831. Allow 4-6 weeks for delivery.

Corelle® dinnerware: now when you give, you also receive.

Here's a special rebate offer, perfectly timed for April showers and June brides, Mother's Day, graduations, new apartments and summer houses. From March 1 to May 15, when you buy any 16 or 20 piece set of Corelle dinnerware, we'll give you a rebate from $2-$4, depending on the set (see the coupon below).

Corelle Rebate Coupon

To receive your rebate, mail this coupon with your sales receipt and UPC code (sample code ||||||||) from the bottom of your Corelle box. If the box does not have a UPC code, cut out and return the pattern name and set size that appears on the glossy front label.
Mail to: Corelle Rebate, P.O. Box 4000, Litchfield, MN 55355

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP _____

☐ $4 Expressions® livingware 20-piece set
☐ $3 Tradi[illegible]™ livingware 20-piece set
☐ $3 Dimen[illegible]® livingware 16-piece set
☐ $2 Corelle® [illegible]are 16-piece set

Offer extends from 3/1-5/15/82 and must be [illegible] no later than 6/1/82. [illegible] rebates per household. Void where prohibited, taxed or otherwise restricted. [illegible] may not be reproduced and no facsimiles will be accepted. Allow 8 weeks to process rebate. Code #182 [illegible]

At your service, Cornelius

CORNING

CORELLE, CORNING WARE, RANGETOPPERS, EXPRESSIONS AND DIMENSION IV ARE REGISTERED TRADEMARKS OF CORNING GLASS WORKS, CORNING, NY 14831.
1982 CORNING GLASS WORKS

Multipurpose Herb Mix

With this versatile seasoning on hand, jazzing up dips, chicken, and burgers is a cinch.



Photograph: Mike Dieter

MULTIPURPOSE HERB MIX

⅓ cup nonfat dry milk powder
1 tablespoon salt
1 tablespoon paprika
2 teaspoons dry mustard
2 teaspoons dried oregano, crushed
1½ teaspoons dried thyme, crushed
1 teaspoon onion powder
1 teaspoon dried dillweed
½ teaspoon garlic powder
¼ teaspoon pepper

In a dry screw-top jar combine all ingredients. Cover; shake well. Store in a cool, dry place. Makes ⅔ cup.

For quick dip: Stir 1 tablespoon *All-Purpose Herb Mix* into 1 cup *plain yogurt.* Serve with vegetables. Makes ¾ cup.

For fried chicken: Coat one 2½- to 3-pound *broiler-fryer chicken,* cut up, with a mixture of 3 tablespoons *all-purpose flour* and 2 tablespoons *All-Purpose Herb Mix.* In large skillet slowly brown chicken in 2 tablespoons hot *shortening* 15 minutes, turning to brown evenly. Cover and cook 20 minutes. Uncover; cook 5 to 10 minutes more. Serves 4 to 6.

For burgers: Combine 1 beaten *egg* and ¼ cup *milk.* Add ¼ cup *fine dry bread crumbs* and 1 tablespoon *All-Purpose Herb Mix.* Add 1 pound *ground beef or pork;* mix well. Shape into four ½-inch-thick patties. Pan-broil, broil, or grill patties. Serves 4. BH-82

And you thought Bisquick only made pancakes.



Strawberry Shortcake

Reddi-Wip® real cream topping is the crowning touch to this classic Bisquick® dessert.

- 1 quart strawberries, cut into halves
- ½ cup granulated sugar
- 2⅓ cups Bisquick* baking mix
- 3 tablespoons granulated sugar
- 3 tablespoons margarine or butter, melted
- ½ cup milk
- 1 tablespoon margarine or butter, softened
- ¼ cup packed brown sugar
- ¼ cup slivered almonds
- Reddi-Wip® real cream topping

Heat oven to 425°. Mix strawberries and ½ cup granulated sugar; reserve. Mix baking mix, 3 tablespoons granulated sugar, 3 tablespoons margarine and the milk until soft dough forms. Spread in ungreased round pan, 8x1½ inches. Spread with 1 tablespoon margarine; sprinkle with brown sugar and almonds. Bake until golden brown, 15 to 20 minutes. Remove from pan; cool 10 minutes. Split layer horizontally. Place bottom layer on serving plate. Top with half of the strawberries and a layer of real cream topping. Top with other layer and the remaining strawberries. Garnish with additional cream and whole strawberries. 6 to 8 servings.

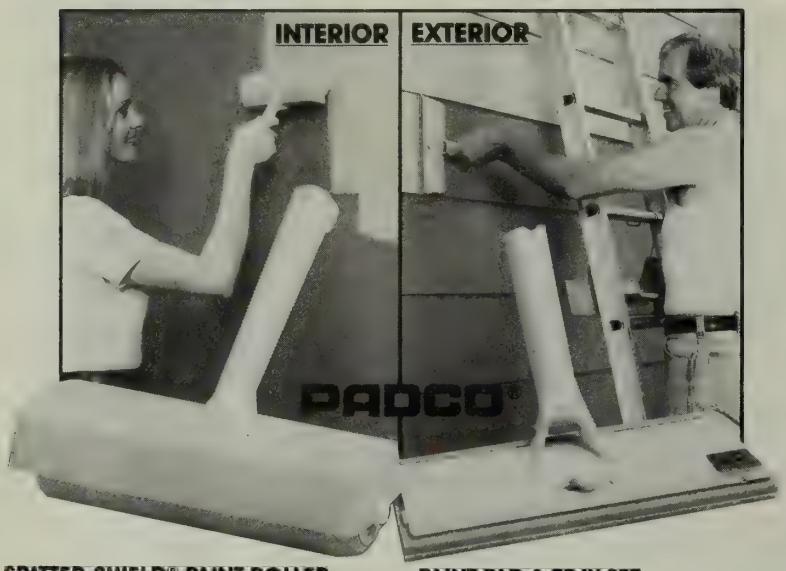
High Altitude Directions (3500 to 6500 feet): Heat oven to 450°. Use round pan, 9x1½ inches. Bake about 15 minutes.

*Bisquick is a reg. TM of General Mills, Inc.
©General Mills, Inc. 1982

®Reddi-Wip is a reg. TM of H.W.F.I.
A Norton Simon, Inc. Company



SPATTER STOPPERS.



SPATTER-SHIELD® PAINT ROLLER
This interior spatter stopper has a built-in shield that protects against roller spray.

PAINT PAD & TRAY SET
This exterior spatter stopper spreads paint faster, neater, easier than a brush.

Available at most of these and other fine retailers:

NATIONAL
K-MART
ACE HDWE.
SHERWIN WILLIAMS*
WOOLWORTH/ WOOLCO
MONTGOMERY WARD & CO*
TRUE VALUE HDWE.
TRUSTWORTHY HDWE.

NORTHEAST
PERGAMENT HOME CTRS.
KING'S DEPT. STORES
RICKELS HOME CTRS.
CLOVER
BENNY'S
TIMES SQUARE STORES
SIPERSTEIN STORES
MODELL'S SHOPPERS WORLD
COLOR YOUR WORLD

EAST
HECHINGER*
HILLS DEPT. STORES
MOORE'S HOME CTRS.
ECKERD DRUG:.
HARDWARE FAIR
SCOTT'S HOME & GARDEN
G. C. MURPHY***

CENTRAL AND SOUTH
OK HDWE.
VENTURE
MEIJER THRIFTY ACRE
RINK'S
HANDY HDWE.
QUALITY FARM & FLEET
WARNER TRUE VALUE
FISHER WALLPAPER & PAINT
STAMBAUGH'S
COOK'S
UNCLE BILLS
CSC
CLARK'S
BIG WHEEL
CLICKS
HANDY DAN
HORNSBY'S
LAMPERT BLDG CTRS.
COPPS DEPT. STORES
MILL'S FLEET FARM
CHAFFIN GIBSON DISCOUNT CTRS.
WAREHOUSE PAINT CTRS.

WEST
FRED MEYER
PAY 'N PAK
ANGELS HOME CTRS.
SAV-ON HOME CTRS.
OLE'S HOME CTRS.
NATIONAL LUMBER
SAN DIEGO GLASS & PAINT

CANADA
BEAVER LUMBER
COLOR YOUR WORLD
DOMINION HDWE.
LANSING BUILDALL
MILLS PAINT STORES
REVELSTOKE
ST. CLAIR PAINT & WALLPAPER
THE BAY
WOODWARD STORES

*STOCKS ONLY THE SPATTER-SHIELD® ROLLER
**EXCLUDING GEORGIA & ALABAMA STORES
***STOCKS ONLY THE PAINT PAD & TRAY SET

U.S.A.
PADCO INCORPORATED
2220 ELM STREET SOUTHEAST
MINNEAPOLIS, MN 55414-2693
(612) 378-7270

CANADA
PADCO LIMITED
3440 PHARMACY AVENUE UNIT #15
SCARBOROUGH, ONTARIO M1W 2P8
(416) 497-1144

A Raccoon-Repelling Fence

Every veteran corn grower has his or her own favorite technique for keeping ravenous raccoons away from the sweet corn patch. One of the best deterrents is an electrified fence, which also will repel other corn-loving critters, such as woodchucks, opossums, squirrels, and chipmunks.

Properly grounded and installed, the fence puts out an intermittent shock every few seconds. The tingling low-voltage shock is strong enough to turn back animal pests, yet it doesn't endanger children and pets. The shock can be compared to a beesting.

What equipment you'll need

Your local farm supply dealer is a good source for electric fence chargers and other supplies; or, you can obtain everything you need through national mail-order outlets. You'll need the following: a six-volt battery-operated electric fence charger; a six-volt battery; medium-weight galvanized steel wire, 17 gauge for example; wood, steel, or fiber glass fence posts; porcelain or glass insulators; and an eight-foot-long, ¾-inch galvanized pipe (available from plumbing supply dealers) to ground your system.

How to install your fence

Drive the pipe into the ground six to seven feet to ensure good contact with permanent moisture. Attach a clamp to the top end of the pipe, and run a grounding wire from the clamp to the charger.

Install posts at the corners of your corn patch and every eight to ten feet between the corner posts. Attach three insulators to each post. Position them four, ten, and 16 inches above ground level.

Run wire through the insulators and fasten it tautly. Connect the three strands of wire to the charger with a jumper wire. After you connect the charger to the battery, a thump will be heard every time an electrical charge is sent through the wires.

Bernstein Introduces New Ways To Shake Up Italians.

Bernstein is about to become a household word in Italian for four delicious reasons:

Italian with Cheese. A subtle and satisfying blend of mozzarella, Parmesan, Romano, and Gorgonzola cheeses.

Italian Extra-Rich Caesar. An extra measure of Romano, combined with anchovy and farm-fresh eggs, creates a taste out to conquer the world.

Restaurant Recipe Italian. Our secret blend of fresh ground spices and Romano cheese will make your salads worthy of the finest restaurants.

And Cheese and Garlic Italian. Tangy with Parmesan and bursting with Italian character.

Four delightful restaurant-style salad dressings you just shake up and pour on.

At last, pure Italian flavors.

All our dressings have one remarkable thing in common. What you taste is what you get. They're 100% natural, for the zestiest Italian taste this side of Naples.

No preservatives.

No phony flavors.

No unnatural colors.

Just the best of everything we can squeeze into a bottle.

Like the finest cheeses imported from the Old Country.

Herbs and spices from around the world.

The purest oils and vinegars humanly possible.

And a taste so fresh and honest, you'll be tempted to claim you mixed it up yourself.

Make your salads speak better Italian.

Nobody, but nobody, lets these dressings pass without comment.

People who ordinarily pick at their salads will eat with Italian gusto.

And gourmets will beg for your secret.

But find out for yourself. Try an ordinary Italian dressing and a Bernstein side by side.

The results will shake you up.

As for your Italian relatives and friends, you can shake them up too. Just tell them you didn't make it yourself.

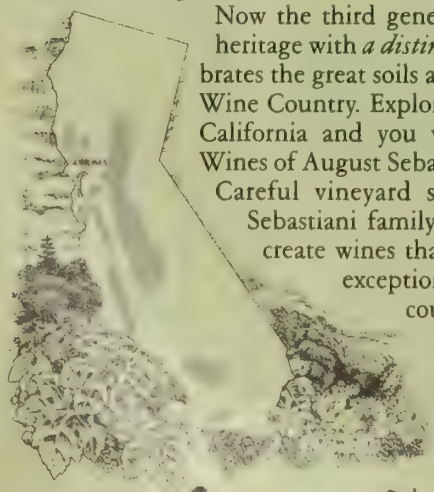


BERNSTEIN®

If we won't compromise, why should you?



In his straw hat, striped overalls and pickup truck, August Sebastiani was widely recognized as a winemaker, farmer, ornithologist and country gentleman. At his family winery in the Sonoma Valley, he was the first California vintner to put premium varietal wines into large bottles.



Now the third generation honors and enriches this heritage with *a distinctive new style of wine* that celebrates the great soils and climatic regions of California Wine Country. Explore with us the great vineyards of California and you will discover the Fine Country Wines of August Sebastiani.

Careful vineyard selection and the skill of the Sebastiani family winemakers have combined to create wines that are fresh and appealing, with exceptional fruit character and loads of country charm.

Drink the Fine Country Wines of August Sebastiani and you will discover that Vin Ordinaire has quite suddenly become Vin Extraordinary!

August Sebastiani
Fine Country Wines

CHARDONNAY • CHENIN BLANC • FRENCH COLOMBARD • GAMAY ROSÉ
CABERNET SAUVIGNON • ZINFANDEL • PINOT NOIR
Available in 1.5 Liter Country Magnums

© 1982 SEBASTIANI VINEYARDS - A FAMILY WINERY IN THE SONOMA VALLEY - PO BOX AA, SONOMA, CA 95476

Zesty Fruit Enhancers

Set out fresh fruit pieces and a zesty dip or spread, and you have a tasty and healthful snack any time of the year. Here are two delightful fruit accompaniments for you to try.



Photograph: Mike Dieter

CHEESY APRICOT DIP

- ½ cup dried apricots
- 1 tablespoon sugar
- 1 3-ounce package cream cheese, cut up
- ½ cup dairy sour cream
- ⅛ teaspoon ground nutmeg
- Assorted fruit dippers such as apple wedges, pear slices, pineapple chunks, and strawberries

In saucepan simmer apricots in 1 cup *water*, covered, for 15 minutes or till tender. Drain, reserving ¼ cup liquid. In blender container or food processor bowl, combine apricots, the reserved liquid, and sugar; cover and blend till smooth. Add cheese, sour cream, and nutmeg. Blend till smooth. Spoon into a bowl; cover and chill. Serve with fruit. Makes 1⅓ cups.

PINEAPPLE CHEESE SPREAD

- 1 5-ounce jar Neûfchatel cheese spread with pineapple
- ½ cup cream-style cottage cheese
- 1 cup shredded Swiss cheese
- ¼ cup chopped walnuts
- Assorted fruit slices such as apple, pear, and pineapple

In blender container or food processor bowl, combine cheese spread, cottage cheese, and Swiss cheese. Cover; blend till smooth. Line a small bowl with clear plastic wrap. Press mixture into bowl. Cover; chill till firm. To serve, unmold onto plate. Remove plastic wrap; press nuts onto mold. Serve with fruit. Makes 1⅓ cups.

Improving on the French.



It isn't easy to improve on a great French dish like crepes.

But Stouffer's did it.

By taking all the work out.

And putting a lot of delightfully different things inside.

Like Ham and Asparagus. Spinach, with Cheddar Cheese Sauce. Or any of six other delectable varieties.

They're just right for lunch or dinner, brunch or late supper. And all you do is heat. And enjoy.

Stouffer's Crepes.



Part French.
Part American.
Totally delicious.

C'est Stouffer's.®

©1981 Stouffer Foods Corporation



With Les Pensées Cristal giftware it's better to give than receive. Almost.

cristal d'arques

«Les Pensées Cristal» Gift Collection.

Gifts begin at $15. For catalogue write : J.G. Durand, N.J. 08332.



Quality is timeless.

Farberware's gleaming stainless steel cookware with aluminum clad bottoms is a perfect example. There wasn't anything like it in 1949. There isn't anything like it in 1982. And there probably won't be anything like it in 1999.

FARBERWARE

KIDDE

A Basement-Brightening Window Well

Basements needn't be dungeon-like, even if they're mostly below grade or set into level lots. You can make your basement space brighter and more livable by building a king-size window well like this one.



Field editor: Pat Carpenter

If designed properly, a large window well can be an eye-catching feature of the landcape. A change in grade level adds visual interest and provides a showcase setting for flowers, shrubs, and potted plants. You could probably build a window well like this one yourself in a weekend or two. Although you'll have to do some digging and heavy lifting, the method of construction is quite simple. The walls of the well consist of telephone poles cut into six-foot sections and set into the ground palisade style. And the planter that forms the cap of the wall is a series of simple boxes six inches deep and ten inches wide.

The pole sections were set two feet deeper than the bottom of the well and four inches higher than the lawn, allowing a well approximately four feet deep. The planter is constructed in three easy-to-handle sections—a 48-inch length and two 60-inch lengths—that simply rest on the wall.

Here, the floor of the well was covered with pebbles, but you could use a decorative bark mulch or plant a ground cover instead. Be sure to slant the floor away from the wall somewhat for proper drainage. If water runoff is especially heavy or drainage is poor in your area, you also may need to install a drainpipe in the well.

As seen in McCall's "Flourishes With Food"

New! Quick & Easy Homemade Candies



Now you can create beautiful, molded chocolate candies that look and taste like the imported kind—for only pennies a piece!

Candy-making is a snap with this set of three heavy-duty, easy-to-clean plastic molds, containing eleven different shapes. Simply spoon in your choice of melted candy mixture, cool, and pop out candies as easily as ice cubes from a tray!

Surprise your family and friends with exquisite and delicious confections...for parties, gifts, special occasions, holidays, any time. Whatever you choose—heavenly chocolate hearts, mouth-watering mint leaves, or luscious peanut butter flowers—McCall's Candy Molds will always provide sweet temptations that everyone will love!

Order yours today for only $4.95—including ten superb candy recipes and 100 fluted paper liners. (Of course, money back if you're not absolutely delighted!)

McCall's Candy Mold Set BG52

P.O. Box 14113, Church St. Station
New York, NY 10249

Please send me_____Candy Mold Set(s) at $4.95 each plus $1.00 for shipping and handling. (SAVE! Order two or more sets and McCall's pays the shipping on all but the first.) Enclosed is my check or money order for $_____, payable to McCall's.

Or charge credit card ($10.00 minimum order):

☐ MasterCard ☐ American Express ☐ Visa

Card No._____

Exp. Date_____

Name_____
(please print)

Address_____

City_____ State_____ Zip_____

Offer valid in U.S.A. and Canada, payable in U.S. funds only. Shipping to Canada: $2.00. Calif., N.Y., Pa. residents add sales tax.

Caramel Creations

If you belong to the legion of caramel lovers, you'll welcome these three recipes. The nutty bread pudding starts with caramelized sugar; the bar cookie sports a bottled caramel ice cream topping; and the speedy apple streusel features melted caramel candy.



CARAMELIZED BREAD PUDDING

Add the milk gradually to the caramelized sugar to avoid spattering—

¾ cup sugar
2½ cups milk
4 beaten eggs
1 teaspoon vanilla
¼ teaspoon salt
3 cups dry bread cubes (4 slices bread)
⅓ cup chopped pecans
Light cream *or* milk

In a 10-inch skillet heat sugar over low heat without stirring till it begins to melt. After sugar starts to melt, stir constantly for 3 to 5 minutes or till syrup is light brown. Gradually stir in milk. Heat and stir till sugar is remelted. Remove from heat. Gradually stir hot milk mixture into eggs. Stir in vanilla and salt. Place bread cubes in ungreased 8x1½-inch round baking dish. Pour egg mixture over all. Sprinkle pecans atop. Bake in a 350° oven 25 to 30 minutes or till knife inserted near center comes out clean. Serve warm or cool with cream. Makes 6 servings.

Microwave directions: Caramelize sugar and prepare pudding as above, using a nonmetal baking dish. Microcook, uncovered, on MEDIUM for 12 to 15 minutes or till knife inserted near center comes out clean, giving dish a quarter-turn every 5 minutes.



CARAMEL RIBBON BARS

You also can make these rich, chewy cookies with chocolate cake mix—

1 2-layer-size package yellow cake mix
½ cup chopped walnuts
1 5⅓-ounce can evaporated milk (⅔ cup)
¼ cup butter *or* margarine, melted
½ cup semisweet chocolate pieces (optional)
½ cup caramel topping

In a mixing bowl combine dry cake mix and walnuts. Stir in evaporated milk and the melted butter or margarine. Spread about *half* of the cake mixture in a greased 13x9x2-inch baking pan. Bake in a 350° oven for 10 minutes. Remove from oven. If desired, sprinkle chocolate pieces over hot crust. Drizzle with caramel topping. Drop remaining cake mixture by teaspoons over all. Bake in 350° oven for 20 to 25 minutes more. Cool on wire rack. While still warm, loosen sides and cut into bars. Makes 36 bars.

CARAMEL APPLE STREUSEL

2 20-ounce cans sliced apples
1 tablespoon lemon juice
16 vanilla caramels
⅓ cup all-purpose flour
¼ cup sugar
¼ teaspoon ground cinnamon



Photograph: Mike Dieter

2 tablespoons butter *or* margarine
Frozen whipped dessert topping, thawed (optional)

Drain apples, reserving *¼ cup* of the liquid. Cut up apple slices. In medium saucepan combine caramels and the reserved apple liquid. Heat and stir over low heat till caramels are melted. Add cut-up apples and lemon juice; mix well. Turn mixture into a 1½-quart casserole. In small bowl combine flour, sugar, and cinnamon. Cut in butter or margarine till mixture resembles coarse crumbs. Sprinkle crumb mixture evenly over apples. Bake in a 375° oven about 35 minutes or till hot. Serve warm with dessert topping, if desired. Makes 8 servings.

Microwave directions: Drain apples, reserving ¼ cup of the liquid. Cut up large pieces of apple. In a large nonmetal bowl combine caramels and reserved apple liquid. Microcook, uncovered, on HIGH about 3 minutes or till caramels melt, stirring twice. Add cut-up apples and lemon juice; toss to coat well. Turn mixture into a 1½-quart nonmetal casserole. In small bowl combine flour, sugar, and cinnamon. Cut in butter or margarine till mixture resembles coarse crumbs. Sprinkle crumb mixture evenly over apples. Cook, uncovered, on HIGH for 7 to 8 minutes or till hot. Makes 8 servings. BH&G

Turn aluminum into gold.

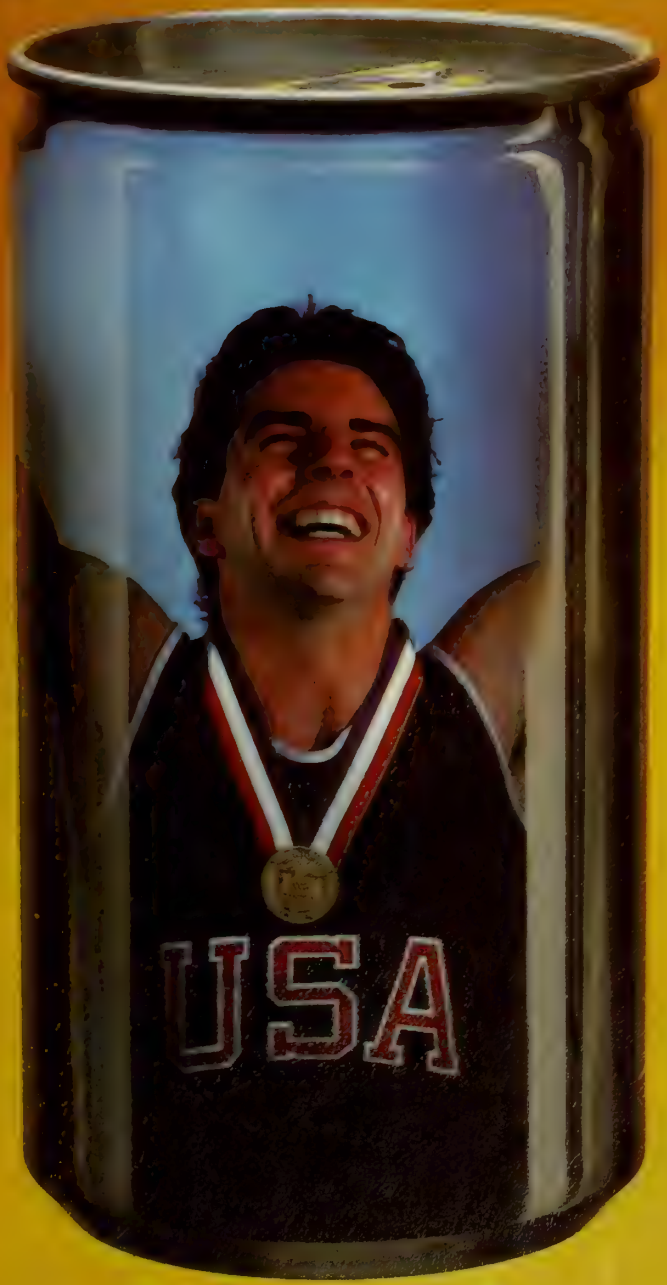
Recycle aluminum cans at Safeway.

Safeway is turning aluminum into gold during the month of May. Recycle your used aluminum beverage cans at Safeway and you'll win two ways. You'll earn cash for your used aluminum cans. You'll also have a part in training U.S. Olympic athletes. Because for every pound of aluminum beverage cans you recycle at Safeway during the month of May, Alcoa will donate a penny to the 1984 U.S. Olympic Team.

You can really help turn aluminum into gold—for yourself and for the U.S. Olympic athletes. Buy your beverages in aluminum cans and recycle them at Safeway.

Offer void in Oregon.

Support the 1984 U.S. Olympic Team.



SAFEWAY

Alcoa in cooperation with aluminum can recycling centers coast to coast.

A Carefully Planned Deck

Many decks are afterthoughts, and look it. But with careful planning, you can add a deck that enhances your home the year round.

This elegant, distinctively styled deck was designed to blend with a contemporary house *(below)*. The homeowner wanted a clean-lined look that would set off the house to best advantage. His architect complied by incorporating the seating into the deck itself, and converting part of the below-deck space into handy hidden storage for gardening gear.



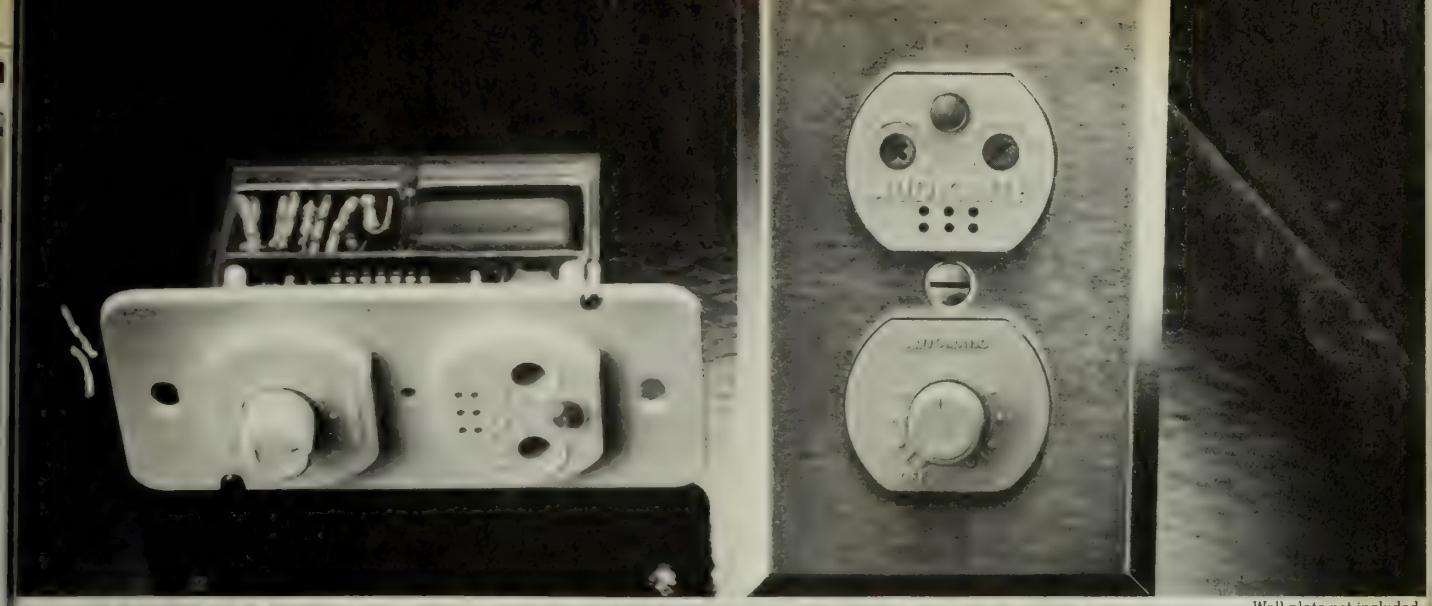


Photographs: Bill Maris. Architect: Ernst Dorfi. Field editor: Bonnie Warren

Note the sleek sculptural quality of the design. The structural members are concealed behind boxing on all sides that fits flush with the 2x8 floor and bench planking. The outer corners of the built-in bench cantilever dramatically over voids in the boxing *(above)*, and the boxing itself is handsomely dovetailed.

The 15x18-foot deck is supported by two 4x8 laminated wood beams. Treated pine was used for the planking and structural framing and 2x8 rough cedar for the boxing.





Wall plate not included.

NEWEST THIEF STOPPER. A LIGHT SWITCH WITH EARS.

Imagine entering a darkened room hat lights up at the sound of your foot- teps. A room that's also 'smart' enough o flick off lights when it's empty.

Imagine too, an intruder attempting o pry open your window at midnight. uddenly, room lights are ablaze, rightening him off—and your home nd family remain untouched.

And who's your fearless protector? A light switch named AudioLite.

An invention that offers security nd remote convenience straight from he pages of science fiction.

A slave to your every move.

AudioLite is also a wall switch you never have to touch—because it's sound activated. It turns on lights the second someone enters a room and turns them off when they leave (works outside too—n driveways, patios, porches).

How much sound does it take? You can adjust AudioLite's sound sensor to precisely any level. At high sen- sitivity even the clicking of a key in a lock or the opening of a door will turn on the lights. You can also lower its sensi- tivity so an extremely loud verbal command or noise will be required. Or choose an infinite number of adjust- ments in between.

Once activated, lights remain on for the time dura- tion you set, anywhere from 7 seconds to 7 minutes.

Don't worry about lights going off when you need them. Each time AudioLite hears a new sound, it resets and begins counting over—keeping lights on without interruption. For quiet read- ing, simply use the manual On/Off override. Easily adjustable timer and sensitivity controls are recessed and child proof.

Save money in more ways than you'd think.

Hall lights usually left on for hours are now on only when you need them. Likewise bathrooms, closets, garages and patios. You'll find about half the light usage in such areas is saved—lowering your utility bill accordingly.

Because AudioLite is also a ful! range dimmer, you use exactly the amount of light you need—as well as extend bulb life by 15 times or more.

And you needn't turn AudioLite off during the day—a daylight-sensitive photocell assures no unnecessary lights get turned on during daytime hours.

Magic that won't fade.

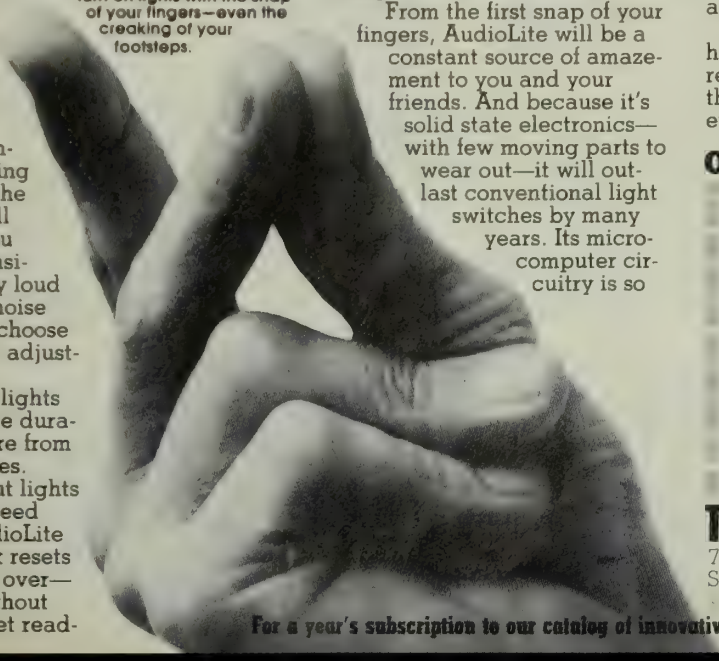
From the first snap of your fingers, AudioLite will be a constant source of amaze- ment to you and your friends. And because it's solid state electronics—with few moving parts to wear out—it will out- last conventional light switches by many years. Its micro- computer cir- cuitry is so reliable there's a one year total replace- ment warranty: should anything go wrong, the manufacturer will send you a new one, free of charge. After a year, prompt service is available by mail—but it's unlikely you'll ever need it.

AudioLite replaces your present light switch in minutes. All you need is a screwdriver. Works with any incan- descent bulb up to 300 watts.

As soon as you try one, you'll want to replace all your conventional wall switches with AudioLite. That's why there's a special price if you order four at a time—$99. (For one only, the price is $34.)

However, you may order four on trial. If not perfectly satisfied after try- ing one, return them all within 30 days for a prompt, courteous refund. You're protected by The Sharper Image guar- antee of satisfaction.

Call now toll-free, and protect your home with this newest brainchild of remote control technology. Be among the first to own a light switch with ears, eyes and brains.



Turn on lights with the snap of your fingers—even the creaking of your footsteps.

ORDER TOLL FREE.

Credit card holders use our toll-free numbers. Or send a check. Order product #SM653 for the package of four: $99 plus $4.50 delivery. Order #SM652 for one: $34 plus $2.50 delivery. Set of 12 AudioLites: #SM693 $269 plus $5.50 delivery. Add 6% sales tax in CA.

800 227-3436

In California 800 622-0733
In Alaska and Hawaii 800 227-3826

THE SHARPER IMAGE

755 Davis Street Dept. 8501
San Francisco, CA 94111

©1981 The Sharper Image

For a year's subscription to our catalog of innovative products, send a dollar with your address.

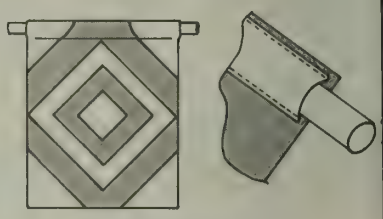
How to Display A Quilt

One good way to enjoy a treasured quilt is to display it as a wall hanging. But, if done incorrectly, wall-mounting a quilt can cause unnecessary wear and tear. Here's how to show off your quilt safely.

When hanging any quilt, it's important to distribute the weight of the quilt. An old or fragile quilt may need to be backed with cotton mesh that is hand-stitched to the quilt's edges and back for extra support.

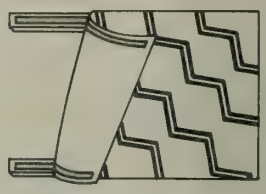
Avoid hanging your quilts in bright sun, fluorescent light, or other harsh light for long periods of time; ultraviolet rays can fade and weaken the fabrics. It's best to display your quilts for only three to six months at a time and then place them in a dark, dry place for a rest.

A new quilt, or an older one made of sturdy fabrics that are in good shape, can be hung from a dowel. Hand-stitch a casing made of twill tape across the top edge of the quilt's wrong side. Then insert a wooden dowel into the casing. Hang the dowel from hooks attached to the wall with toggle bolts.



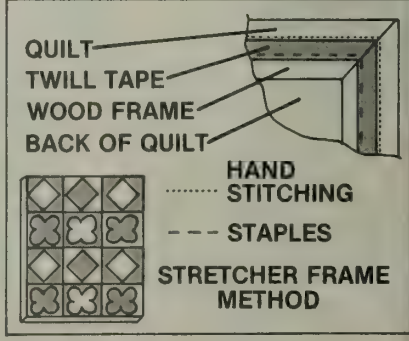
DOWEL METHOD

You also can use nylon self-gripping tape to hang a quilt. Hand-sew one half of a tape to the top edge of your quilt; repeat along the bottom. Then cut two three-inch-wide plywood mounting boards that are almost as long as the quilt is wide. Cover the boards with white sheeting, then staple the corresponding tape halves to the boards. Secure the boards to the wall with toggle bolts and attach the quilt.



NYLON SELF-GRIPPING TAPE METHOD

A good way to hang a smaller quilt is to "stretch" it on a wooden frame. Hand-sew a twill tape border along all the quilt's edges. Then wrap the quilt around a wooden frame that's been padded with foam and staple the quilt in place.



STRETCHER FRAME METHOD

"My, how you've grown!"

Healthier, bigger, lusher, faster. That's how RA-PID-GRO® makes things grow.
Things like flowers. Vegetables. Shrubs. House plants, too. Even trees.
RA-PID-GRO is a concentrated fertilizer. Just mix with water, it goes to work instantly.
RA-PID-GRO. My, how it grows!

RA-PID-GRO®
What it's named is what it does.



You are what you wheat.

Add the goodness of Kretschmer Wheat Germ to any food you eat. It's the heart of the wheat, naturally packed with energy and protein, iron, zinc, vitamin E and most B vitamins. Add it to your diet. Add it to your life.

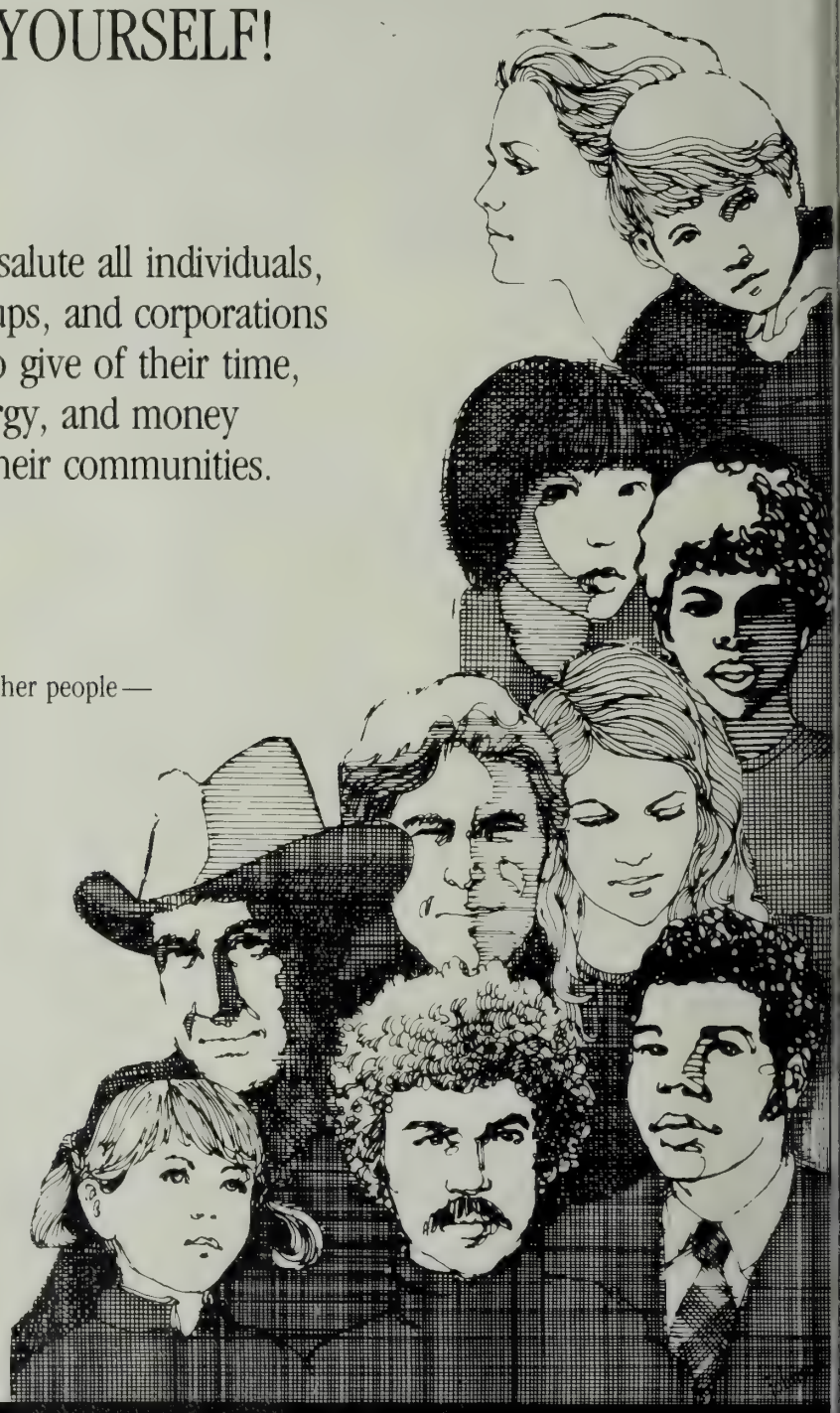
Kretschmer Wheat Germ
Available in regular or brown sugar & honey.

MULTIFOODS

JOIN OVER 50 MILLION VOLUNTEERS!

WHEN YOU INVEST IN YOUR COMMUNITY . . . YOU INVEST IN YOURSELF!

We salute all individuals, groups, and corporations who give of their time, energy, and money to their communities.



Volunteers are people who work for other people—without pay, but not without reward.

The time you invest as a volunteer in your area of interest improves the quality of life in your community. Friends, training, a renewed sense of self-worth are but a few of your rewards.

NO ONE IS WITHOUT SOMETHING TO GIVE...CALL YOUR LOCAL VOLUNTEER AGENCY.

NATIONAL VOLUNTEER WEEK—APRIL 18–24

This public service message is sponsored by the 247 Junior Leagues in the United States, Canada, and Mexico who have been supporting Voluntarism since 1901.

Join the winners circle



support Special Olympics.

Special Olympics is a program of sports training and athletic competition for mentally handicapped children and adults. Special Olympics greatly contributes to the physical, social and psychological development of these important individuals.

For further information call:

Marin
924-4020

San Francisco
221-6575

Contra Costa
938-4995

Santa Clara
578-2336

Alameda
797-1178

San Mateo
697-7237

ALL THESE LOCAL BUSINESSES THOUGHT THEY COULD ONLY AFFORD NEWSPAPER AD UNTIL THEY DISCOVERED MNI.



Despite appearances, this is no ordinary group of magazine ads.

They're full-color ads for local insurance companies, car dealers and menswear retailers that appeared alongside messages from corporate giants in Time.

Ads for neighborhood banks that benefited from the sober respectability of Business Week.

Local real estate brokers who addressed a clientele within a 5-mile radius in the glossy pages of House & Garden.

How? Media Networks, Incorporated (MNI) inserts your local ad into over 15 prestigious national magazines only where your customers live. That makes the ad efficient and the national magazine affordable.

For further information, contact Norm Bundek at (213) 450-6651.

MNI

© 1981 Media Networks, Inc., 600 Third Ave., New York, NY 10016

Grow Dwarf Fruit Trees

Why not turn an unused corner of your yard into your own private mini-orchard? It's as easy as planting a few dwarf fruit trees. These hardy pint-sized fruit trees grow only about ten feet tall and will begin to bear fruit a year or two after planting.

You can grow dwarf apple trees in all but the coldest or warmest parts of the country. Be sure to plant at least two varieties for best pollination. Some of the most popular dwarf apple varieties include: Red Delicious, Golden Delicious, McIntosh, Winesap, and Lodi.

Dwarf pear trees will grow anywhere apple trees will. They are extremely hardy and will usually set fruit within a year or so after planting. Here again, be sure to plant at least two varieties for best pollination. Some of the most popular pear varieties include: Bartlett, Seckel, and Tyson.

For many years, dwarf peach trees could be grown only in the warmest parts of the United States, but now there are several varieties that can withstand winter temperatures as low as 20 degrees below zero. Most peach tree varieties are self-fruitful, so you can plant only one tree and still get big harvests. Some popular peach tree varieties include: Elberta, Early White Giant, and Com-Pact Redhaven. Madison and Reliance are two popular cold-resistant varieties.

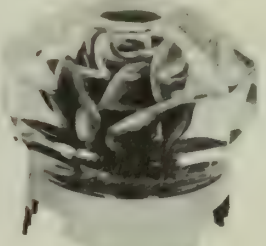
Semi-dwarf plum trees can be grown throughout most of the United States but are more reliable where winter temperatures do not drop below zero for extended periods. As with dwarf apple and pear trees, you should plant at least two varieties for best pollination. Popular plum varieties include: Abundance, Burbank, Stanley Prune, and Redheart.

With cherries, you have a choice of sweet and sour types. Sweet cherries are only available in standard size, while the sour varieties come in both semi-dwarf and standard sizes. Sour cherries are all self-fertile, and they are hardier than sweet cherries in cold-climate areas. Good varieties to consider include: North Star, Meteor, and Montmorency.

Like peaches and cherries, semi-dwarf apricot trees are self-fertile, so you only need one tree to get sizable harvests. Apricot trees bloom very early in the spring, and the delicate blossoms can be hurt by late frosts. If you live in the far North, plant your apricots in a north-facing slope to minimize the possibility of freeze damage. Good apricot varieties include: Hungarian Rose, Wilson Delicious, Moorpark, Moongold, and Stark Earli-Orange.

Stark SunGlo is a newly developed dwarf nectarine; until now, nectarines were only available in standard varieties. The fruits are large and tasty, and only one tree will give you a good harvest. You can grow nectarines anywhere peaches survive.

A
BRIGHT JEWEL
FOR
YOUR MOTHER
BOWL-O-BEAUTY®
REAL ROSES
TREATED
BY A SPECIAL
PATENTED PROCESS
to stay BEAUTIFUL FOR YEARS!

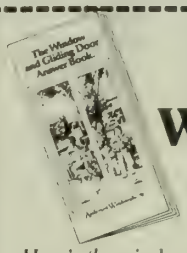


REAL ROSE
POLYHEDRON
The glistening geometric "windows" sparkle with excitement from every angle — showing off the glorious beauty of a perfect Real Rose inside! Base available in gold or silver-tone; Roses in red, yellow, orange or pink.
Suggested Retail $15.95 Other models $12.95 to $41.95
at your local Florist, Gift or Department Store
Famous for Quality & Beauty for 30 Years!
BOWL-O-BEAUTY CO.
Melrose Park, IL 60160

CHAMBERLAIN'S
Golden Touch Lotion
IF YOUR HEALTH AND BEAUTY AID COUNTER CAN'T SUPPLY YOU, WRITE TO:
Box 3570, Des Moines, Iowa 50322

Come home to quality.
Come home to Andersen.™





Free window info!

Here's *the* window and gliding patio door booklet for new homes, remodeling and window replacing. 24 pages of facts and figures in easy to understand question and answer format. You'll also find beautiful full-color photos for window ideas and special sections on energy and window planning. The complete Andersen line (with size tables) is shown installed in homes. Mail coupon to Andersen Corp., Box 12, Bayport, Minnesota 55003.

Name_____ 002-0582
Address_____
City_____ State_____
Zip_____ Phone( ) _____
Area Code
Andersen Windowalls
©2005 Copyright © 1982 Andersen Corp. Bayport, MN

Margaret Daly

Investing: Should You Use A Discount Broker?

You can save up to 50 percent or more on commissions if you buy and sell securities through a discount broker. But these bargain-rate firms aren't for everyone. Here's what you should know.

Until a few years ago, most stock brokers charged about the same fees for securities transactions, taking their cue from minimum rate schedules set by the New York Stock Exchange. But on May 1, 1975, the Securities and Exchange Commission (SEC) abolished minimum schedules in order to make all rates negotiable.

The big winners from the SEC ruling were institutional investors—banks, pension funds, and insurance and mutual fund companies who could deal from strength because of their large volume of trading. Small investors didn't fare so well. In fact, their average commissions have increased about 10 percent from the old minimum schedules, while institutional rates have dropped considerably.

How can small investors save?

One way is to use the services of discount brokers—the "no frills" traders of the securities industry. Their prime purpose is simply to execute your "buy" and "sell" orders. Most deal strictly with stocks and bonds traded on the major exchanges and over the counter. Some discounters also handle products such as options.

By holding their services to the basics, discounters minimize their overhead expenses and pass those savings on to their customers in the form of reduced commissions. Discounters generally offer no investment advice or research services. Many do not even assign a personal broker to your account (though some do pride themselves on establishing a personal rapport with customers). Their offices may be small and sparsely decorated, but many companies operate in more elaborate settings. Just remember—it's the trade, not the trimmings, that counts.

How much will you save?

You could save more than 50 percent, according to a recent phone survey we made. Comparing discounters' commissions with those of regular brokers such as Merrill Lynch and E.F. Hutton, for example, we found the big brokers would charge about $82 for a trade of 100 shares of a $40 stock (a total of $4,000). Two discount houses quoted a commission of about $34.50; a third quoted $31.90. For 200 shares of that same stock (an $8,000 transaction), two regular houses quoted about $152, a third $148. All three discounters quoted about $65.80.

Most discount brokers and regular brokerage companies will handle "odd lots" (trades of less than 100 shares), but charge a minimum commission of $25 or $30. On small trades, therefore, you may do just as well with a regular house.

Who should use a discount broker?

Discount houses are really for self-starters who want to decide their investing actions on their own. If you're a first-timer, or someone who wants investment advice, you're probably better off with your own account person at a regular brokerage firm. You may find a wider choice of possible investments, and you'll also gain personal consultation, research materials, and other services. But if all you're looking for is someone to handle a securities trade, check out the discount houses.

Where do you find them?

Discount brokers operate in most major cities. Look for their ads in the newspapers and on TV or radio, or consult the Yellow Pages under "Stock and Bond Brokers" or "Investment Securities."

Is your money safe?

All legitimate brokerage houses carry Securities Investor Protection Corporation (SIPC) insurance that protects accounts up to one-half million dollars. To confirm that a company is officially registered to do business and is a member of SIPC, contact the securities department at your state capital or the Securities and Exchange Commission, Office of Consumer Affairs, 500 N. Capitol St., Washington, DC 20549.

How does an account work?

It's a simple matter to open an account. Just call the broker (most have toll-free 800-line numbers or will accept collect calls). They'll fill out an application for you by phone or send one to be returned to them. You'll be asked for basic information such as name, address, and place of business. They also may want some financial information, like where you have a bank account.

To execute a trade, simply call the broker's trading desk and they'll handle the transaction immediately. Most brokers will accept a "stop" or "limit" order stipulating a certain price that you name. The trade will be confirmed by mail.

As with all brokers, "settlement day" comes five business days after the transaction. By then you must either send them a check for what you bought or deliver the certificates you sold. Similarly, they'll send you a check within five days or register the securities you bought in your name and mail them as soon as possible. Some discounters will "safekeep" your securities in their offices if you ask them to. There's generally no fee for that service, but it can take a few days or weeks to get the certificates when you want them.

Be sure to check out the company's policies about cash and other requirements. A few discounters may require you to advance some cash or deliver the securities you're selling before they'll execute the deal. To weed out people who aren't likely to be very active traders, some firms may require a new customer to put down an advance deposit—say $250—to be applied against future commissions.

IF YOUR CHILD'S PLAYMATE FELL DOWN YOUR STAIRS, WOULD YOU BE HURT TOO?



Of course, your first concern would be for the child. But what about yourself?

Unfortunately, you may be legally liable if anyone, even a close friend, is injured on your property.

That's why it's important to have adequate homeowner's protection. Yet, surprisingly, today over 57% of homeowners are under-insured due to the effects of inflation. In addition, many homeowners carry very low liability limits.

Metropolitan can keep that from happening to you. We'll help you determine all your homeowner's insurance needs, including sufficient liability coverage.

One excellent buy is our Safekeeper Deluxe policy. It automatically provides $100,000 liability protection for you and your family against injury and property claims of others. And if you need it, substantially higher amounts are available at a modest rate. Plus, it may provide up to $1,000 in medical expenses for persons unintentionally injured by you or members of your family.

Metropolitan homeowner's insurance is available in most states.

Today you need this kind of protection. For more details, call your Metropolitan representative, a trained professional. After all, wouldn't you want your neighbor to do the same for you?

Metropolitan Insurance Companies

METROPOLITAN REALLY STANDS BY YOU.

Life/Health/Auto/Home/Retirement

©1982 Metropolitan Property and Liability Insurance Company, Warwick, R.I.

SAVE 50% OFF SUGG. RETAIL

- LEVOLOR 1" Mini Blinds
- GRASSCLOTH WALLPAPER SAVE 40%
- VEROSOL Sunscreen Blinds
- WOVEN WOODS Name Brand
- VERTICALS + Shpg. Charge
- 1" WOOD BLINDS
- ROMAN SHADES Thermal Lined Deco Fabrics

EASY TO MEASURE EASY TO INSTALL

Send $1 (refundable with order) for each sample kit checked.

FOR INFORMATION OR TO ORDER CALL TOLL FREE
1-800-547-8982
NO SHIPPING CHARGES (except In Alaska and Hawaii)

WELLS INTERIORS
4094 W. 11th / Eugene, OR 97402
(503) 683-4974
MasterCard QUALITY GUARANTEED Visa

Handwoven Huaraches



only $13.95
two pairs just $25.90

Your favorite shoe... woven GENUINE LEATHER uppers; closed toe, open heel afford flexible comfort for your feet. Side buckle adjustment for perfect fit. Sturdy full sole for lasting durability. LEATHER insole, ventilated upper. TAN-57. LADIES Full sizes 5-10 M.

MEN'S Also Available full sizes 7-12 M. $18.95
2 pr. $35.90

SATISFACTION GUARANTEED OR MONEY BACK!
CALL (602) 747-5000 Charge Orders Only
Dept.BD5 HR, Palo Verde at 33rd, Box 27800, Tucson, Arizona 85726

$1.95 p&h one item, $2.95 two or more. AZ res. add 6% tax.
Send $1 for NEW CATALOG (credited to 1st purchase)

since 1946
OLD PUEBLO TRADERS

Kodacolor Film Processing
BORDERLESS PRINTS

12 Exp 110 126 & 135 mm only $1.69
35 mm 24 Exp $3.49
20 & 24 Exp 110 & 126 only $3.49
35 mm 36 Exp $4.99

KODACOLOR REPRINTS - 10 for $2.19
Sizes 110, 126, 35mm negatives only.

We use Kodak paper for a good look
Please send this ad with order
Known by the quality we keep
All orders returned 1st Class Mail Postpaid

American Studios
Dept. BH, La Crosse, WI 54601

FREE TO DOG OWNERS

Colorful catalog showing models of top quality Kennel-Aire collapsible, plated steel crates, exercise pens, car barriers. Kennel-Aire products have been sold direct to dog owners for over 20 years MONEY BACK GUARANTEE

KENNEL-AIRE MFG. CO.
725 N. Snelling Ave. Dept.
St. Paul MN 55104 Ph. 61[illegible]



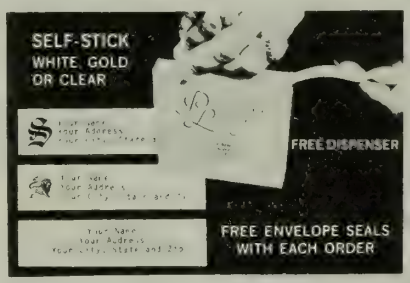
Ride up and down stairs.

Install an *Inclinette*

Inclinette is the safe and easy way for the handicapped or elderly to ride up and down stairs with just a push of the button. And . . . it's tax deductible when recommended by a doctor.

SEND FOR FREE LITERATURE
Describes and illustrates Inclinette. Also, StairLIFT, the economy model, and "Elevette", the modern home elevator.

INCLINATOR COMPANY OF AMERICA
DEPT. 1
P. O. BOX 1557
HARRISBURG, PA 17105-1557



ADDRESS LABELS IN FREE DISPENSER
Self-Sticking labels dispense with ease ready to apply. No moistening needed. Up to 4 lines in rich black. FREE ENVELOPE SEALS with each order. Deluxe 2¼" Lg. Money back guarantee. 500 labels per order.

	WHITE	GOLD	CLEAR
1 Order	$3.95	$ 4.95	$ 5.95
3 Orders (Mixed copy OK)	$9.95	$11.95	$14.95

Specify: Plain ( ) Initial ( ) Zodiac ( )
Add 50¢ per order Post/Hdlg. (Cal. res. add 6%)
Send to: LABELS UNLIMITED, Dept. 554
182 Paul Dr., San Rafael, CA 94903



Windmills on your mind?

Uniquely beautiful ornamental windmills. 4½ to 10 ft. high to perfect scale. Ideal for yard and garden. Send 50¢ for Windmill Brochure. We will refund with $1 off on your first purchase.
HOLST, INC. Dept. BM-582
1118 W. Lake P.O. Box 370
Tawas City, MI 48763

GREAT NEW RECIPES $1 EA.

1. Magic Meatloaf
2. Perfect Pot Roast
3. Prize Pork Chops

Quick & Easy
Delicious
Inexpensive

FREE BONUS! Order all 3 recipes @ $1 each and also receive: How to make cholesterol-free "butter." plus How to make good gravy—every time.

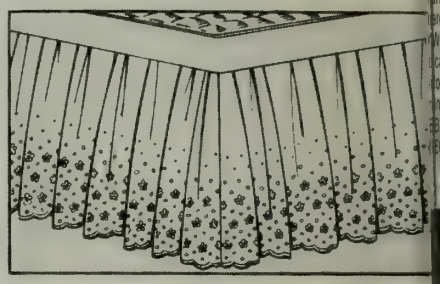
Send check or money order payable to:
Home Cookery, 10850 Riverside Drive/Suite 606
No. Hollywood, CA 91602

Better Homes™

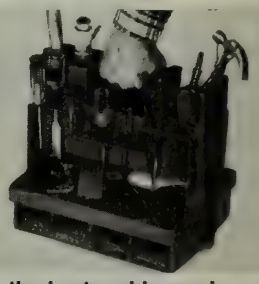
Shopping editor's choice

Discover the ease and pleasure o shopping by mail. Order from th convenience of your own hom with complete confidence. If nc delighted, each company will hap pily refund your money.

by Ann Lively



Deep drop dust ruffles
Revive a romantic mood with this charmin dust ruffle. Embroidered eyelet on highes quality, no-iron poly/avril broadcloth. Spli corners; fabric platform. Natural or White 18" drop-Twin $42; Double $46; Queen $52 22" drop-Twin $46; Double $50; Queen $57 Add $2.50 postage. Free 56 page Color Cat alog. Colonial Maid Curtains, Dept. BH5 Mamaroneck, New York 10543.



Toolboy—the best caddy ever!
Now you can tote all the tools you will need end confusion and clutter. 22 slots to hold tools securely, plus 8 drawers to hold nuts and bolts. This Design Award winner is made of lightweight super-tough molded plastic. 13" x 11" x 12" with sure-grip handle. Great gift for men and women. $17.95 plus $2.85 post. Holst, Inc., Dept. BH-582, 1118 West Lake, Box 370, Tawas City, MI 48763.



Brighten your kitchen
With these cheery European Style Electric Range Burner Covers. Many lovely-to-look-at colorful designs. Fine porcelain enamel is dishwasher safe. Protects burners from spills and provides smooth work surface. Small 8", $7.95 each; Large 10", $8.95 each; 9"x9" sq. for gas stove, $9.95. Free color brochure. Max Burton Inc., Dept. BH-5, 502 Puyallup Ave., Tacoma, WA 98421.



Browns, golds, beige with your choice of one accent color: orange, yellow, green or blue (specify). 25 plumes, $12.95 + $3 post. 24" Basket Urn $10.95 + $3 post. Color port. $1. Tropical Plant Inst., Dept. B5, 901 NW 8th Ave., Ft. Lauderdale, FL 33311.

ave with Burke eat-Lift Chairs

he push-button elec- ic recliner stops in ny position. Rockers nd occasional chairs re available, too. Free Week home trial. Med- care approved. Write or information. Burke, nc., Dept. BHG-582, Box 1064, Mission, KS 6202.

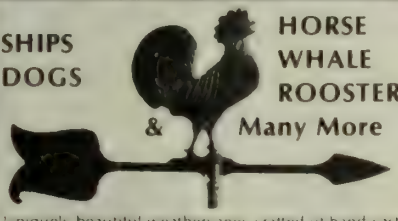




The Kenya® Gem

It rivals the finest blue-white diamond with a scintillating brilliance that never fades; no one but your jeweler will know the difference. To enjoy yourself or a gift for someone very special. Women's and men's styles set in 14K white or yellow gold (specify). Priced from $75 a carat. Free color booklet. Kenya Gem, Dept. BH-5, 1760 North Howard St., Philadelphia, PA 19122.

Thinking About Weathervanes?



SHIPS
DOGS
HORSE
WHALE
ROOSTER
& Many More

Uniquely beautiful weathervanes crafted of hand cast aluminum and finished in a tradition sure to add charm to your home. Finest in art metal home decor since 1938.

Send 50¢ for **CATALOG.** We will refund with $1 off on your first purchase.

Write to HOLST, INC. **Dept. BV-582, 1118 West Lake Box 370, Tawas City, MI 48763**

CACTI and SUCCULENTS



1500 species to choose from. Send $1.00 for all color catalog. Includes MAIL ORDER form. We ship anywhere in United States and overseas. International reputation and quality assured.

the Abbey Garden

4620 Carpinteria Avenue
Carpinteria, CA 93013 (805) 684-5112

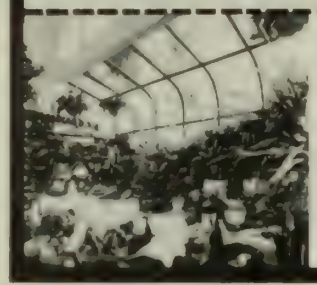
HOW TO ADD SPACE AND VALUE TO YOUR HOME



SUN SYSTEM™
PREFABRICATED
SOLAR GREENHOUSES

Built Stronger to Last Longer...at No Extra Cost

- Completely prefabricated
- Entirely maintenance free
- Easy to install
- Perma-Life™ construction
- Thermal-Flex™ weather tightness
- 40% tax credit & fuel savings
- Double insulated glass
- Enjoy year-round gardening
- For dining alcove or solarium
- Use as hot-tub enclosure, etc.



FOR FREE BROCHURE & more information call toll free 1-800-645-4506 or 516-543-7766(7) BH

NAME_____
ADDRESS_____
CITY_____ STATE_____ ZIP_____

SUN SYSTEM™ Prefabricated SOLAR GREENHOUSES
60 Vanderbilt Motor Parkway, Commack, New York 11725

THE ORIGINAL
BASEMENT TOILET

Genuine Porcelain

FLUSHES **UP** TO SEWER OR SEPTIC TANK

-No Digging Up Floors-

INSTALLS EASY ANYWHERE!



Write McPHERSON, Inc., Dept. BH
Box 16133 Tampa, Florida 33684



COLOR PHOTOS

YOUR CHOICE **$1.95** FULL COLOR

24 Wallet Photos or 3 — 5 x 7 or 1 — 8 x 10 Enlargement

Send any photo or polaroid 8 x 10 or smaller (returned). Add 55¢ per selection for postage and handling and an additional 50¢ for 1st class service. Satisfaction guaranteed or money back.

COLOR LAB P.O. Box 230 M Irvington, N.J. 07111

Select Your LOG HOME



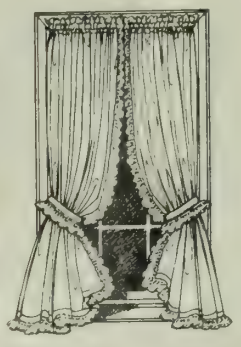
Pre-cut Log Home Kits with 10" walls, priced from $5900. Select the natural hand crafted beauty of **Northern White Cedar** or quality **Pine.** New full color Plan Book with 40 exciting designs $5.00, or a Dealership Information Pack $8.75

Wilderness Log Homes
Route 2-BH52 Plymouth, WI 53073

☐ Plan Book $5.00 ☐ Dealership Info Pk w/Plan Book $8.75

Enclosed is $ _____
Name _____
Street _____
City _____ State_____
Zip_____ Phone ( ) _____
I own a lot ☐ Yes ☐ No
Building Date _____

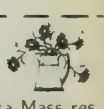
COUNTRY CURTAINS®



Country Curtains are a tradition years of old-fashioned quality and conscientious service from Nantucket to Nob Hill.

IRISH LACE delicate but sturdy. 2" ruffles of cluny lace on natural or white cotton/polyester permanent press blend. 90" wide per pair 45" or 54" long, $25 pr; 63" or 72" long, $29 pr; 81" or 90" long, $33 pr. Valance, $8.50 each. Shorter lengths available. Please specify color

COUNTRY CURTAINS
AT THE RED LION INN
Dept. 52, Stockbridge, Mass. 01262



Check, money order, Mastercard or Visa. Mass res add 5% sales tax. Postage/handling: orders under $25 add $2.00, over $25 add $3.00. Phone: 413-298-3921. Satisfaction guaranteed.

☐ PLEASE SEND FREE CATALOG
☐ My order totaling $ _____ is enclosed.
Name _____
Address _____
City _____
State _____ Zip _____



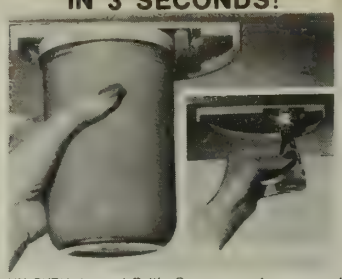
STAIR-GLIDE® Stairway Lift

America's largest selling stairway lift is the ideal solution for people who can't or shouldn't climb stairs.

- Easily installed
- UL listed
- Will not mar walls or stairs
- Economy and Outdoor models available.

AMERICAN STAIR-GLIDE® CORP.
4001 East 138th, Dept. BHG-052
Grandview, Missouri 64030

UN-SKRU
Amazing New Jar Opener
OPEN ANY SCREW LID IN 3 SECONDS!



New UN-SKRU Jar and Bottle Opener mounts permanently to underside of cabinet or shelf. Opens **every** size screw top—from tiny tube to gallon jar—with scarcely any effort. Even opens press-and-turn "childproof" pill bottles.
"Best we've used"—GOOD HOUSEKEEPING
Featured by Good Housekeeping magazine as one of "Half-dozen kitchen helpers no cook should be without." Also handy in trailer, boat, workshop. Wonderful for folks with arthritis. Unique gift. You must be **pleased**, or your money back. Only **$6.95** + 85¢ p&h; two for **$13.50** + $1 p&h.
Send Check or M.O. 20 day money back guarantee.

HOLST, INC. Dept. BH-582, 1118 W. Lake, Box 370, Tawas City, MI 48763

HAPPY DAD CAT'S DAY

The perfect Father's Day gift for Dads (and Grand Dads). Brown and tan cats have been silkscreened on wheat shirts of heavy-weight cotton. We guarantee delivery by Father's Day for orders received by June 11.

Adult Sizes: S, M, L, XL
Wheat $11.95

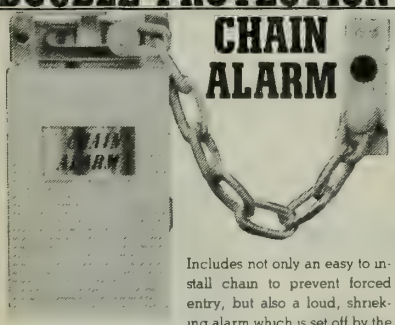
Order by mail or phone. Send check, money order, or Visa/Mastercard no. and exp. date plus $1.50 per shirt for post. and handling to:



Dallas Alice
1047 Taft St.
Suite B582
Rockville, Md. 20850
301-424-1640

Dadcat

DOUBLE PROTECTION CHAIN ALARM



Includes not only an easy to install chain to prevent forced entry, but also a loud, shrieking alarm which is set off by the slightest pressure against the chain. Protect your home, apartment, or cabin. Be prepared. Guard yourself, your loved ones, & your property. Sleep safe tonite! Hardware incl. Runs on two "AA" batt. (not incl.) Excellent gift idea also. Order several at the low price of $6.95 ea., ppd. Mn residents add 5% sales tax.

Send to: D.J. SPECIALTIES
P.O. BOX 41241, DEPT. BH52
MINNEAPOLIS, MN 55447

HI or LOW TV-POLE

SUSPENDS PORTABLE RIGHT WHERE YOU WANT IT—BUT USES NO FLOOR SPACE!

$15.95 plus $2.50 shipping



This wonderful space-saver swivels to any angle for comfortable viewing from bed or sofa. Sleekly styled golden pole has spring tension rod that adjusts from floor to 7½ to 8½ ft. ceilings. Holds sets any width, 14" deep, 17" high. ***SHELF-TYPE POLE* (not shown) holds color TV sets up to 20" diag. and B/W sets up to 23". $22.99 plus $3 shpg. Check, MC, DC, VISA.**

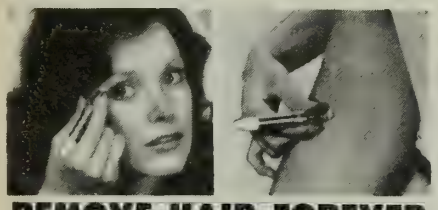
ESSEX HOUSE
Box 80, BH5-2
Scotch Plains, NJ 07076

ODOR-FREE LITTER BOX

CHARCOAL AIR FILTER REMOVES ALL ODOR ©1980



■ Charcoal-filtered BOODABOX® is 100% odor-free ■ Fresh air flows in, only fresh air flows out ■ Ends litter scatter ■ Conceals contents ■ Lift-top makes cleaning easy ■ Fits any decor ■ Rugged Cream Beige ABS plastic ■ Deluxe textured finish ■ Roomy 27"L x 17"H x 16"W ■ Big 8" x 14" canopy entry ■ Appeals to cats' privacy instincts ■ No training needed ■ Filters last 6 months, $3.95 each, reorder forms included. @$29.95 + $4.00 Shipping. Check or M.O. to BOODA PRODUCTS, DEPT. BH-52, 439 S. DETROIT ST., L.A., CA 90036. MC/V CALL (213) 934-1093, EXT. 6 PAT. PEND



REMOVE HAIR FOREVER

Perma Tweez® electrolysis safely and permanently removes all unwanted hair from face, arms, legs and body. No-puncture safety feature—clinically tested and recommended by dermatologists. Save hundreds of dollars over salon electrolysis. **14 DAY MONEY BACK GUAR.**

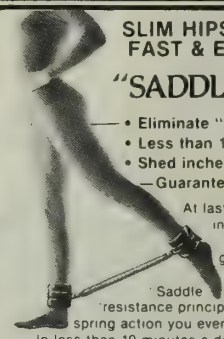
$16.95—*ADVERTISED ELSEWHERE AT $19.95*
Cal. residents add 6% sales tax.

Limited warranty to consumers ★ Good Housekeeping promises replacement or refund if defective

☐ I enclose $16.95.
☐ MasterCard/Visa # /Exp. date
☐ COD requires $4.00 deposit. Pay balance plus COD charges and $1.00 handling. COD in U.S. only.

GENERAL MEDICAL CO., Dept. BH-200
1935 Armacost Ave., W. Los Angeles, CA 90025
©1982 GENERAL MEDICAL CO

SLIM HIPS & THIGHS THE FAST & EASY WAY WITH "SADDLE SLIMMER"



- Eliminate "Saddlebags" & Cellulite
- Less than 10 minutes a day
- Shed inches in days
- —Guaranteed!

At last! A professional exercise instructor has scientifically designed a safe exerciser guaranteed to reduce your HIPS and THIGHS! Using "Saddle Slimmer" with its proven "resistance principle" and exclusive tension spring action you even lose ugly "Saddlebags" in less than 10 minutes a day have thinner, attractive hips, thighs, legs, and tone stomach, waist, chest and arms. Guaranteed! Use "Saddle Slimmer" for 10 days, you must be satisfied or return for full refund. Patent Pending.

Thousands Sold World Wide to Satisfied Customers
MC & Visa accepted with acct. no. & exp. date

Mail only **$12.95** plus $1.50 ea. post. & hand. to Order 2—Save $1 ea.

Greator Innovations
P.O. Box 6573 Dept. B52
Evansville, IN 47712

Solve your Hauling Problems

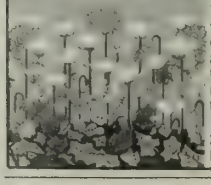


950 lb. Capacity

The Stowaway . . . Just . . . Folds Away
Call Toll Free 1-800-243-8550

For Free Color Brochures
Hayes Equipment Corporation
P.O. Box 526 BH
Unionville, CT 06085

ESTABLISHED 1945 © 1982 HAYES



FLOWER NEEDLEPOINT FREE!
10"x14" 6-color canvas, a $12 value, is yours for FREE. Why? Because we want to get new friends and customers and tell them about the club that is changing the needlecraft industry. Just send $1 to cover postage and handling to
Needlecraft Club of America
352 Route 59 Dept. A-032
Monsey, N.Y. 10952

AUTHORS WANTED BY NEW YORK PUBLISHER

Leading subsidy book publisher seeks manuscripts of all types: fiction, non-fiction, poetry, scholarly and juvenile works, etc. New authors welcomed. Ask for free, illustrated 40-page brochure BH-1. Vantage Press, 516 W. 34th St., New York, N.Y. 10001.



ONE SQUARE AT A TIME WALLPAPER

Prepasted - Just dip in water and slip into place - one square at a time.

Order by mail - write for catalog.

DANALCO
P.O. Box 1670 C, Glendale, CA 91209



LOVABLE MUSICAL DACHSHUND
plays "Edelweiss", the beautiful melody from The Sound of Music. Darling 9" doggie is a pedigreed pup of genuine bisque porcelain.

$17.98 Add $1.75 postage

MONEY BACK IF NOT DELIGHTED.
HARRIET CARTER, Dept. BHG-14025, North Wales, PA 19454

AMAZING CLOSET EXPANDER! DOUBLES YOUR HANGING SPACE

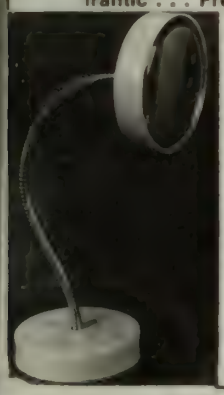


A great new way to make your present closet do double duty. No tools, no installation! Simply hang an expand-a-bar from the existing bar in your closet. Expands according to your needs from 15 inches to 28 inches and adjusts up and down as you wish. Just the thing for shirts, blouses, skirts and pants. Gives your closet that neat organized look. Makes everything easy to find. Allows you to hang both long and short garments in the same closet without crushing and wrinkling. Only **$6.95** plus $1.50 pp. **SAVE** two for **$13.50** plus $1.85 pp.

Send Check or M.O. 15 day money back guarantee

HOLST, Inc. Dept. BH-582, 1118 W. Lake, Box 370, Texas City, Mich. 48763

If tweezing your brows and applying eye makeup makes you frantic . . . Fret no more!!!



This marvelous Magic Focus mirror was developed by a retired eye doctor for the woman who can't see what she is doing without her glasses and can't do what she is doing with glasses. Distortion free optical perfect mirror has a flexible stalk (loose enough for hands free viewing, adjusts to perfect focus for your eyes. Tweeze or apply makeup WITHOUT GLASSES regardless of your prescription or need for bifocals. 4" mirror, white frame and base.

$19.98

plus $1.95 post. & handlg.

FERRY HOUSE Dept. BY
Briarcliff Manor, N.Y. 10510

Cheney. Because Laura loves this house.



Laura and her husband worked hard restoring this old house. But then an illness made it impossible for Laura to climb stairs. They could have moved to a one story house, but Laura loves this house. A Cheney Wecolator™ was Laura's solution. It lets her ride from floor to floor quickly and comfortably. It's UL approved, virtually maintenance-free, and can be installed on almost any stairway, straight, curved or even spirals.

For a colorful brochure on Cheney Wecolators or Wheelchair Lifts™, the indoor/outdoor Handi Lift™, and other quality Cheney products, call or write. The Cheney Company, Dept. BG, 3015 S. 163rd Street, New Berlin, WI 53151 (414) 782-1100.

Helping people help themselves
The CHENEY Company



Beautifully plated
Solid metal baby shoes $3.99 pair. A keepsake forever. Available: Portrait Stands (shown), Bookends, TV lamps. Makes the perfect gift for dad, grandparents. Send no money. Write for details and postpaid mailer. American Bronzing, Box 6504-Ee2, Bexley, OH 43209.

WOODEN TOMATO CHUTE™



Support your tomatoes or other garden vegetables. Sturdy 4 foot high spruce construction notched to slide together. Helps protect growth while organizing and beautifying your garden.

Set of two . . . . $ 9.95
Set of six $25.95
Set of twelve . . $47.95

POSTPAID WITH IMMEDIATE SHIPMENT
Satisfaction Guaranteed or Money Back

PLANTERS AID INC
Box 2704, Bath, Ohio 44210
Dept. BH-82



Sale!

FAMOUS-FOR-FIT
Leather Sandals
Reg. $22
$15.90

Luxurious leather comfort, with two fully adjustable straps for perfect fit! Wonderfully soft and lightweight. Extra cushiony insoles, bouncy crepe soles, 1" covered wedge. **White, Beige, Camel, Black.** Ladies 5½-12N, 4-12M, 5-12W (no half sizes over 10). **SAVE MORE - 2/$30.** Add $2.00 p/h. For Visa/MC send no., exp. date. Money Back Guarantee.

Faye Lynn
Dept. BH5, 1535 Delcrest Pl., Lakeland, FL 33803

50¢ OFF WITH THIS AD COLOR PHOTO SALE!

REG. $2.50 NOW ONLY **$2.00** YOUR CHOICE ALL BORDERLESS

16 WALLET SIZE WITH FREE 5x7
or
10 3½x5 PRINTS
or
4 5x7 ENLS.
or
1 8x10 ENL.
or
20 WALLET SIZE



For 5x7 color copies on Kodak lustre paper without borders. Finest copies available. Send only photos or instant prints 8x10 or smaller. Returned. Add 60¢ per selection for post. and hndlg. and 50¢ extra for First Class service. Satisfaction guaranteed or money back. Send check or m.o. to

RELIANCE COLOR LABS, INC.
Studio 14-5, Box 159, Stamford, CT 06904 ★SALE★

HAPPINESS FARMS

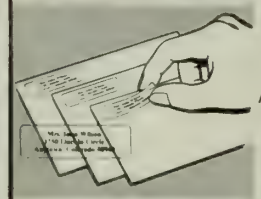
Buy your Caladiums direct from the world's largest grower. Make your yard a beauty spot with Caladiums from

HAPPINESS FARMS, INC.
P.O. Box 818 Lake Placid, Fla. 33852
Write for free brochure



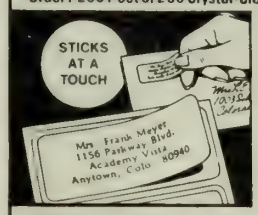
1000 RETURN ADDRESS LABELS $1.00

1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) $1.00



250 Crystal-Clear RETURN ADDRESS LABELS $1.98

The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $1.98



250 Self-Stick WHITE GLOSS LABELS $1.98

Glossy white self-stick labels cling to any smooth surface — no moistening. Sharp black printing up to 4 lines.
Order P6030 Set of 250 White Gloss Labels (boxed) $1.98

Walter Drake 3055 Drake Bldg. Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
___S717 1000 Labels @ $1 each $_____
___P2031 Crystal-Clear Labels @ $1.98 ea $_____
___P6030 White Gloss Labels @ $1.98 ea $_____
Add 20¢ per set for shipping & handling $_____
SATISFACTION GUARANTEED Total $_____

27 COLOR PHOTO SPECIALS $1.95



Full color copies on quality KODAK paper— send any color photo or Polaroid* (prints only) up to 8" x 10" (original returned).

We use Kodak paper. For a good look

Walter Drake Photo Labs
2055 Drake Bldg., Colorado Springs, CO 80940

Order by item number
NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
_P4079 **27 Wallet Photos (2½"x3½")** @$1.95ea. $____
_P4080 **18 Wallets, one 8"x10"** . . . @$1.95ea. $____
_P4081 **18 Wallets, two 5"x7"** . . . . @$1.95ea. $____
_P4082 **Two 5"x7", one 8"x10"** . . . @$1.95ea. $____
Add 55¢ per set for shipping & handling . . . . . $____
SATISFACTION OR YOUR MONEY BACK! Total $____

COLONIAL MAID CURTAINS

Curtain & Bedspread Specialists Since 1947

GRAINED RIBBON

bands of rust, natural or royal blue skillfully appliqued onto natural color poly/ctn. blend muslin. Washable, no-iron. 80" wide.

30" or 36"	17.00 pr.
45" or 54"	20.50 pr.
63" or 72"	24.50 pr.
84"	27.00 pr.
Tiebacks	4.00 pr.
Valance	9.25 ea.



Satisfaction guaranteed. Add. 2.50 post. Send check, M.O., Master Charge, Visa or Am. Ex.

SEND FOR FREE COLOR CATALOG

Colonial Maid Curtains, Dept. 45, Depot Plaza, Mamaroneck, N.Y. 10543

The Man Next Door®

Dr. Bob Hannelly says if it weren't for bad habits—other people's—he wouldn't have to work half as hard as he does.

After the winter respite from grass cutting, I find our lawn mower isn't nearly as difficult to get started as is our lawn mower operator, Burt, Jr.

Editor Earl Reeves remarked the other day that economics has often been called the "dismal science"—both by the experts who study it and by the rest of us who just experience it.

"You don't realize how complicated the simple life really is," says Lee Bayless, "until you try to load your gear into the family car for a weekend camping trip."

I suspect that Bill Drummond's profession—accounting—is affecting his outlook on gardening. This week he was pointing out to me his $16.95 rows of peas, his $19.50 rows of corn, and his $6.95 stretch of cucumbers.

"One of the nice things about being of an age that some people consider 'over the hill,' " says Grandmother Hillis, "is that nobody criticizes you if you 'coast' a little now and then."

Lee Bayless says it's true that money talks. "Unfortunately," he adds, "these days prices don't listen."



"Are these the prices or the calorie count?"

Irv Coster got mixed reviews when he shaved his bushy beard after five years. His wife Sue was delighted, but their three-year-old son's initial reaction was tears: Tommy wanted to know where his *real* daddy was.

Some people may think nonpresidential election years are unexciting, but Congressman Nick Hanfli says that's definitely not the opinion of candidates who have to run for reelection in them.

These days we're breathing easier in my carpool. While we'll miss Jane Wakelin, who was transferred out of the state, we welcome the added space now that we all drive compact cars.



Rosemary gave her brother an irreverent definition of the sciences the other day: "If the experiment scratches and bites, the science is biology; if it fizzes and smells, it's chemistry; and if it just won't work, it's physics."

Burt, Jr., and I heard spring call last weekend, so with our sleeping bags and fishing gear in tow, we headed off for an overnight camping trip—just the two of us.

It was my first trip to this particular lake, but 13-year-old Burt was a veteran, having camped there twice before with a friend's family. He was eager to show me the place.

In the process, Burt also showed me a new side of his personality.

"The best campsite is beside a brook a little way from the road," Burt said after we arrived. "Let's pack in."

Pack in we did, and the camping spot was ideal.

"Suppose I rustle up the food," Burt said. "Then we'll hit the fish."

Again I deferred to Burt's leadership and unpacked while Burt built the fire and fixed the burgers. We ate well and headed for the lake.

As we rigged up our fishing rods, Burt boldly suggested that maybe I needed less weight on my line. Although I thought I had taught my son everything he knew about fishing, I took Burt's advice good-naturedly.

Then Burt had another suggestion: "Dad, I studied this lake the last time I was up here. If you cast near those weeds, I think you'll catch a fish."

Chuckling to myself at Burt's cocksureness, I cast at the spot he indicated.

Wham! I had an immediate strike and reeled in a fine fish. A short while later, I caught another.

At the campfire later, it occurred to me that Burt and I had reversed roles temporarily on this trip.

My boy was growing into a man. The realization made me a little scared, but mostly proud of having contributed to his development.

One thing's for sure: Fishwise, the kid has success written all over him.

Burton Hillis


Ahh, the beer with the taste for food!
Natural
Light
BEER
Anheuser-Busch, Inc.
St. Louis, MO

CARLTON CLAIM CONFIRMED!

U.S. GOV'T REPORT:



King, Menthol or Box 100's:

A whole carton of Carlton has less tar than a single pack of...



...KINGS	TAR mg/cig	NICOTINE mg/cig
Kent	12	1.0
Winston Lights	11	0.9
Marlboro	16	1.0
Salem	14	1.1
Kool Milds	11	0.9
Newport	16	1.2

...100's	TAR mg/cig	NICOTINE mg/cig
Kent 100's	14	1.2
Winston Lights 100's	12	0.9
Benson & Hedges 100's	16	1.1
Parliament Lights 100's	12	0.9
Salem 100's	15	1.1
Marlboro 100's	16	1.1

TAR & NICOTINE NUMBERS AS REPORTED IN LATEST FTC REPORT

Carlton Kings	**Less than**	**0.5**	**0.1**
Carlton Menthol	**Less than**	**0.5**	**0.1**
Carlton Box 100's	**Less than**	**0.5**	**0.1**

Carlton is lowest.

Box—lowest of all brands—less than 0.01 mg. tar, 0.002 mg. nicotine.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Box: Less than 0.5 mg. "tar", 0.05 mg. nicotine; Soft Pack, Menthol and 100's Box: Less than 0.5 mg. "tar", 0.1 mg. nicotine av. per cigarette, FTC Report Dec. '81.

BURLINGAME
JUN 1 5 1982
LIBRARY

June 1982 • $1.50

Better Homes and Gardens®

Housing costs: Reshaping the American Dream
New looks for old kitchens • Innovative attic conversions
Top performing arts festivals for vacationing families

•OUTDOOR LIVING•

Easy-does-it ideas for yard, deck, porch, and patio
Plus…Fabulous recipes to simplify summer entertaining



BURLINGAME PUB LIB
COPY 2
BURLINGAME CA 94010
40055



Book design copyright © by Art Institute



The floor Victorians would have loved to come home to.

Tiffany Square

Only Armstrong Designer Solarian® could capture such richness of color, such depth of design.

Come home to Tiffany Square. To the tranquil beauty of a floor Victorians would have treasured for its warmth, its charm. And for its extraordinary practicality. Because like all Designer Solarian no-wax floors, Tiffany Square offers you thick inlaid vinyl construction for built-in toughness and excellent resistance to damage. And Armstrong's extra-durable Mirabond® surface resists scuffs and scratches so it keeps its sunny like-new look—without waxing—far longer than vinyl no-wax floors.



Free Offer!

Get FREE Tiffany-style lamp, with brass channel base and stained-glass shade, a $75 value, when you purchase 15 sq. yds. or more of Tiffany Square Designer Solarian. Here's how you can get your lamp: Take this coupon to a participating retailer. Purchase 15 sq. yds. of Tiffany Square between May 17 and June 18, 1982 (must be installed by July 9). Send this coupon and original *paid* invoice showing pattern number and total square yards purchased to address shown on coupon. Limit one per household. Allow eight weeks for delivery.

For the names of nearby participating dealers, call toll-free: 800-233-3823 (in Pennsylvania, 800-732-0048).

ARMSTRONG TIFFANY LAMP OFFER (Please print)

NAME _____

STREET _____

CITY _____ **STATE** _____ **ZIP** _____

Square yards purchased _____ **TIFFANY SQUARE PATTERN NUMBER** _____

To: Armstrong Tiffany Lamp Offer, P.O. Box 3001, Lancaster, PA 17604

Armstrong
so nice to come home to™

We're so confident of the new Polaroid 600 speed instant film and the new Polaroid Sun Cameras that we believe it's possible for you to get 10 good shots for 10 earnest tries every time. 10 for 10! The secret is in having the world's

10 good I













test color print film and the unique light mixing cameras
t use it. The Polaroid Sun Cameras. In fact, we're so
oud, we've even backed it up with Free Smile Insurance*.
Polaroid

e Indians.













oid"® "Sun."™ Reproduced from original unretouched photographs. *See your dealer for Smile Insurance replacement film details

Oahu Luau

(BAR-B-Q Chicken Macadamia)



Taste a South Sea island barbecue treat. Just add pineapple, nuts and TABASCO pepper sauce to your favorite barbecue recipe, or store bought sauce. The peppers used to make TABASCO are still grown and aged by the same family that invented the process back in 1868. No wonder TABASCO is as popular in Manila as it is in Miami.

BAR-B-Q CHICKEN MACADAMIA

1 cup barbecue sauce
1 8 oz. can Dole® crushed pineapple in syrup (drained)
2 teaspoons TABASCO pepper sauce
¾ cup chopped macadamia nuts (or almonds)
4 boned chicken breasts

Mix and pour first three ingredients over chicken, cover and bake 45 minutes at 350°. Uncover. Top with nuts and bake 15 minutes.

The WORLD of TABASCO® sauce

Recipe Booklet available upon request

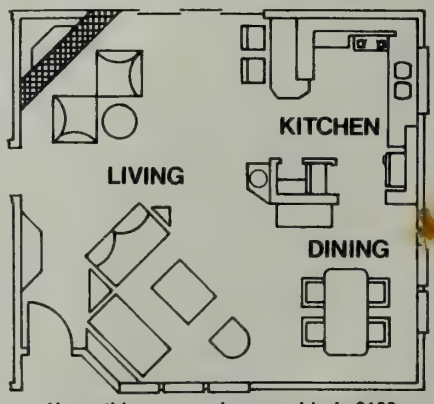
© 1982 TABASCO is a registered trademark of McIlhenny Company, Avery Island, Louisiana 70513

EDITOR at large

Some world-renowned writer—T.S. Eliot, I believe—once said that naming a cat is the highest test of creativity. I can only wonder whether Eliot ever tried to name a room.

That room you see in the floor plan is the one that has me stumped. It reflects an apparently nationwide trend toward abolishing the walls between traditional rooms—living room, dining room, family room, kitchen—and bringing into existence a new room called a . . . what?

The term "great room" has been creeping into usage for this space, but I've yet to meet one person who is truly happy with that choice. To me, it carries overtones of opulence and grandeur. It suggests a room about the size of a football field, its walls completely paneled in hand-carved oak, and so resplendent with massive chandeliers that one worries about the structural integrity of the ceiling. In short, "great room" seems inappropriate for your typical house.



Name this room and you could win $100

But what better label to use in its stead? Our staff has been struggling with this problem for months. "Live-in room?" someone suggested in a note the other day. Not awful in print, I thought, but it doesn't work orally; it sounds just like living room pronounced without the "g."

Earlier suggestions range from not-quite to dreadful. Nearly everyone came up quickly with such obvious possibilities as multipurpose room, all-in-one room, and omni-room. Just as quickly, we turned them down; such names sound uninviting.

Other suggestions aimed at psychological warmth: comfort room, coziness room, welcome room, renewing room, nurturing room, friendship room, sharing room. The spirit there is right, but I'm afraid the words still fall short.

Get-together room was another idea, and heart-of-the-house room, and conglomerate room. We also rejected compleat room, whatever room, open room, home room, activity room, keeping room, hub, and livingcookingdining room.

As you can tell, a few staff members are beginning to grow desperate. Some have even resorted to trying names in foreign languages—*salle* something-or-other and *chambre* this-or-that—a dead giveaway that creative engines are running on empty.

Gobbledygook also has reared its head. How do you feel about Communal Omni-purpose Restorative Environment—CORE for short?

Then there's the editor who volunteers to immortalize himself by giving his own name to this unchristened space—just as the Scottish inventor James Watt made it into the dictionary as a unit of power.

What I'm leading up to is that we're in dire need of help, and if you'd like to try your hand at this game, please do. By supplying the perfect name for that room in the floor plan, you'd put our despairing editors forever in your debt. And not only that, I'll send you a check for $100. The name should be original, unforced, and simple, and it should seem to have a chance of catching on with the American public. I'm the final judge, and please send me just one name. My mailing address is 1716 Locust Street, Des Moines, Iowa 50336. In case of duplicate winners, the earliest postmark takes the loot.

Gordon Greer

Gordon Greer, Editor

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $12 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. June, 1982, Vol. 60, No. 6.

LET US DO YOUR DIRTY WORK.



Let the Scrubbing Bubbles in Dow Bathroom Cleaner make short work of your toughest job.

Let them scrub your tub, foam your chrome and make your tile smile.

And don't worry about scratched surfaces or leftover grit. They won't let that happen.

So let the Scrubbing Bubbles take a shine to your bathroom.

And you can take it easy.

If you think an imitation is as good as a BedSack®, you're wrong.



There may be imitations, but there's only one BedSack®. No imitation fits like BedSack, or offers the BedSack guarantee of perfect fit. That's because only BedSack is *individually cut to one-thousandth of an inch tolerance*, guaranteed to fit mattress or boxspring.

BedSack, sonically sewn (no threads to snap or snag) and luxuriously quilted (PerfectPuff® bonded polyester filling), covers all four sides and top. Gives your mattress or boxspring better, longer life—protected against stains, tears, wear and dirt. Slips on like a fitted sheet, helps give your bed a decorator look. BedSack is machine washable, no iron. There's PillowSack®, too, both at linens departments everywhere.

Insist on guaranteed BedSack—any imitation is a poor second choice.

Only BEDSACK® BEDCLOTHING guarantees a perfect fit.

© 1982 Perfect Fit Industries, Inc., Monroe, N.C.
*Patent pendi



This is VIN-AL-WOOD

It's Different. It's Beautiful. It's Alcan.

e it or not – it is aluminum siding from Alcan. But what a difference.
closely at the Grain Pattern. It's so Woodlike. So Natural.
L-WOOD Brand Aluminum Siding is one of the many excitingly different
grain siding styles that can turn your home into the showplace of the
borhood.
offers the rich, warm look, the hearty, deep grain of natural woods. The
cal lasting luxury of finishes that stay fresh and beautiful year after year.
acked by one of the industry's longest and strongest warranties.

And remember, Alcan Aluminum Siding is the one with the Good Housekeeping Seal.

Discover the Alcan Difference.
Discover VIN-Al-WOOD. It could be the difference between just living in your home and just plain loving it.

ALCAN. We belong Around Your Home.

Alcan Building Products
A division of Alcan Aluminum Corporation
Cleveland, Ohio 44141

ALCAN

Send for Free VIN-AL-WOOD Discovery-Pak!

Name
Address
City
State
Zip

Mail To:
Alcan Building Products
P.O. Box 611 V-W/SH
Warren, OH
44482



*To locate your Congoleum Studio Showcase of Floors™ retailer, call toll-free 1-800-447-2882; in Illinois, 1-800-322-4400. Or, for the Congoleum retailer nearest you, see the Yellow Pages under "Floors–Materials." Shown here: Ultraflor® Esteem®, style 62038.

Congoleum

Discover floors of timeless beauty.

Discover the Congoleum difference in vinyl flooring. A special sense of style. Marvelously rich colors and textures. Discover Congoleum® floors with new, exclusive Chromabond.® Luxuriously easy care. Remarkably durable floors with superior stain resistance for beauty that lasts year after year. Discover the complete collection at your Congoleum Studio Showcase of Floors™ retailer.*



Congoleum

FLOORS OF TIMELESS BEAUTY.™

Carlton 100's lowest in tar.

Now 100's lowest in tar.

Now you know.

When two different brands of cigarettes claim to be the lowest in tar, it's time to draw the line.

There is only one lowest 100s and it's Now. A lot of people have been confused because Carlton's been advertising itself as the lowest for a very long time. But times have changed. And so have tar levels.

The chart at the right tells it all. Now 100s Soft Pack at 2 mg contains half the tar of Carlton 100s Soft Pack filter at 4 mg.

For a tar conscious smoker who's drawing the line against higher tar cigarettes, there's only one answer to the question about who's the lowest 100s. It's Now.



NUMBERS DON'T LIE. NOW 100s ARE LOWER THAN CARLTON 100s.

	100's soft pack regular	100's soft pack menthol	100's
NOW	2mg	2mg	Less than 0.5mg
CARLTON	4mg	3mg	Less than 0.5mg

Competitive tar levels reflect Dec. '81 FTC Report.

NOW

The Lowest

The lowest in tar of all brands.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

BOX 80's: Less than 0.5 mg. "tar", 0.1 mg. nicotine, BOX 100's: less than 0.5 mg. "tar" less than 0.05 mg. nicotine, av. per cigarette, FTC Report DEC. '81; SOFT PACK 85's FILTER, MENTHOL: 1 mg. "tar", 0.1 mg. nicotine, SOFT PACK 100's FILTER, MENTHOL: 2 mg. "tar", 0.2 mg. nicotine, av. per cigarette by FTC method.

CONTENTS

June 1982 Vol. 60, No. 6

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

EDUCATION

Are the arts endangered in our schools? 19

MONEY

HOUSING COSTS: RESHAPING THE AMERICAN DREAM 33

BUILDING

HOUSE STRETCHING ATTIC CONVERSIONS 47

SMART NEW LOOKS FOR SHABBY KITCHENS 52

- *If your kitchen went out of style with bobby socks and saddle shoes, it may be time to give the room a top-to-bottom remodeling. Here's how three shabby '50s kitchens each were given a smart new look without moving walls or adding extra space.*



Shaped-up closets 96

The 1982 Better Homes and Gardens Home Improvement Contest 202

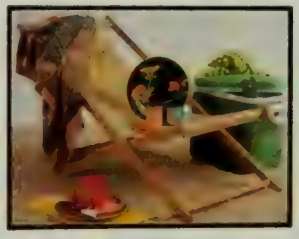
CARS

How to care for your car's sound system 60

ENTERTAINING

Picnic paraphernalia 69

- *It's picnic time again! To make sure you're ready for your first outing, we've combed the market for the best-looking and hardest-working picnic ware under the sun. Pick your favorite items and have a picnic!*



TRAVEL

Timesharing vacations: Are they right for your family? 74

PERFORMING ARTS FESTIVALS FOR VACATIONING FAMILIES 173

GARDENING

Protecting your home and garden from wildlife 82

Gardener's log 190

CONTENTS CONTINUED ON PAGE 12

This issue is published in multiple editions. **Subscription Prices:** One year $12 in the United States and its possessions. Canada, add $6 per year. Other countries, add $10 per year. Trademark registered in Canada and Australia. Marca Registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them.

© Copyright Meredith Corporation 1982. All rights reserved. Printed in U.S.A.

The KitchenAid Food Preparer.

Takes over where the food processor leaves off.



The KitchenAid Food Preparer with attachments does more than any food processor. You can make pasta, extract juice, grind meats, and more.

It's all there for the making with our powerful K45SS Food Preparer that includes a 4½-quart Stainless Steel Bowl, Flat Beater, Stainless Steel Whip, and Dough Hook. Plus a variety of optional attachments:

Food Grinder. Grinds meats, firm vegetables, and fruits.

Rotor Slicer/Shredder. Slices or shreds crisp vegetables, firm fruits, and cheeses.

Fruit/Vegetable Strainer. For pureeing and juicing. Makes sauces, tomato juice, and preserves.

Spaghetti/Noodle Maker. Makes thin or thick spaghetti, flat noodles, macaroni, and lasagna.

Grain Mill. Grinds corn, wheat, rye, oats and other low moisture, non-oily grains.

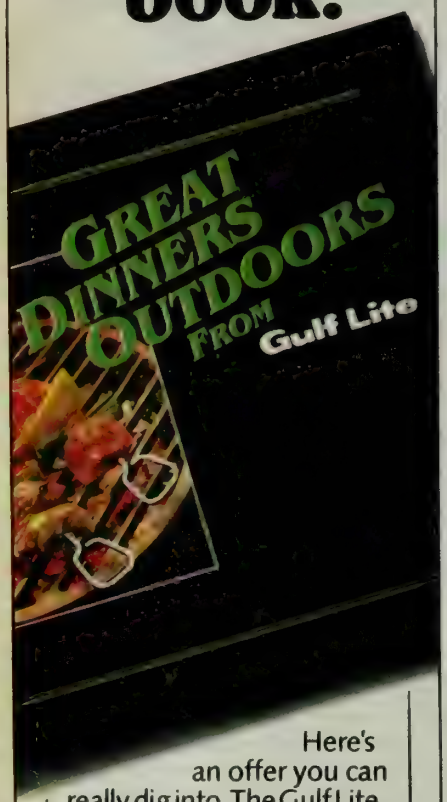
With KitchenAid quality and versatility, you'll have it made with the KitchenAid Food Preparer.

KitchenAid.®

Don't settle for less.

Hobart Corporation, Troy, Ohio 45374

Next time you barbecue, go by the book.



Here's an offer you can really dig into. The Gulf Lite® Barbecue Cookbook. It's not only filled with enough different, delicious, and economical recipes to fill an entire summer, but the Better Homes and Gardens Seal of Approval guarantees you the most savory results every time.

So start up your weekend with Gulf Lite, the "one-match" starter—then dig into a terrific meal.

Just send $1.50 plus 50 cents postage and handling to: The Gulf Lite Cookbook Offer, P.O. Box 9724, St. Paul, Minnesota, 55197. Please allow 6 weeks for delivery.

Cooking out is in.



Gulf Lite®
The "one-match" starter.

CONTENTS

continued

HEALTH

Health update 90

FEATURES

Good news 98

OUTDOOR LIVING 103

GREAT IDEAS FOR PORCH, DECK, AND PATIO 104

- *Why not make this your most enjoyable summer ever by turning your yard into an enticing warm-weather retreat? To help you do it, we've filled a whole section with great outdoor living ideas. Look them over, then start transforming your yard, deck, porch, or patio into a perfect setting for summer-long "vacationing."*



FOOD

BRING ON THE GUESTS! SIMPLIFIED SUMMER ENTERTAINING 118

- *Summer's here, and that's the signal for outdoor get-togethers. To take the hassle out of hot-weather entertaining, we've preplanned three outdoor parties: a co-op cookout, a fuss-free picnic, and a progressive dinner that moves from yard to yard. Just follow our formula, and you're bound to have fun!*



Prize Tested Recipes 147
- *Dairy drinks*
- *Sauces and relishes*

Win money for your recipes 151

Surprising rhubarb desserts 152

Fix-it-fast: 45-minute skillet meal 165

My turn to cook: Italian eggplant beef stew 170

PETS

Easy-to-build pet projects 184

DECORATING

Antiques and collectibles 192

Dressed-up ceilings 194

How to choose upholstery fabric 201

SHOPPING

How to order material from the magazine 189

Buying guide 196

Shopping editor's choice 203

CUSTOMER SERVICE:
For service on your magazine subscription, including change of address, write to Robert Austin, P.O. Box 4536, Des Moines, IA 50336. Please enclose an address label from a recent issue.

"Class, comfort...my Bend Over™ Skirt has it all."



"I figure you can try to keep up with the tides of fashion ...or go for a timeless, classic look. Like this Bend Over® Skirt by Levi's® Womenswear."

"This soft, stretch gabardine never cuts or binds. There's even a hidden elastic waistband. And all this comfort comes in both Misses and fuller-figured Women's sizes."

"I can't stand a fussy style. That's why I love these clean, simple lines. The colors blend with luxurious Bend Over Mate Tops, so building an elegant wardrobe is a cinch."

"Don't mimic someone else's style. Set your own, with Levi's Womenswear."

For stores in your area carrying Bend Over Clothes, call 800-858-4444. In Texas, Hawaii and Alaska, call collect (806) 335-1715.

Ask for Bend Over Skirt 95266-90 Misses (sizes 6-20), 15131-95 Petites (sizes 2-14), 99643-90 Women's (sizes 32-40). Bend Over Mate Top 44527-21 Misses (sizes 8-18).

Levi's WOMENSWEAR®

QUALITY NEVER GOES OUT OF STYLE®

Clorox®. The Unbeatable Disinfectant for Cleaning Toilet Bowls.





Nothing beats your Clorox Bleach to disinfect toilet bowls from germs. And Clorox works wonderfully to remove most stains. Just pour it in, brush, let it stand ten minutes, then flush. And our unique, smooth pouring spout splashes less for easier use. So next time, use the unbeatable disinfectant for cleaning toilet bowls. Your Clorox Bleach.

IMPORTANT:
Don't use Clorox with ammonia, toilet bowl, or other household cleaners. See label for instructions.



CLOROX BLEACH

Trust Clorox® to work for more than your laundry.

© 1981 The Clorox Company
Clorox is a registered trademark of The Clorox Company

Better Homes and Gardens®

Editor GORDON G. GREER
Managing Editor KATE KEATING Art Director GERALD PREATOR

Food and Nutrition Editor DORIS EBY
Senior Food Editor NANCY BYAL *Senior Food Editor—Books* SHARYL HEIKEN
Senior Food Editor—Special Interest Publications SALLY PEDERSON
Recipe Development Editor MARION VIALL
Associate Editors ELIZABETH WOOLEVER ROSEMARY HUTCHINSON
SANDRA GRANSETH SANDRA DAY PAT TEBERG JOY TAYLOR
MARCIA STANLEY DIANA McMILLEN JULIA MARTINUSEN DIANE YANNEY
JILL BURMEISTER NANCY WALL JANET FIGG
ALETHEA SPARKS LINDA MILLER

Building and Remodeling Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor DAVID R. HAUPERT
Senior Building Editor—Special Interest Publications DOUGLAS M. LIDSTER
Senior Building Editor—Books LAWRENCE D. CLAYTON
Kitchens and Bath Ideas Editor JOANNE JOHNSON
Remodeling Ideas Editor LINDA MASON HUNTER
Associate Editors CAROLANN SHINDELAR PAUL KRANTZ
LINDA JOAN SMITH JIM HARROLD WILLIAM L. NOLAN

Furnishings and Design Editor SHIRLEY VAN ZANTE
Interior Design Editor ROBERT E. DITTMER
Senior Furnishings Editor DENISE L. CARINGER
Senior Furnishings Editor—Books PAMELA WILSON CULLISON
Senior Furnishings Editor—Special Interest Publications PATRICIA POLLOCK
Associate Editors HEATHER SCHRADLE KAROL BROOKHOUSER

Garden and Outdoor Living Editor BEVERLY GARRETT
Senior Garden Editor STEVEN COULTER
Senior Garden Editor—Special Interest Publications DOUGLAS A. JIMERSON
Associate Editor LINDA STRASBURG

Money Management and Features Editor MARGARET DALY
Travel and Pets Editor BARBARA HUMESTON
Health and Education Editor DAN KAERCHER
Automotive and New Products Editor KIM GARRETSON
Associate Editors JUDY CRAWFORD MELL MEREDITH
Special Assignments Editor GEORGE S. BUSH

Crafts Editor NANCY LINDEMEYER
Senior Crafts Editor DEBORAH DUGAN
Senior Crafts Editor—Special Interest Publications JOAN CRAVENS
Senior Crafts Editor—Books ANN LEVINE
Associate Editors COLEEN DEERY GARY BOLING
LAURA HOLTORF REBECCA JERDEE DEBBIE FELTON

Copy Chief MARY ANN ROBERTSON *Makeup Editor* KATIE NORRIS
Associate Makeup Editor DOROTHY GRANT *Assistant Makeup Editor* NANCY HALL

Associate Art Director (Creative) BRYAN E. McCAY
Assistant Art Director KRISTIN FRANTZ
Graphic Designer (Covers) SUSAN MAHER *Graphic Designers* CHRIS GRECO
JUDY H. NEIGHBOR SUSAN KOCH KEVIN S. LUDGATE
Art Production Director RAY WOODS *Art Production Manager* JOHN BERG
Art Production Associates JOE HEUER KATHRYN DAVIDSON

New York—Associate Editor STACEY SMITH *Shopping Editor* ANN LIVELY

Group Editorial Services Director **DUANE L. GREGG**
Executive Art Director **WILLIAM J. YATES**

Special Interest Publications: *Editor* RICHARD W. ROYER
Art Director DON NICKELL *Associate Art Director (Creative)* KAREN HUBER
Associate Art Director (Managing) TOM WEGNER
Assistant Art Director MARISSA CONNER
Graphic Designers JACK YOUNG JILL CAREY RHONDA BLACK
DOUG BYERS CHRISTOPHER J. DAVIA FAITH WESTER
Copy Chief ELIZABETH BROOKS *Copy Editor* JIM WIGDAHL

Books: *Editor* GERALD KNOX *Managing Editor* DAVID A. KIRCHNER
Art Director ERNEST SHELTON *Associate Art Director (Managing)* RANDALL YONTZ
Associate Art Directors (Creative) NEOMA ALT WEST LINDA FORD
Assistant Art Directors HARIJS PRIEKULIS FAITH BERVEN
Graphic Designers ALISANN DIXON LYNDA HAUPERT LYNE NEYMEYER
BILL SHAW GREG THOMPSON MIKE EAGLETON
MIKE BURNS DEB MINER TRISH PODLASEK
Copy and Production Editors DAVID WALSH LAMONT OLSON
NANCY NOWISZEWSKI MARY HELEN SCHILTZ

Meredith Publishing Services: *Editor* DOUGLAS A. HOLTHAUS
Managing Editor SYLVIA MILLER
Special Projects Editors MIKE HOLMBERG DON JOHNSON
GREG ERICKSON MARJORIE GROVES
Art Director ROGER IHLENFELDT *Associate Art Director* C. L. GATZKE
Assistant Art Director DEETRA LEECH
Graphic Designers LINDA BENDER ROBERT RILEY STEVE LUEDER

Director, Editorial Research C. RAY DEATON *Associate* CAROLYN A. HAMILTON
Administrative Editor ROSE ANDERSON *Art Business Office Manager* CECILEE LEWIS
Test Kitchen Director SHARON STILWELL *Photo Studio Manager* DON WIPPERMAN

PUBLISHING GROUP PRESIDENT **JACK D. REHM**
Publishing Group Vice-Presidents: JAMES A. AUTRY General Manager, Magazines
NEIL KUEHNL Editor-in-Chief
JAMES R. NARBER General Manager, Publication Marketing Services
ROBERT E. GERHARDT Administration
FRED STINES General Manager, Books and Newspapers

Publisher and Advertising Director J. WESLEY SILK
Publishing Services Director AL NEY
Advertising Sales Director LENNOX E. H. STUART

CORPORATE OFFICERS: **Chairman of the Board E. T. MEREDITH III**
President ROBERT A. BURNETT
Group Presidents JACK D. REHM, Publishing JOHN GREGG, Printing
JAMES CONLEY, Broadcasting JAMES A. RIGGS, Real Estate
Vice-Presidents DONALD L. ARNOLD, Corporate Relations
THOMAS G. FISHER, General Counsel and Assistant Secretary
HERB SCHULTE, Corporate Planning WILLIAM H. STRAW, Finance
GERALD D. THORNTON, Administrative Services WALTER A. VOSS
Secretary BETTY CAMPBELL MADDEN Treasurer MICHAEL A. SELL

©1982, American Tourister Inc., A Hillenbrand Industries Company



American Tourister is beautiful under pressure.

Brutal bungling brings out the true beauty of an American Tourister hard-sided suitcase. Because it's built to take it.

With a sturdy stainless steel frame. The strongest materials we can find. Solid locks that won't spring open even after a beastly bounce. And in the bigger sizes, rugged wheels and a tough t-bar handle.

To us, it's not enough to give a suitcase a handsome shape or a luscious color (even if it is ripe cranberry).

To us, there's no point in building a suitcase at all if you don't build in the most important kind of beauty.

The lasting kind.

It's not just how good it looks. It's how long it looks good.

American Tourister

We live on an island with no repairman, so a Maytag Washer is a must for me, writes Mrs. Barclay.

I loved my old Maytag Washer so much, I also got a Maytag Dryer and a Maytag Dishwasher.

It's quite a hassle and expense getting a repairman to come from the mainland to Texada Island, British Columbia, states Mrs. Florence Barclay.



That's why I wouldn't have anything but a Maytag Washer, she continues. She knows they're built to last longer and save money with fewer repair bills, because her first one went 10 years with just one repair.

Last year Mrs. Barclay needed to replace her old dryer, so she decided to go all the way—new Maytag Dryer and a new Maytag Washer, too.

Counting her dishwasher, she now has three Maytags. They are everything I expected, and a joy to use, she states.



Florence and Harry Barclay



I'm fussy about clean dishes, says Mrs. Barclay, and my Maytag Dishwasher does such a super job.

Naturally, we don't say all Maytag Washers will equal that record. But long life with few repairs is what we try to build into every Maytag product. See our washers, dryers, dishwashers, and disposers.

Celebrating 75 years of making washers

MAYTAG

THE DEPENDABILITY PEOPLE

The Maytag Company, Newton, Iowa 50208

Seeing is Believing℠



FUJI FILM'S $1,500,000



INSTANT WINNER GAME. EVERYONE WINS!

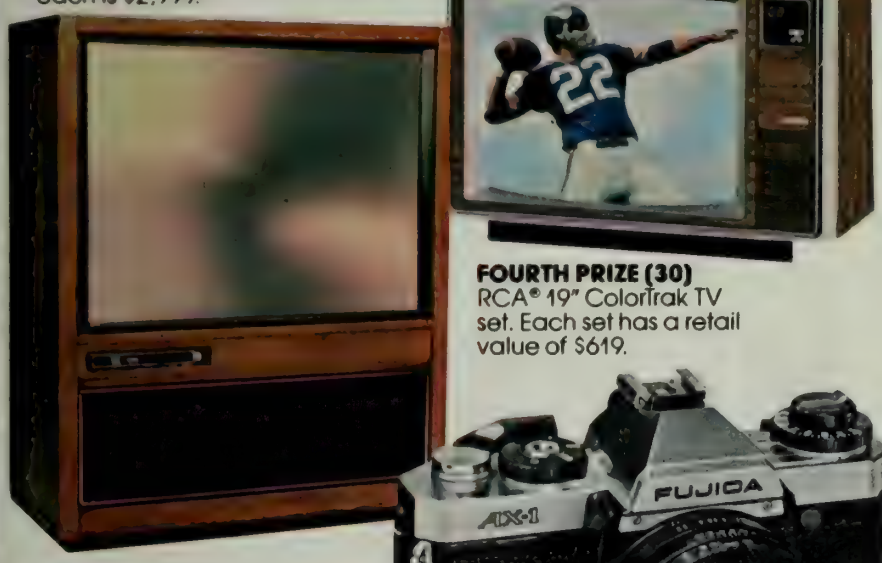
There's almost $1,000,000 worth of merchandise prizes plus coupons worth over $500,000. There's an Instant Winner Game Card in specially marked Fuji Film 3-roll multi-packs at participating stores. You may win one of these fabulous prizes!

GRAND PRIZE (1)
A luxurious new Cadillac Cimarron® with all standard equipment plus options. This car has a retail value of $20,000.





SECOND PRIZE (5)
G.E.® wide screen TV with 45" diagonal screen and 43" cabinet. The retail value of each is $2,999.



THIRD PRIZE (6)
A 7-day, 6-night trip for two to Acapulco, Mexico with accommodations at the Hyatt® Regency Hotel. Each trip has a retail value of $2,500.

FOURTH PRIZE (30)
RCA® 19" ColorTrak TV set. Each set has a retail value of $619.



FIFTH PRIZE (40)
Fujica® AX-1 35 millimeter SLR camera with 1.9 lens. An easy to use aperture priority AE camera. Retail value $340.

- SIXTH PRIZE (60)
  Three piece set of American Tourister® luggage. Each set has a retail value of $242.50.
- SEVENTH PRIZE (100)
  Oster® Electronic Kitchen Center. Each unit has a retail value of $224.95.
- EIGHTH PRIZE (150)
  Speidel® quartz watch. Retail value of each watch is $100.
- NINTH PRIZE (11,000)
  A ½ oz. bottle of perfume, Blazer by Anne Klein. Each bottle has a retail value of $38.50.
- TENTH PRIZE (12,500)
  3-In-1 fashion belt set with interchangeable brass buckle. Retail value of each set is $17.
- ELEVENTH PRIZE (13,000)
  Set of 4 Currier & Ives art prints—Spring, Summer, Fall, and Winter. Retail value of each set is $16.

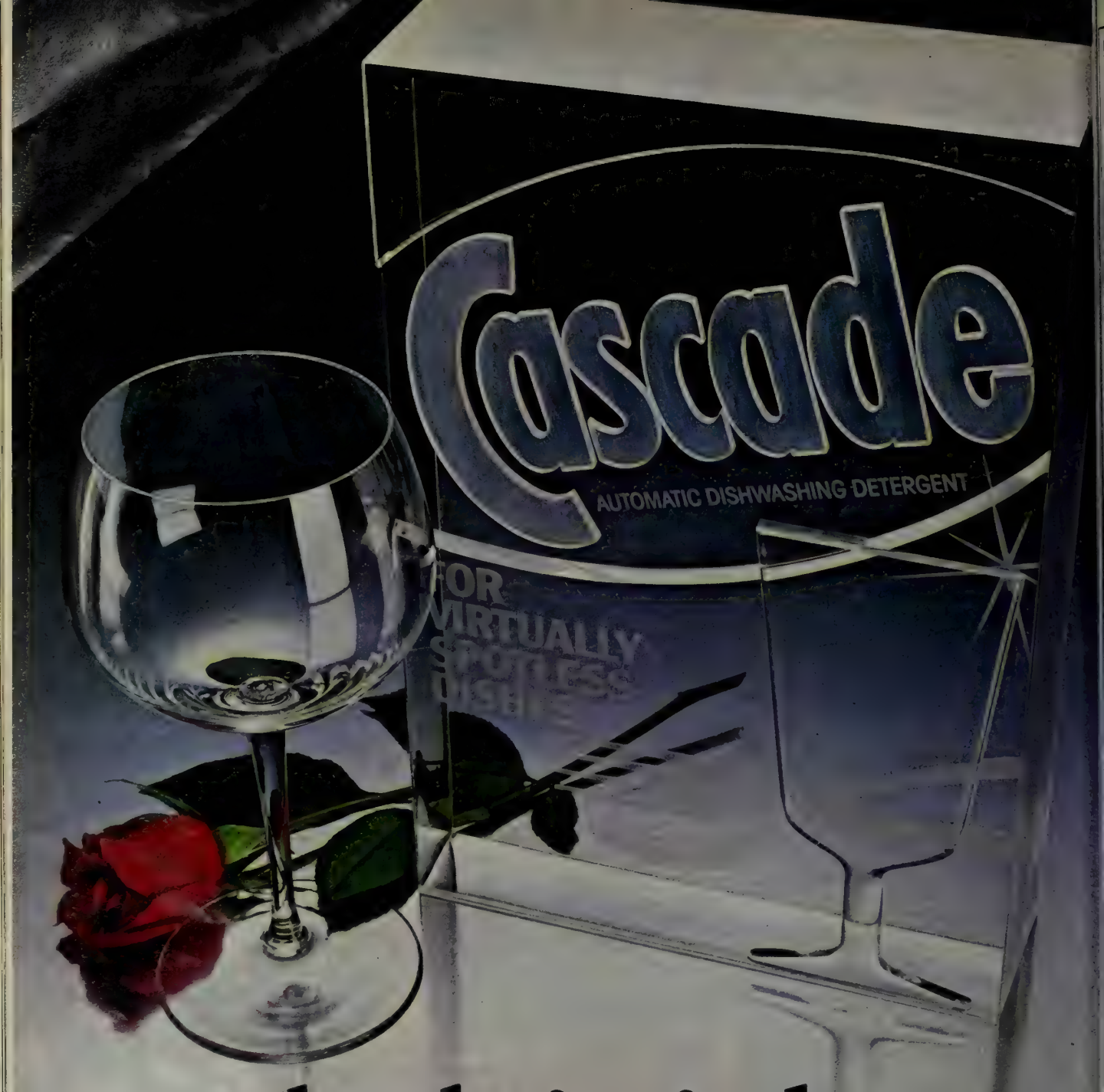
NO PURCHASE NECESSARY
To receive an Instant Winner Game Card with a copy of the Sweepstakes Rules, send a stamped, self-addressed envelope to:

FUJI FILM GAME CARD
P.O. Box 7357
Hicksville, N.Y. 11802

Requests must be received by December 31, 1982. Void to residents of Wisconsin, Missouri, Minnesota, Kansas or wherever prohibited, taxed or restricted by law.

Official Sponsor of the 1984 U.S. Olympic Team

Fuji Photo Film U.S.A., Inc., 350 Fifth Avenue, N.Y. 10118



The choice is clear.

Get the Cascade look...virtually spotless.

Most detergents can leave drops that spot.
But Cascade's sheeting action leaves glasses
virtually spotless...beautifully clear.



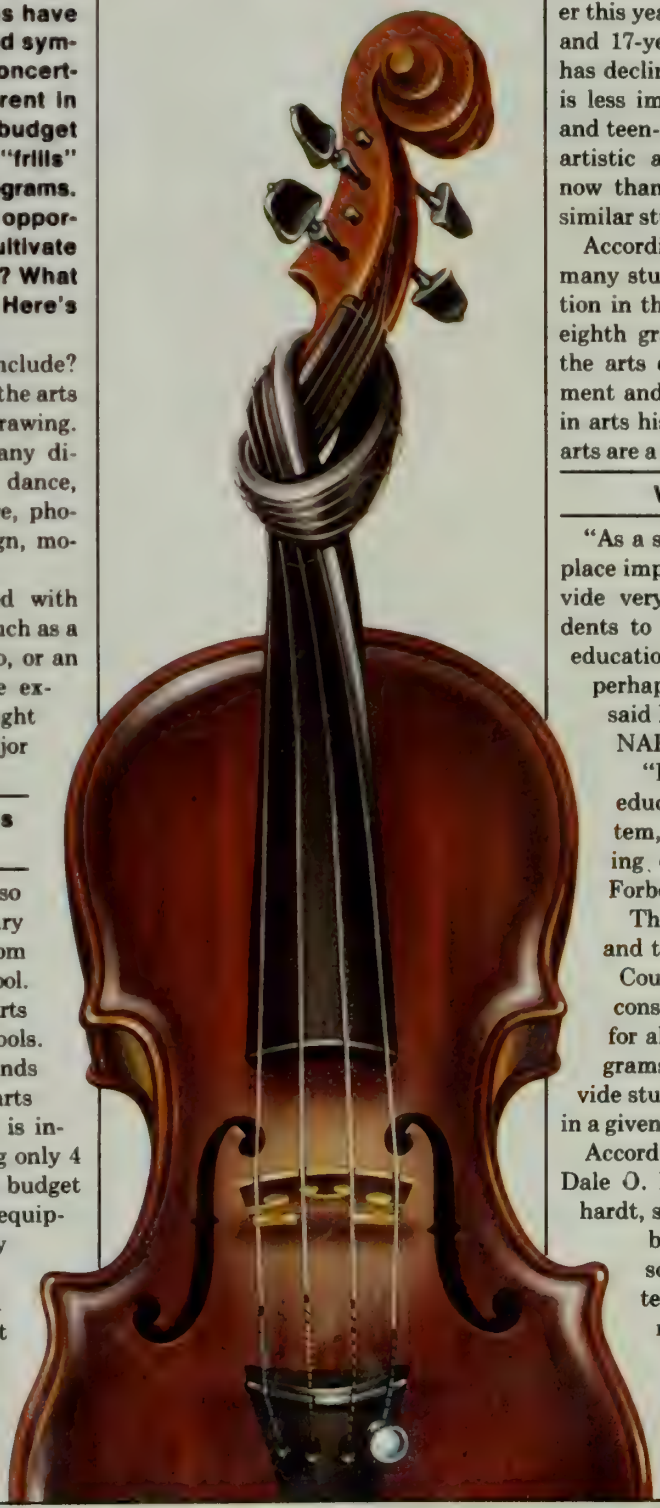
Dan Kaercher

Are the Arts Endangered In Our Schools?

Theater attendance is up throughout the country, museums have never been more popular, and symphony halls are packed with concertgoers. But the story is different in our public schools, where budget cuts and the elimination of "frills" are hurting arts education programs. Will our youngsters miss the opportunity to appreciate and cultivate the arts in the years to come? What can concerned parents do? Here's a report.

Just what do "the arts" include? Many people mistakenly think the arts are limited to painting and drawing. In reality, they encompass many diverse activities—music, theater, dance, folk art, architecture, sculpture, photography, crafts, costume design, motion pictures, and more.

Arts education is concerned with more than a finished product such as a dance performance, a flute solo, or an oil painting. The students are exposed to all the arts and are taught to critically evaluate the major art forms.



How are school arts programs faring these days?

Because the arts incorporate so many activities, programs vary widely in content and quality from state to state and school to school.

But generally speaking, the arts are faring poorly in most schools. The average school district spends only 2 percent of its budget on arts programs; the typical student is involved in arts education during only 4 percent of class time. Drastic budget cuts have eliminated funds for equipment, supplies, and in many instances, arts teachers.

During the 1978-79 school year, the National Assessment of Educational Progress (NAEP) surveyed over 95,000 nine-, 13-, and 17-year-olds to find out how much they knew about art and music; results of the study were released earlier this year. Among the findings: Nine- and 17-year-olds' knowledge of music has declined since the early 1970s. Art is less important to teen-agers today, and teen-agers are less likely to pursue artistic activities outside the school now than they were in 1975, when a similar study was conducted.

According to the NAEP reports, many students receive formal instruction in the arts only in the seventh or eighth grades. Subsequent courses in the arts emphasize only the development and refinement of skills; courses in arts history and appreciation of the arts are a rarity.

Why study the arts?

"As a society, we value the arts and place importance on them. Yet we provide very little opportunity for students to receive a formal, structured education in these areas—other than perhaps at the junior high level," said Roy H. Forbes, director of the NAEP.

"If we are serious about arts education being a goal of our system, we must create more learning opportunities for students," Forbes concluded.

The arts aren't just for gifted and talented students. In fact, the Council for Basic Education considers the arts a basic subject for all students, provided the programs are well organized and provide students with a sense of mastery in a given art form.

According to education researchers Dale O. Merrill and Denise R. Adelhardt, students who are involved in a broad fine arts program at school learn the three R's better than do youngsters who are not similarly involved. Merrill and Adelhardt reached their conclusion after studying the effects of the arts on students in the Union

continued

Illustration: Art Factory

Why is this pitcher smiling?



BECAUSE Kool-Aid® Sugar-Sweetened is **about ½ the price** of soda.*

BECAUSE Kool-Aid has **Vitamin C.** Soda doesn't.

BECAUSE Kool-Aid has **no carbonation.**

BECAUSE Kool-Aid® Brand Soft Drink Mix has those big **fruity flavors** kids love. Hugs and kisses guaranteed!



Make the smart choice. Kool-Aid, instead of soda.

*Based on national average retail prices.

© 1982 General Foods Corporation
Kool-Aid and the Smiling Pitcher are registered trademarks of the General Foods Corporation.

GF
GENERAL FOODS

continued

Are the Arts Endangered In Our Schools?

School District in Goleta, California.

Other school systems have reported similar results after infusing arts into the curriculum. In Columbus, Ohio, reading scores climbed. In Oakland, California, both reading and math scores improved. School officials say studying the arts stimulates creativity and communication, thereby motivating students to achieve in other subject areas as well.

What about special programs for the gifted? Some large cities have established entire schools for arts students; Houston's High School for the Visual and Performing Arts is one such "magnet school" for the arts. The Educational Testing Service of Princeton, New Jersey, operates the Advanced Placement Program, which sponsors 800 college-level arts courses in high schools. The ETS also sponsors The Arts Recognition and Talent Search (ARTS) for gifted high school seniors.

What arts courses are taught in most schools?

Traditionally, arts education has emphasized art first, then music, and to a lesser degree, theater and dance.

Elementary school students might be taught by an art or music specialist several times a week, although a recent survey indicated the average is one half hour per week. At the high school level, the options are usually more varied—graphic arts, advanced orchestra, ceramics, and chorus are among the arts courses offered in many schools. However, one-fourth of U.S. high schools now offer no arts instruction whatsoever.

Despite the funding problems, several encouraging trends in arts education have emerged in recent years: Many schools have increased their efforts to expose all students, including the handicapped, to the arts. Artists from the community are participating in arts programs in many schools. And some educators are using the arts to enhance instruction in the basic skills.

One example is Glover Hill School in Marblehead, Massachusetts, which has employed a harpsichordist to work with teachers. After learning about stringed instruments, the science teacher applies his knowledge to teaching a physics unit on sound. Social studies students learn about the history of the harpsichord. And shop students make their own monochords (rudimentary stringed instruments), which are used in music classes.

In Indianapolis, the arts approach is used with a special group of students. Dancer and teacher Sandra Reed Reiberg conducts a workshop where she uses movement to teach handicapped children the letters of the alphabet.

HOW GOOD IS YOUR SCHOOL'S ARTS PROGRAM?

The Arts, Education and Americans, Inc., and the National Art Education Association suggest that you ask these questions to evaluate the arts program in your youngster's school:

- Is there a formal school board policy on arts education?
- What percentage of the total school budget is earmarked for arts education?
- Does the parent association donate any money to the arts?
- Do all elementary students receive at least 90 minutes of instruction in the arts per week?
- Can students enroll in instrumental music classes beginning in the fourth grade?
- If the school enrolls 350 or more students, is there a full-time arts specialist?
- Does the school offer separate courses in theater and dance at the high school level?
- Are there extracurricular activities and clubs for students with special interests in the arts?
- Can students with special needs, such as the physically handicapped and learning disabled, participate in the arts education program?
- Do students receive credit for arts courses?

How else are artists and schools working together?

A new partnership between artists, cultural institutions, and the schools has emerged in the past decade.

Last year, 4,400 artists—including sculptors, architects, poets, and others—shared their talents with two million students as part of the Artists in Education program, sponsored by the National Endowment for the Arts.

Supported by state and local art councils with matching grants from the Endowment, the resident artists may stay for a day, a week, or a month. During that time, the artist tries to complement the skills of the school's own arts teacher and to acquaint students with a "real live artist."

Community arts councils and agencies—there are over 2,000 nationwide—have developed a number of innovative programs for students:

- The Alvarado Art Workshop in San Francisco was launched by two women who wanted to bring local artists into their children's schools. The Workshop sponsors a variety of projects: Schoolchildren paint murals in inner-city areas and attend puppetry, weaving, and stained glass workshops with their teachers.
- The Urban Getaways Project in Chicago provides dance workshops and enables students to attend matinee performances by symphony orchestras.
- Community Programs in the Arts and Sciences (COMPAS) in St. Paul, Minnesota, brings poets, playwrights, and writers to 75 schools for special daylong programs.
- The Cultural Educational Collaborative (CEC) in Boston links schools with museums, opera companies, and theaters and arranges for artist-in-residence programs and teacher-training workshops.

Tour groups also bring to the schools professional opera singers, violinists, classical guitarists, and other performing artists. For example, the Western Opera Theater stages 40 to 60 full-

continued on page 24

AMERICA DESERVES CLEAN AIR, CLEAN WATER, & A CLEAN CLEANSER.



Trust Bon Ami to do your cleaning. The 96-year-old cleanser with the chick on the can.

WHAT'S IN IT?

1. Feldspar & Calcite. These natural ingredients polish away stubborn soil & stains.

2. Biodegradable Detergent. Cuts grease fast.

3. Oxygen Bleach. Attacks tough stains.

4. Sodium Carbonate. Conditions your water.

WHAT'S NOT IN IT?

No noxious gases to pollute the indoor air you breathe. No chlorine. No phosphorus. No irritating fragrance. No harsh silicas to harm the things you love.

WHAT'S IN IT FOR YOU?

It means Bon Ami® cleans clean. Doesn't scratch the way rough silica cleansers like Ajax® and Comet® do.

It doesn't pollute. It's the cleanser recommended by such famous names as Corning®, Corelle®, Pyrex®, West Bend®, Farberware®, Tappan®, Rival® and many others.

Bon Ami takes care of the things you care about. Your stainless steel appliances. Your cookware. Your sinks. Your tubs. Your tile. Your environment.

Yes, your environment.

We believe that America deserves a clean cleanser. On that, we shall never compromise. Even though we're still a small company competing with giants.

We need your support. Even your moral support. If you're with us, write to Gordon T. Beaham III, president, Faultless Starch/Bon Ami Company, 1025 West 8th St., Kansas City, MO 64101.

Bon Ami®
"HASN'T SCRATCHED YET"®

YOU-CAN-DO-IT STORAGE: UPSTAIRS, DOWNSTAIRS, ALL AROUND THE HOUSE.



Stanley comes to the rescue! Just when you're absolutely sure you've run out of places to store things, Stanley comes up with a booklet crammed full of great ideas. Free, too. You can build (or build *in*) all these suggestions yourself – just as long as you're somewhat handy with tools and wood.

The list starts with a blanket chest/toy chest. A behind-the-couch bookcase with hidden storage for valuables. A pantry on a door. Useful under-stairs storage, too. There are also some suggestions for a home entertainment wall, between studs shelving and much more.

To build these projects, all you need is wood and some standard hand tools – a Stanley saw, hammer, screwdriver, Powerlock® rule, to mention a few. You'll also want to pick up some basic Stanley hardware – screws, shelf brackets, nails, bolts, etc.

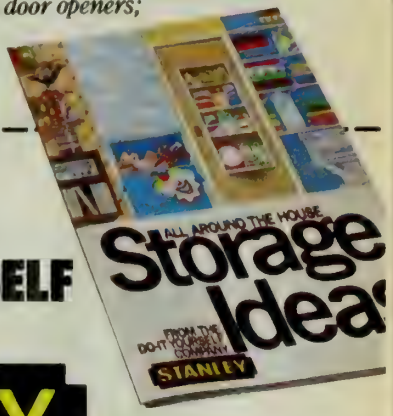
So go to it. There's a lot of satisfaction to be had in finding *and* building extra storage space around your house.

Order this free booklet from Stanley, The Do-It-Yourself Company that makes Stanley tools; hardware; weather stripping; shelf standards and brackets; fasteners; garage door openers; replacement entry doors.









GET FREE BOOKLET FROM THE DO-IT-YOURSELF COMPANY

STANLEY®

helps you do things right®

The Stanley Works
Ad Services Dept.
Box 1800, BHG6-2
New Britain, CT 06050

Please send me your free Storage Ideas Booklet.

Name _____

Street _____

Town _____ State _____ Zip _____

SUBSCRIBERS: PLEASE NOTE!

BETTER HOMES AND GARDENS® subscribers and members of their families often express interest in home and family related products and services which are supplied by our company, Meredith Corporation, and other reputable firms.

From time to time, accordingly, we send our subscribers offers for BETTER HOMES AND GARDENS books, home craft and decorating items, other home related merchandise, and services of potential interest. We also make available subscriber names and addresses to other firms who are able to supply appropriate products and services.

Great care is taken by Meredith and other direct mail advertisers to send information about such products only to families who are most likely to be interested in them. Indications of interest such as products previously purchased, geographical location of the household, and various characteristics of the community, are considered to determine which products and services should be offered. A careful examination of advertisers and their offers is also a part of this screening process.

While we believe the distribution of this information is of benefit to our subscribers, we firmly respect the wishes of any subscriber who does not want to receive such promotional literature. Should you wish to restrict usage of your name, simply send your request to BETTER HOMES AND GARDENS, P.O. Box 10263, Des Moines, IA 50336, enclosing a current address mailing label. You may wish to state whether your preference is to receive no offers of any kind described above or to receive only Meredith Corporation offers.

continued from page 21

Arts in our schools

length performances each year in schools from Alaska to California. Affiliate Artists, Inc., is a similar program that has a national scope.

How will current budget cuts affect arts education programs?

Since almost all states rely on federal money for arts education programs, it's fairly certain that federal budget reductions will have a big impact. Further, the National Endowment for the Arts faces a 25-percent budget cutback, which will hurt the highly popular Artists in Education program.

Some federal officials say that, although less federal money will be earmarked for arts education, funds still will be provided in block grants to states and local school districts which then will decide how the money will be spent.

"Where arts programs are strong, they can anticipate being included in block grants," said Margaret Howard of The Arts, Education and Americans, Inc., an arts education advocacy organization. "Arts programs will compete against other special interest groups," Howard continued. "It's a time of challenge for arts education advocates."

What can parents do?

In many communities, concerned parents make it possible for their youngsters to study the arts by acting as volunteers, establishing new after-school programs, and raising funds for artists in residence.

In Scottsdale, Arizona, five parents joined forces to help provide students in Scottsdale schools with enriching experiences in the arts. The parents formed the Arts and Education Council, now a 300-member-strong group that funds performances in the schools, a children's theater group, and a Masterpiece of Art lecture series.

In Aurora, Colorado, parents raise money at bake sales in order to hire folk singers and actors for school performances. In the state of Kentucky, parent involvement made the difference in convincing state officials to continue financing arts programs.

If you're concerned about the "state of the arts" in your youngster's school, here's what you can do:

- Talk to the principal about the school's arts program.
- Contact your local or state arts council for information about school arts programs.
- Invite an arts teacher to discuss the school's program with parents.
- Contact museums, symphonies, dance companies, and universities to learn what resources are available.
- If you are an artist, volunteer your services to the school.
- Encourage your youngsters to get involved in the arts at home as well as at school.
- Lobby for arts specialists who teach in the schools on a regular basis.

For further information

- Affiliate Artists, Inc., 155 West 68th Street, Dept. K, New York, NY 10023. Write for free brochures about corporate-sponsored artists-in-residence programs. Affiliate artists also can tell you if such a program already exists in your community.
- Alliance for Arts Education, John F. Kennedy Center for the Performing Arts, Washington, DC 20566. Ask to receive *Interchange*, a bimonthly arts education newspaper available free upon request. The alliance has committees in every state and several territories. Many of these organizations welcome as members parents who are committed to quality arts education.
- The Arts, Education and Americans, Inc., Box 5297, Grand Central Station, Dept. BHG, New York, NY 10163. Request a list of monographs on arts education topics, available for $2 each. The organization also publishes a bulletin for members and operates a referral service.
- National Art Education Association, 1916 Association Drive, Dept. BHG, Reston, VA 22091. Write for information on what communities can do to support the arts.
- The Rockefeller Brothers Fund, Awards in Arts Education, Room 3450, 1290 Avenue of the Americas, New York, NY 10104. Write for information on grants of $10,000 and more that are awarded to schools with exemplary arts education programs.

—By Sally Reed

Since 1976, One Cigarette Has Done More To Change The Way People Smoke Than Any Other Brand...

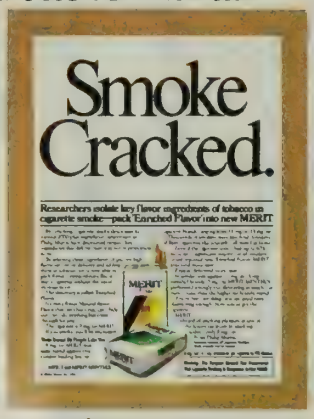
MIE

The cigarette that challeng

MERIT: The Most Significant Breakthrough In Smoking Since The Filter.

In the early 1970's, most smokers believed that a cigarette low in tar also had to be low in taste.

Then, in 1976, after twelve years of intensive effort, scientists isolated key flavor components in cigarette smoke—natural ingredients that delivered taste way out of proportion to tar.



This breakthrough severed the link between taste and tar, which led to the development of MERIT, a low tar cigarette capable of delivering extraordinary taste.

MERIT: The Cigarette That Delivers The Taste Of Brands Having Up To Twice The Tar

The MERIT achievement was confirmed in taste tests involving thousands of smokers. For the first time ever, published research proved that a low tar cigarette could deliver the taste of leading higher tar



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

RIT

gher tar smoking–and wins.

brands—even cigarettes having up to twice the tar.

MERIT! The Proven Taste Alternative To Higher Tar Smoking.

Smoker response was overwhelming. Since the introduction of MERIT, millions of smokers have switched to—and stayed with—the only proven taste alternative to higher tar smoking. The latest survey among this group confirms that 9 out of 10 say MERIT is an easy switch, that they didn't give up taste in switching, and that MERIT is the best-tasting low tar they've ever tried.

MERIT ULTRA LIGHTS: The Only Ultra Low Tar Cigarette That Gives You The MERIT Taste Idea.

Now, the MERIT taste idea has been extended to MERIT ULTRA LIGHTS. A milder MERIT for those who prefer an ultra light cigarette. It's setting a whole new taste standard for ultra low tar smoking.



Millions of smokers have already discovered why MERIT and MERIT ULTRA LIGHTS are changing the future of smoking.

To those who haven't, the time is now...

Kings: 7 mg "tar," 0.5 mg nicotine—100's Reg: 10 mg "tar," 0.7 mg nicotine—100's Men: 9 mg "tar," 0.7 mg nicotine—Ultra Lights: 3 mg "tar," 0.3 mg nicotine av. per cigarette, FTC Report Dec.'81—Ultra Lights 100's: 5 mg "tar," 0.5 mg nicotine av. per cigarette, by FTC method.

Take T
Cha

High tar, low tar or ultra low tar. . . No matter what you're smoking now, MERIT and MERIT ULTRA LIGHTS have a cigarette to challenge the taste satisfaction of your present brand—at surprisingly low tar levels.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

© Philip Morris Inc. 1982

e Merit enge.



Here's How To Take The MERIT Challenge:

Just mail in the attached postcard. You will be sent two free packs of the MERIT or MERIT ULTRA LIGHTS of your choice.

Take the MERIT Challenge by comparing MERIT to the brand you're now smoking.

You'll taste why MERIT and MERIT ULTRA LIGHTS are changing the future of smoking—today.

If postcard is missing, a new card may be obtained by writing: The MERIT Challenge, P.O. Box 5330, Hicksville, N.Y. 11816.

Only one Challenge per household. Offer void to persons under 21 years of age. Offer good in continental U.S.A. except where taxed, prohibited or otherwise restricted. No orders accepted from groups or organizations. Offer expires Dec. 31, 1982. Allow 8 weeks for delivery of cigarettes from date postcard is mailed.

Kings: 7 mg "tar," 0.5 mg nicotine—100's Reg: 10 mg "tar," 0.7 mg nicotine—100's Men: 9 mg "tar," 0.7 mg nicotine—Ultra Lights: 3 mg "tar," 0.3 mg nicotine av. per cigarette, FTC Report Dec.'81—Ultra Lights 100's: 5 mg "tar," 0.5 mg nicotine av. per cigarette, by FTC method.

The bedtime story is more important than the bed

It doesn't matter if it's a four-poster bed covered with a canopy or a bunk bed covered with a quilt. What does matter is that bedtime is a special time for parents and children to be together. A quiet time for love and reassurance.

It is time spent like this that gives children what they need most in life. A good home.

For home is the stage where the drama of life is played. Where children learn right from wrong. Where old-fashioned ideals like courage and honesty, respect for oneself and others are passed down from one generation to the next.

We are concerned about the erosion of these values that should be taught at home. We see the growing problems of society—broken homes, crime, drugs, and juvenile delinquency—and are shocked by the trauma they inflict on families, especially children.

Our over-burdened schools can no longer solve these problems confronting our society. There is only one place where we can regain the values and integrity that will cure these ills. We must turn to the home—our piece of the world—the place where it all begins.

For fifty years, Ethan Allen has been dedicated to helping Americans create beautiful environments for their homes. But we know it takes more than fine quality furnishings to make a good home. It takes the love, respect and understanding of those who share it together.



Ethan Allen Galleries

A Good Home Lasts a Lifetime.

© 1982 Ethan Allen, Inc. An INTERCO Company

Margaret Daly

HOUSING COSTS: RESHAPING THE AMERICAN DREAM

Throughout American history, home ownership has been a symbol of both personal achievement and community stability. But to many young people today, the dream of a one-family home on its own piece of land may seem like a fading fantasy. High interest rates, of course, have been a major part of the problem. But even if mortgage rates should drop considerably, the fact remains that some fundamental changes have taken place in the housing marketplace. In this article, we examine those changes—and also look at how some people are managing to adapt successfully to the housing realities of the 1980s.

For more than four decades, American homeowners derived special benefits from the government. Home ownership was near the top of our national priorities. By promoting low-cost, long-term mortgages and tax breaks for homeowners, we transformed ourselves from a nation of renters to a nation of owners in just 40 years. Fewer than 44 percent of all U.S. dwellings were owned by their occupants in 1940; by 1980 that figure had grown to more than 65 percent—a record that is unmatched by any major Western industrialized country.

The benefits of home ownership

There were good reasons for making home ownership a national priority. Most important, owning a home provided families with roots and purpose, a commitment to schools and churches, and a concern for community well-being.

Another solid benefit of home ownership was economic stability. A few thousand dollars down (or less) bought a sizable asset as well as decent shelter. The monthly mortgage payments were fixed, predictable—and in effect cheaper as years passed and inflation eroded the dollars used to pay off the debt.

Tax deductions for mortgage interest and property taxes helped keep net costs down. When the home was sold, the seller could avoid taxation on the profits by buying a more expensive, more elaborate house. And he or she could afford the new home because those profits provided a down payment—often with cash left over. For most families, there just wasn't a better deal around.

"We found a condominium we could afford—and we like it better than any of the houses we saw on the market."

Susan and Greg Witham, of Valparaiso, Indiana, started looking at homes early last year. "With high interest rates plus the cost of changes we'd make on the house, we just couldn't afford anything we saw," says Susan, age 26, who is an interior designer. Then they came upon a condominium unit in a cluster development of attached housing. The price was $58,100, financed by an 11¾-percent, 30-year mortgage that must be renegotiated after three years. "Condos are kind of a new concept around here," says Susan, "but we really like our condo unit better than the houses we saw. We had lots of choice about the interior construction, and we got everything exactly as we wanted it." The development is well designed, according to Susan. "There's a nice view and a landscaped yard, and the problem of noise and privacy is no different than in any other neighborhood."

Enter inflation

In the '50s and '60s, housing costs generally kept pace with the economy and the gradual rise of personal income. But between 1974 and 1981, the median price of a new house nearly doubled, from $35,900 to $70,000—a price just plain out of reach for many families. Rentals and existing homes escalated in price, too, as frantic buyers looked for alternatives and squeezed the available housing supply.

Meanwhile, inflation made tax deductions more attractive to homeowners whose incomes were rising with the general cost of living. Steve Haskell, 30, and his wife did some arithmetic and bought their first home in The Woodlands, Texas, near Houston. "We would have been foolish to keep on renting," says Steve. "We were being taxed to death, and we needed the deductions. Besides, the value of our house is bound to grow."

During the late 1970s, inflationary expectations fostered a "now or never" psychology about home buying. First-timers rushed into the market for fear they'd soon be priced out. Some buyers purchased more house than they needed or could afford, anticipating high returns when they sold. In cities with volatile housing markets, speculation ran rampant and the concept of housing as shelter was lost in the flurry to buy.

But then the trend began to change. Median sales prices of existing homes rose only moderately, and actually dropped in some markets; the home building industry suffered its

continued

continued

Housing costs

deepest slump since World War II. The chief culprit has been the high level of general interest rates—one of the biggest weapons government is using against inflation.

The devastating toll of high interest rates

Until recently, home buying and selling very much depended upon relatively inexpensive long-term mortgage money. But in the past three years, the world of home financing as most of us had known it was transformed. Long-term mortgages ran as high as 18 percent in some parts of the country last year and had not dropped much by early 1982. Most families simply cannot afford the payments at such rates—over $1,000 a month, including property taxes and insurance, for a typical $56,000, 30-year mortgage.

Hardest hit are families looking for first homes. Often they don't earn enough to qualify for loans; they have trouble raising the down payments required under current market conditions. These young people may remain a giant step behind for years to come. The reason: A first home, though rarely the house of one's dreams, usually shows enough profit when sold to provide a down payment for another, generally larger, home. And so the process continues up the ladder to other homes. But what if you can't climb onto the first rung of that ladder?

Furthermore, the whole housing cycle is disrupted, since existing home owners generally must sell their present homes to buy their next ones. With the rates on traditional mortgage money so high, many homeowners have had to lower their prices and/or provide buyers with "direct financing" (like a second mortgage). The National Association of Realtors estimates that such "creative financing" was used in more than 60 percent of existing-home sales last year—a dramatic increase. In many markets, seller financing has been virtually the only game in town.

What happened?

Quite simply, inflation blasted the traditional mortgage market wide open. Back when the cost of living grew at a modest pace, millions of savers left their funds in low-interest passbook savings accounts—the chief source of low-cost mortgage money.

"We couldn't afford any of the houses we saw. Then we found this terrific double-wide mobile home. It's just right for our family needs and our pocketbook."

Edward and Donna Koenig, of Conyers, Georgia (near Atlanta), were recently married—each for the second time. Her child lives with them. "We had our minds made up that we didn't want an apartment," says Edward, a 37-year-old supermarket manager. "But we couldn't find a house we could afford. Then we saw a double-wide mobile home in a good park. The owners wanted $3,500 down, and we could assume the $28,000 balance of their mortgage at 12.5 percent. That was at a time when interest rates were running at 17 or 18 percent." The Koenigs could only put up $2,000, so they arranged a one-year second mortgage with the owner for the other $1,500. "The place is fantastic," he says. "It's clean and there's no traffic. There's a place for the children to play, plus a swimming pool. Monthly costs for renting the site and getting water, garbage, and other services is only $87. I'm sure we'll get our investment back, too. The mobile home park already has a waiting list of buyers."

But when government responded to soaring inflation by forcing interest rates up sharply, small savers wised up fast. They moved their money into new, higher yielding investments like money-market mutual funds and six-month savings certificates.

As a result, the thrift institutions lost funds or had to pay higher rates to keep their customers' money. They also were stuck with long-term mortgages yielding far less than what new savings sources cost them.

One solution to the problem was to develop some new kinds of mortgages whose returns to lenders responded to fluctuations in commerical interest rates—the very rates that were now so appealing to savers. Suddenly home buyers were competing for funds head on with business, government, and other borrowers.

The new mortgage market

The dust hasn't settled yet in the mortgage arena. Those long-term, fixed-rate loans still exist in some markets, but few families can afford them under present terms. To help more buyers qualify for financing, some builders arrange long-term loans by discounting them for the first two or three years. These "buydowns" then revert to a higher fixed rate for the duration, when the borrower presumably will be earning more money.

Graduated payment mortgages (GPMs) also initially offer rates below the current market's, then revert to higher fixed rates. But if the early payments don't cover the true costs of the loan under current market conditions, the outstanding debt may increase.

"We bought a house with a two-bedroom apartment we rent out. That extra income makes the whole deal affordable for us."

Maureen and Jim Doherty, of Onset, Massachusetts, were living in an apartment near Boston when she became pregnant with their fourth child. "With so many kids, we just had to have a house," says Maureen, "and we wanted to get away from the city. We called many places and were turned down a lot, but we were determined. Then we found this house in Onset for $36,000, with a two-bedroom apartment we could rent out for $200 a month." The mortgage rate was very high—17½ percent—and the Dohertys are paying off a three-year second mortgage for $5,400 to the original owner. "But with the apartment rental, we can afford the combined payments even though I stopped working when my youngest child was born. And we're keeping an eye on interest rates so we can refinance if they drop enough."

Today's borrowers face many other complex and unfamiliar deals. With some plans, interest rates may be adjusted one or more times a year—changing monthly payments or the amount of loan outstanding, or both. Other loans must be renegotiated

continued

Surprise!



Available in most areas.

Shown: New Big Button phone.

©AT&T 1982

The perfect gift! A genuine Bell telephone.
It's different. But practical. It's good-looking. Long-lasting. It's a quality gift. After all, it's genuine Bell.

It has every quality you want a great gift to have. And it's surprisingly affordable.

But come see for yourself. Browse around the Bell PhoneCenter. You'll find the perfect phone for everyone on your gift list. Or you can give a genuine Bell gift certificate.

A Bell phone is the gift for any season or reason. The next time you want special people to know you really care, visit your Bell PhoneCenter. You'll find a gift they'll remember, and use, for years.

Bell Phone Center®



New Diplomat* phone



New Rendez-Vous* phone



New Country Squire* phone

*Trademark of Northern Telecom, Ltd. †Trademark AT&T Co.

WHAT WORKING PARENTS SHOULD KNOW TO KEEP A CHILD FROM GROWING UP INSECURE.



Many families today depend on two incomes. In fact 54% of working husbands had wives with jobs last year.

If both of you are working it's important that both of you are insured. Because this financial security is essential to your child's emotional security. The loss of either working parent shouldn't mean the loss of a home, a school, or anything else crucial to the life of a child.

That's where Metropolitan can help. We offer special insurance programs for two income families which will give you the two-parent protection that your family needs. For a premium cost that is surprisingly affordable.

In fact, Whole Life *Plus*, one of our newest policies, can give you up to one-third more coverage than we ever offered before for the same premium. And our Cost of Living rider can keep your policy's coverage increasing along with inflation, too. The value of your policy will continue to grow with the Consumer Price Index, as much as 300%.

So call one of our trained representatives soon. They're professionals who understand the needs of working parents. We know you want your child's future to remain secure. Insuring both parents' lives is a good way to guarantee it.

Metropolitan Insurance Companies

METROPOLITAN REALLY STANDS BY YOU.

Life/Health/Auto/Home/Retirement

©1982 Metropolitan Life Insurance Co., New York, N.Y.

continued

Housing costs

every few years. Still others require sharing some of the home equity with the lender either when the house is sold or sooner.

"Creative financing" by the seller also is unfamiliar to many, though such arrangements aren't new. Many seller/buyer deals are set at interest rates considerably lower than the market. However, like some institutional loans, these arrangements often involve "balloon payments"—the balance of the loan is due after just a few years. At that time, the buyer must come up with the cash at prevailing rates, or the parties may renegotiate.

What does it all mean?

Many people are alarmed by these swift changes in the home financing market. Yet housing experts argue that without them, mortgage funds would dry up altogether.

Whatever one's view, one fact is clear: Today's inflation risk has largely been transferred from the lender to the borrower. Until inflation is brought under firm control—a political and economic task of vast proportions—the home financing situation is not likely to change very much.

Nor is our present administration likely to come to the rescue in a big way. Although some short-term emergency legislation was being considered as we went to press, the Reagan administration's fundamental belief is that national resources must be concentrated on "reindustrialization"—reviving the economy generally. Once that happens, the reasoning goes, interest rates will fall, the economy will stabilize, and housing will benefit along with everything else. Only time can tell whether this theory will work.

Is it a good time to buy?

That depends upon individual circumstances, of course. Despite the un-

continued

Save 15¢ on Kellogg's Product 19.



It has 100% of nine vitamins and iron. No other cereal gives you more.

You get 100% of your daily allowance of nine vitamins and iron in every delicious bowl of *Kellogg's® Product 19®* cereal. Vitamins that can stay with you, to help you during the day. No other cereal has more.

So save 15¢ on *Product 19* cereal. We're with you 100% of the way. 100% of the day.



STORE COUPON

Save 15¢

on your next purchase (any size) of *Kellogg's® Product 19®* cereal.

(Offer limited to one coupon per package purchased.)

GROCER: We will redeem this coupon plus 7¢ handling when terms of this offer have been complied with by you and the consumer. For payment, mail coupons to: DEPT. K., P.O. BOX 1172, CLINTON, IOWA 52734. Coupon will be honored only if submitted by a retailer of our merchandise or a clearinghouse approved by us and acting for, and at the risk of, such a retailer. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown upon request. Any sales tax must be paid by the consumer. Offer good only in the United States, its territories and Puerto Rico, and void where prohibited, licensed, taxed or restricted by law. Coupon subject to confiscation when terms of offer have not been complied with. Cash value: 1/20 of 1¢. KELLOGG SALES COMPANY

Coupon expires June 30, 1983.

38000 110130

Kellogg's Product 19
We're With You 100%.

® Kellogg Company
© 1982 Kellogg Company

® Kellogg Company
© 1982 Kellogg Company



King size: 4 mg. "tar", 0.4 mg. nicotine av. per cigarette, FTC Report Dec. 1981.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

continued

Housing costs

certain economy, buyers should not be discouraged from looking. Here's why:

1. The nationally publicized statistics can be misleading. True, a tremendous price crunch can hit areas where demand is high and construction isn't keeping up. But there are buyers' markets as well. Even in high-demand areas, buyers often can find lower cost housing than the headlines suggest. Similarly, mortgage money is sometimes available below market rates—when a lender needs to upgrade his mortgage portfolio, or a builder is willing to supplement a loan, or a seller is eager to strike a deal.

2. Housing should remain a good investment despite recent price drops. The main reason is potential demand. Census figures and other data indicate that in this decade 41 million "baby boomers" will reach age 30—the prime home-buying age. Also, an unprecedented number of new households should be formed as single people, empty nesters, and others seek to buy.

3. The mortgage market will probably remain volatile for a long time. That fact does increase the risk of many new mortgages should interest rates soar again. But rates may drop instead, lowering the costs of a loan or allowing refinancing on more favorable terms for the home owner.

"We remodeled our house so our daughter and her husband and baby could have their own separate living space."

Mary and William Cartwright, of Wheatley Heights, Long Island, added to their house so their daughter, son-in-law, and small grandchild could have a place to live. "They wanted to stay in the area because my husband has a heart condition," says Mary, "but they couldn't afford to buy a home. We solved the problem by building on to our house and letting them pay off the home improvement loan. We had to get special zoning permission for the addition, but the whole thing has worked out well. There are separate entrances and plenty of privacy. Yet we can have meals and do other things together whenever we want."

What can the home buyer do?

Timing has become critical in housing. Most experts feel that if mortgage rates drop to 13 or 14 percent, buyers will surge into the market. That sudden demand will push up prices in areas where there's a housing shortage. The home building industry will need time to meet the new demand. And as home buyers, businesses, and government try to borrow, the increased financial pressure may hike interest rates again.

One clear conclusion in these economically uncertain times is that home buyers must become knowledgeable consumers. "Anyone who rushes into a deal today just to get a house, without understanding the potential risks and costs, is just asking for trouble," says Peter Treadway, former chief economist at the Federal National Mortgage Association.



You found it.

True. The enjoyable tasting ultra low tar.
Sea for yourself.

Home buyers also must realize that housing will take a bigger percentage of their income than in the past. Not only are financing and home prices high. Property taxes, insurance, energy, and maintenance costs are likely to keep rising.

It is vital for any home buyer to examine housing needs realistically in terms of present and future income, family plans, and life-style preferences. Already, many people are learning to adapt their dreams to the new realities of housing. We highlight some of the options in the real-life examples scattered throughout this article, and we'll be exploring those and other alternatives in future issues of *Better Homes and Gardens.*

But despite the willingness of many home buyers to adapt their housing expectations, there remains a serious obstacle to affordable housing in the '80s—the devastating effect government regulations and local zoning practices have upon the costs of new housing.

Pulling up the gangplank?

The roads to many (but not all) regulations are paved with good intentions. We really do care about the health, safety, and preservation of both the individual and the environment. But a new factor has entered the regulatory picture in recent years.

Not so long ago, "growth is good" was a widely accepted axiom in our country. New housing was welcomed as a stimulus to the local economy; the community willingly bore some of the development costs. Then energy and economic pressure accelerated, along with concern for ecology and the quality of life in an unsettling world.

More and more, the good life seemed threatened. Many communities moved to stem the tide. Local zoning plus special fees and regulations worked to limit new housing or make sure that only certain kinds could be built. Added to regulations from other levels of government, these local restrictions were devastating. "People often don't realize that builders must pass those regulatory costs on to the home buyer or go out of business," says Eric Wittenberg, a builder in Newport Beach, California. "But those added costs effectively eliminate a lot of families from the market."

continued

"Private mortgage insurance and a variable rate mortgage helped us get the financing we needed."

Robert Brown, 30, and his wife, Rebecca, had been looking for a house for a year in the Charlotte, North Carolina, area where he is a financial consultant. "We finally found a great old house for $84,000," says Robert, "but the owners wanted one-third down and would finance the balance at a rate of 16 percent. We only had $8,000 for a down payment. Luckily, our bank was willing to provide a 12¾-percent variable rate loan with only 10 percent down." The bank required a private mortgage insurance (PMI) policy to protect them if the Browns should ever default. The PMI coverage costs just $14.95 a month and can be dropped once the mortgage balance falls below 80 percent of the home's appraised value.



24 full-color pages of photos, facts and figures on Pella products for all around the house — and even on the roof. Because now Pella offers a full line of ventilating and fixed skylights for your house. Plus you'll find Pella Windows of all styles, energy-efficient sliding glass doors, space-saving wood folding doors and the exciting Pella Sunroom. Send for your copy today.

Please send me a free copy of the Pella Idea Book. I plan to
☐ build ☐ remodel ☐ replace windows and doors.

Name _____

Address _____

City _____

State _____ Zip _____

Telephone _____

Mail to: Pella Windows & Doors, Dept CO1F2, 100 Main St., Pella, Iowa 50219

Also available throughout Canada

This coupon answered within 24 hours



©1982 Rolscreen Co

Pella.
The significant difference in windows.

continued

Housing costs

The regulatory mess

Numerous studies document what regulations from every level of government can do to housing prices—adding as much as 20 percent to the purchase price of a new home, according to a 1978 study by Rutgers University. Builders and community planners cite three basic problems:

1. Restrictions on how many new homes can be built, and where, effectively limit the supply of land available for development. Land prices then escalate, and with them the cost of new homes. Nearby rentals and existing home prices generally follow suit. One result: People seek homes in other communities, and businesses may follow because employees cannot be housed in the area.

2. Development standards and fees are often unrealistic. After comparing costs in 87 different jurisdictions, the General Accounting Office called requirements such as 100- to 200-foot-wide lots "excessive," for example. Also, fees often bear no relation to real costs. After California's Proposition 13 set limits on property taxes, for instance, many jurisdictions immediately doubled or tripled fees on new developments, or added new fees.

3. Delays are very costly. A builder formerly required less than 12 months to complete a subdivision's first home after he purchased the raw land. Now it can take as long as three years. The chief cause: Permit and plan approvals are needed from a dozen or more agencies—local, regional, statewide, and national—and their rulings often contradict one another.

Can anything be done?

Sorting out good from bad to reduce regulatory costs is no simple task. The Reagan administration is trying to identify and eliminate unnecessary regulations at the federal level, but solving the problem locally can be especially difficult.

It takes considerable dialogue among builders, planners, and community boards, plus a lot of compromise. But it can be done. A recent project sponsored by the U.S. Department of Housing and Urban Development (HUD) resulted in considerable cost saving in three different projects —one each in Hayward, California; Allegheny County, Pennsylvania; and Shreveport, Louisiana.

Each project started with an analysis of zoning ordinances, subdivision regulations, and building codes and their effects on the cost of housing. Builders were asked to be as creative as possible, within accepted standards. Local governments were encouraged to allow minor deviations from existing regulations. All levels of government were asked to expedite the approval procedures.

Typically, higher housing density was allowed per acre, streets were somewhat narrower, front sidewalks were eliminated or put on only one side of the street, and processing time was cut from several weeks or months to days. As a result, overall costs ranged from 21 percent to 33 percent less than what comparable homes would have cost in the same areas.

continued on page 44

"We bought an old house and fixed it up under the Urban Homesteading Program for a total of about $15,000."

Steven and Janet Jones, of Des Moines, Iowa, qualified two years ago for a government program that sells abandoned houses for $1, provided the buyers bring the home up to building code standards within two years and live in the house for at least five. "It's a single-family frame house, and it looked like a real bargain to us," says Steven, a 28-year-old postal worker. "I knew I could do most of the rehabbing work myself once we got the major contracting done for plumbing, wiring, and heating." The government helped him arrange a special home improvement loan which they are paying off at $200 a month over 20 years. The family was able to move into the house three months after they signed the deal. "Then we just moved from room to room to finish up the job," says Steven. "It's a great program. Too bad the government is cutting back on the funding now; a lot of people won't get the same chance we did."



MAYBE OUR COMPETITORS DON'T HAVE WARRANTIES LIKE OURS BECAUSE THEY DON'T MAKE CEILING FANS LIKE OURS.

We back a Hunter ceiling fan with a limited lifetime warranty* because we know how well it's been built.

Our competitors also offer warranties on their ceiling fans, that reflect how well theirs are built.

But while we back our fans for a lifetime, most makers only back theirs for 5 years.

Small wonder then that since 1886, the one name synonymous with quality in ceiling fans has been ours.

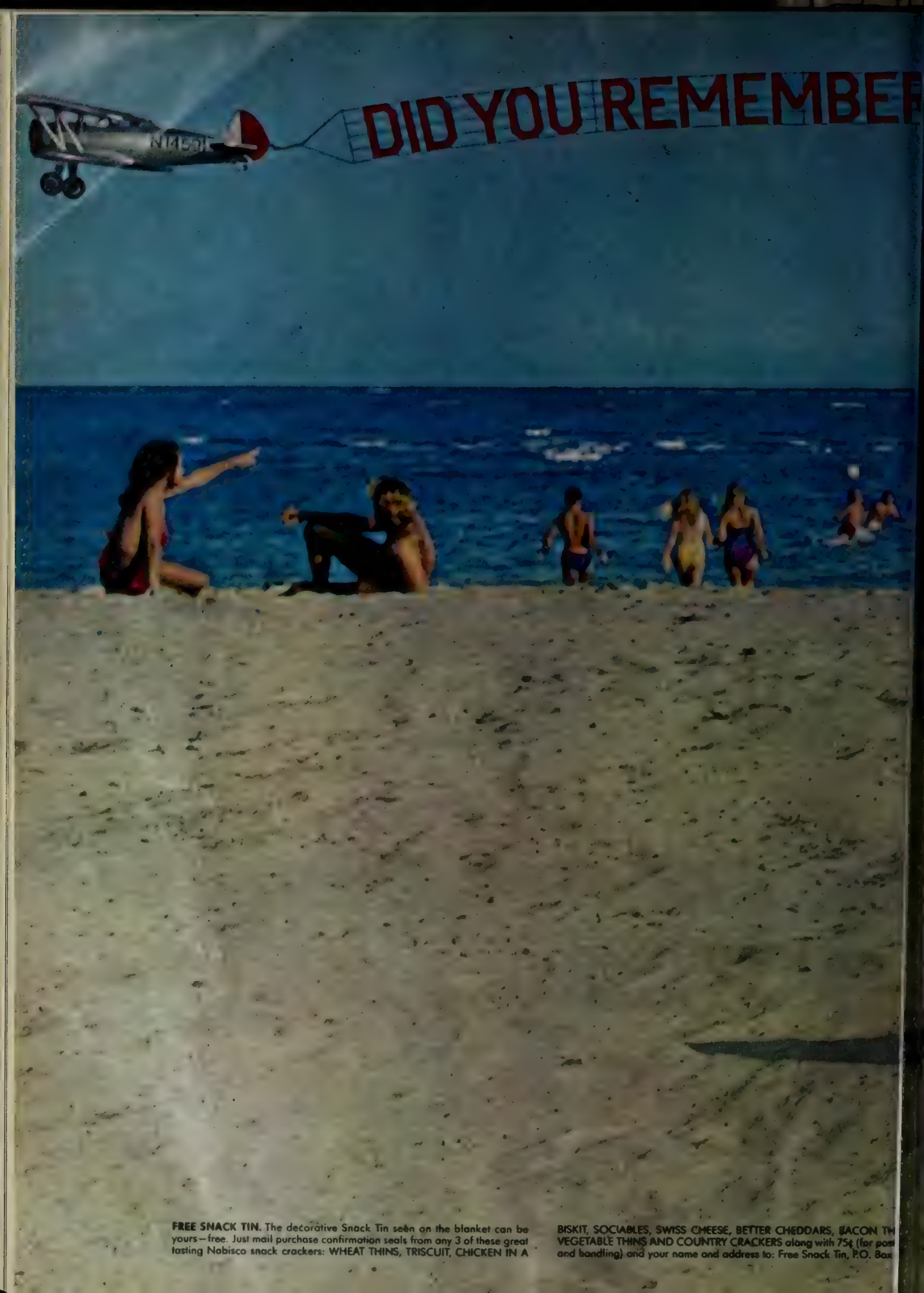
HUNTER

Every Time You Turn It On, You Feel A Little Smarter.

ROBBINS & MYERS Hunter Fans are products of Robbins & Myers Inc.

For name of nearest Hunter dealer, call 800-238-5358.

*Warranty covers Hunter Original motor and blades. See dealer for details.



FREE SNACK TIN. The decorative Snack Tin seen on the blanket can be yours—free. Just mail purchase confirmation seals from any 3 of these great tasting Nabisco snack crackers: WHEAT THINS, TRISCUIT, CHICKEN IN A BISKIT, SOCIABLES, SWISS CHEESE, BETTER CHEDDARS, BACON TH VEGETABLE THINS AND COUNTRY CRACKERS along with 75¢ (for post and handling) and your name and address to: Free Snack Tin, P.O. Box

NABISCO SNACK CRACKERS ?



ung America, Minnesota 55399. Limit one per household.
ow 4-6weeks for delivery. Offer void where prohibited, taxed or
ricted by law. OFFER EXPIRES DECEMBER 31, 1982.

© Nabisco Brands, Inc., 1982.



"I've never endorsed a garden insecticide before, but this new one's a natural."

Bob Thomson, Gardening Expert

"I've read a lot of garden insecticide labels. And most warn you 'not to pick for at least 24 hours'. That's because they contain synthetic or systemic bug killers. But the bug killer in new Raid Tomato & Vegetable Fogger is all-natural pyrethrum, derived from a type of chrysanthemum flower. So you can use it right up to harvest.

"Raid's unique fogging action covers leaves more quickly than liquids or dusts. And because the insecticide is all-natural, you can pick and enjoy your vegetables anytime.

"Look for it wherever Raid is sold."

Kills garden bugs dead. Naturally.



© 1982 S.C. Johnson & Son, Inc.

Johnson Wax

continued from page 40

Housing costs

What can we learn?

Several lessons have emerged from the HUD and other projects. Among them:

- **Simplify and coordinate the rules.** In Cleveland, for example, 80 different political jurisdictions set housing rules in their areas. "I can't build the same house in any two of those areas," complains builder Bob Schmidt. "The rules all differ, and as a result I lose any possibility of cutting costs through economies of scale."
- **Reduce the processing time.** Some areas, such as Eugene, Oregon, now provide effective "one stop" permit systems so the builder or developer can have all aspects of plans coordinated and approved in one process.
- **Reevaluate regulations.** What is wrong with higher-density zoning that clusters houses together and leaves the rest of the land open for all to enjoy? Do large houses on large lots really make sense in these days of high energy and development costs?
- **Zone for contemporary life-styles.** Many young families (and older couples) prefer small houses requiring little upkeep or yard work. For those families, attached housing is ideal, yet some communities reject plans for such housing, no matter what. Also, many communities don't allow subdividing homes into rental units of any sort. That prohibition can be wasteful of existing living space, as well as create a possible hardship for older couples who want to stay in their homes but need extra income. Local zoning rules often prohibit "rehabbing"—transforming commercial buildings into housing units. Similarly, manufactured/mobile homes may be ruled out, even though these structures often provide tasteful, inexpensive housing.

Unfortunately, getting builders and community leaders to cooperate is not always easy. "You can spend months and lots of money drawing up your plans, making sure you meet the community's needs as best you can," says builder Otto Paparazzo, of Farmington, Connecticut. "Then some town board member will turn you down in three minutes because the plan doesn't look like the housing he or she is used to."

Certainly there can be honest differences between builders and regulators. But at the very time our country needs more innovation, some communities reject new housing concepts out of hand. Those communities probably envision the checkerboard suburbs, full of detached single-family homes, from previous decades. Actually, much of the new affordable housing being built today doesn't fit the stereotype at all.

As a nation, we cannot afford to house everyone in detached building on its own lot. Land is too scarce, energy costs too high, capital too expensive. We must adapt the American Dream to the new realities of housing. Young people must be prepared to pay more money for less house. We must encourage variety in housing, and energy conservation must become a prime component in new and existing homes.

The problem is a tough one. On the bright side is America's ability to adapt. If we are to resolve the housing dilemma, that natural ability must be utilized to the fullest.

IF WHAT YOU'RE PAINTING ISN'T ORDINARY, WHY SHOULD YOUR PAINT BE?



Your father gave you that wagon for your fifth birthday. Now it's your turn to pass it on.

Any spray paint could make it red again. If that's all you wanted.

But Rust-Oleum, with an average of 50% more protective ingredients than its nearest competitor, can do more.

Its protective formula not only prevents rust, it also gives metal better protection from chipping, peeling and fading than other spray paints.



RUST-OLEUM CORPORATION

Something you might want to think about next time you're painting something you care very much about.

ANY METAL WORTH PAINTING, IS WORTH PROTECTING.

©1982 Rust-Oleum Corporation U.S.A.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Vantage pleasures

When you want good taste and low tar, too.



5mg

9mg

ULTRA LIGHTS 100's: 5 mg. "tar", 0.5 mg. nicotine,
100's: 9 mg. "tar", 0.8 mg. nicotine, av. per cigarette by FTC method.

HOUSE STRETCHING ATTIC CONVERSIONS

BY WILLIAM L. NOLAN

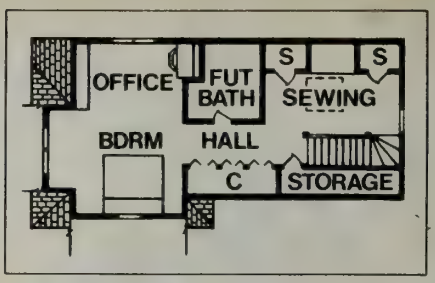
In today's busy households, privacy and a little peace and quiet are often hard to come by. If the rooms seem to be shrinking and the walls seem to be getting thinner at your house, you can rise above it all by building yourself a snug little retreat under the rafters.



You say your attic is too small to bother with? Not necessarily; there may be more usable space up there than you think. Even if you have to add a little headroom, you'll still be gaining hundreds of square feet of valuable living space at bargain-basement prices. And you'll enjoy the satisfaction of creating your own cozy hideaway.

Take a look at the clever attic remodelings on the next four pages. In each of these projects, space at the top of the house was converted into a private retreat—a place to escape the cares of the day or concentrate on work in uninterrupted seclusion. And each project is packed with space-stretching tricks that can make your own attic measure up.

ATTIC CONVERSIONS







PANELED TO THE PEAKS

An unfinished attic provided just the right space for this warm, cozy treetop hideaway. The homeowners needed to make room downstairs for their growing family, so they converted the attic into an adult retreat complete with plenty of storage, his and hers work centers, and space for a future bath. And since the basic space was already enclosed, they were able to do all the work themselves.

To achieve a mellow, old-fashioned coziness, they paneled most of the attic with 1x6 ponderosa pine and stained and sealed the existing plank floors to match. And to maintain a spacious, open feeling, they continued the paneling all the way to the roof peaks and tucked the storage and work centers under the slopes.

One of the work centers, a home office, occupies a niche at one end of the bedroom *(right)*. A desk and shelf were built into the niche, and a large bookcase was added on the opposite wall (out of camera range to the left). The desk and shelf were constructed of pine to match the rest of the woodwork. General lighting from the quaint three-globe chandelier in the center of the room is supplemented with task lighting on the shelf. For visual interest, the paneling on each side of the niche was mounted diagonally, and the crossties in the peaks were left exposed. The door in the hallway opens to unfinished space that will eventually be a master bath.

At the other end of the room, there's plenty of space for an extra-large bed and a quiet nook for reading.

Directly opposite the bathroom door is a large wardrobe closet that stretches along the hall under the roof slope *(above)*. Handsome louvered doors on each section of the closet blend harmoniously with the paneling and plank flooring.

Near the stairwell, the hall jogs and widens into a broad landing. This area doubles as the second work center, for sewing and hobbies. Behind a row of diagonally paneled doors (one of which is seen at far right) are two deep storage compartments and a fold-out worktable. There's more storage under the handy built-in bench along the bathroom wall. And a new skylight in the roof keeps the work area bright all day long.



Photographs: William N. Hopkins. Design: James and Sharon Stoebner. Field editor: Patricia Carpenter

ATTIC CONVERSIONS

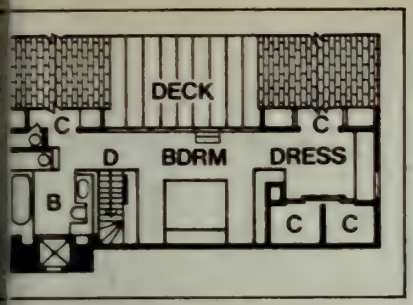
NESTLED INTO NOOKS AND CRANNIES

This elegant master suite *(below)* was sculptured from attic space the homeowners once regarded as virtually useless. Part of the space had been enlarged somewhat with a dormer and finished off as a small playroom. After camping out in the playroom one weekend when the house was full of guests, the owners decided to convert the dormered space and the dark tunnellike niches at each end into a self-contained master suite.

To get rid of the tunnel effect, they raised the roof of the dormer all the way to the peak and thus gained an eight-foot ceiling inside. And along the south-facing wall of the dormer, they replaced three small windows with a long row of



Photographs: Ernest Braun. Architect: Paul Bruno Mrozinski, AIA. Field editor: Barbara Cathcart











large sliding-glass units. Now the old playroom seems much larger, and the light flooding through the wall of glass brightens the whole attic. Minimal partitions at each end allow the recessed areas under the roof slopes to share this extra spaciousness and light.

A system of specially designed built-ins knits all the areas together and makes the most of available space. For example, the bed/sitting room *(top photo)* and the dressing room niche behind it share a large wraparound storage wall that stairsteps into the roof slope. Partly visible behind the storage wall is a bank of drawers in the dressing room. Even the built-in bed incorporates storage: the angled headboards swing up for access to storage behind the pillows. Note the recessed bookcase, too; it occupies "useless" space at the base of the roof slope.

Across the stairwell from the bed/sitting room is a new master bath *(above left)*. Built-ins help streamline and organize this area also. Along the stairwell is a vanity that jogs around the toilet and becomes a cubelike bench beside the shower stall. The shower stall itself fits snugly into a gabled nook on the front slope of the roof, and slivers of space on either side of the nook serve as towel storage bins. The stall was finished in white ceramic tile and fitted with a custom-designed brass shower door. A salvaged porthole window in the gable preserves privacy.

Opposite the shower is another vanity (this one's for the lady of the house) and a claw-foot tub *(above right)*. The vanity top extends behind the tub as a ledge for plants and toiletries. Just visible beyond the vanity is a deep walk-in closet. The bathroom floor and both vanities were surfaced with the same ceramic tile used in the shower stall, and the bedroom and dressing areas were carpeted with feet-pleasing plush.

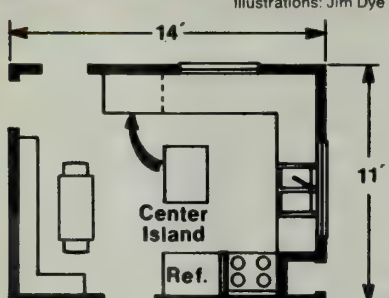
Buying information, page 196

SMART NEW LOOKS
FOR SHABBY KITCHENS

✤BY CAROLANN SHINDELAR Old cabinets, old counter tops, and old appliances usually mean a worn-out kitchen—and that's just what many of us are stuck with. No matter how faithfully an "old clunker" kitchen has performed over the years, it will be a lot more functional and pleasant to work in if it's overhauled. To demonstrate, we'll show you three average-size kitchens that were redone—without moving walls or adding space. Check the old-fogy "before" photos and the dramatic "afters," and you'll see that there's hope for even the homeliest kitchen.



Illustrations: Jim Dye





CLEAN LINES
FOR A CONTEMPORARY LOOK



✤You might think the timeworn kitchen in this photo *(left)* could never be turned into a modern workplace, but think again. After lots of tearing down, shoveling out, and reorganizing, the room finally looks like an '80s kitchen. The floors and walls were the homeowners' first priority; new drywall brought the walls and ceiling up to par, and a new floor was installed when termites were discovered in the joists of the old one. The original moldings, windows, and window casings were saved and refinished to give the kitchen architectural interest.

A crisp black and white color scheme makes the room look larger than its 11x14 square feet. The new cabinets were painted white, and white laminate



Photographs: Ernest Braun. Design: Paul Mrozinski, AIA. Field editor: Barbara Cathcart.

was selected for the counter tops. Shiny black ceramic tile surrounds the range, and squares of black and white vinyl tile cover the floor. All of the appliances are new. (The original kitchen didn't even have a refrigerator—it was housed in the back storeroom.)

When extra counter space is needed, a movable butcher block cart is wheeled into service. It functions as a center island most of the time, but when company comes, the cart is parked in a nook under the counter top—tucked in place, the cart looks just like a storage cabinet. Two shelves below the chopping surface provide space for the toaster and other often-used items.

When the cart is on duty, its storage nook becomes a kitchen study table *(opposite, top left).* A bar-height chair is needed because the counter is taller than desk height.

The only original cabinets left in the kitchen are the glass-fronted storage cabinets in the eating area. The lower cupboards used to be pullout bins for flour, sugar, and ground meal. Now the refinished cabinets provide a perfect backdrop for the old-fashioned drop-leaf breakfast table.

SOPHISTICATED STYLING
FOR A HIGH-TECH LOOK



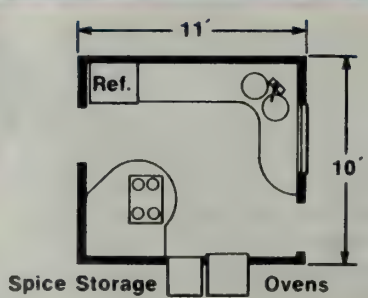
The sophisticated high-tech look of this remodeled kitchen comes from an innovative design and sleek surface materials. Rounded rather than square work surfaces were utilized to make the 10x11-foot room less boxy and to help traffic flow smoothly from the back door, around the peninsula, and on to the rest of the house. Anyone preparing a meal at the cooktop is out of the traffic lane.

The kitchen has been totally redone, all the way from its original plywood-panel ceiling down to the old vinyl floor. First, the walls and ceiling were covered with drywall and painted glossy white, and the floor was topped with oak parquet. Then









oak-trimmed cabinets covered with pale gray laminate were installed. All of the cabinets—even the rounded ones—are manufactured. The fronts of the refrigerator and dishwasher were covered with laminate to match. The finishing high-tech touch is gray-green tile, which tops all the work counters.

The focal point of the kitchen is the rounded cooking peninsula. It juts out



Photographs: Fred Lyon. Design: Lee Davis and Rick Sambol, Tudor Kitchens, Inc. for Marin Designers Showcase. Field editor: Helen Heitkamp

from the wall about five feet and is crowned with a three-foot stainless steel ventilating hood. A rounded soffit built of plywood and covered with drywall ties the hood into the ceiling. (A similar soffit was built above the stainless steel sinks in the opposite corner of the room.) Pots and pans are hung on a metal grid above the peninsula; the wall behind the grid is covered with mirror.

Below the peninsula work surface, pie-shaped shelves store baking dishes and casseroles *(opposite, bottom left)*. Because of their unusual shape, the shelves are secured by brackets both at the back and along the sides.

Recessed drawers and a swing-out storage cabinet next to the peninsula hold a pantryful of cooking supplies *(opposite, middle left)*. The cabinets (and the adjacent wall ovens) are recessed two feet into the garage, freeing up precious floor space in the kitchen. Canned goods are stored on the shelves behind the cabinet door, and a double row of spices lines the swivel shelf unit. The swivel shelves are mounted on a track on the side of the cabinet; when they're pulled out, they can swing in a full circle.

NATURAL MATERIALS
FOR A SOUTHWEST LOOK



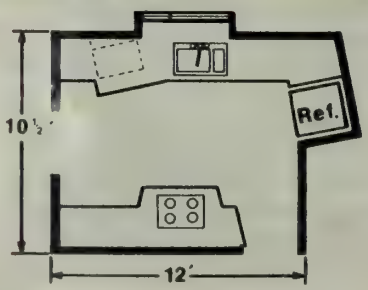
A skillful blending of natural materials and accessories captures the charm of the old Southwest in this 10x12-foot kitchen. The curved archway between the living room and kitchen sets the stage for the Southwest-style tile, fresh white walls, and open-beamed ceiling. The original drop ceiling was removed to open the kitchen up to the roof line, and insulation and flush-mounted lights were installed in the cavity between the rafters. Then the ceiling beams (which are simply decorative and not needed for structural support) were added.

All of the old-fashioned cabinets were torn out and replaced with stock









manufactured cabinets made of oak and stained with a walnut finish. Large squares of eggshell-beige tile cover the counters adjacent to the ovens and cooktop; a slab of butcher block forms the work surface between the refrigerator and sink. The corner next to the refrigerator was turned into a storage niche for cook books and canisters *(above, middle left).* The floor



Photographs: Fred Lyon. Design: Sandy Sequeira and Barney Bird for Marin Designers Showcase. Field editor: Helen Heitkamp

vas covered with strips of oak to match
ne new cabinets.

To eliminate the bowling-alley look
ommon to corridor kitchens, some of
ne work counters are angled into the
oom *(see plan).* The corners of the
ooktop counter, for example, are cut
way so that the cooking surface can be
eached easily from the sides and the
ront of the counter.

The hood over the cooktop is boxed in with a plywood form that was stuccoed and edged with decorative tile. Behind the cooktop, an arched recess provides a handy spot for utensil storage; the niche also gives the counter a feeling of greater depth.

On the opposite wall, the cabinets above and below the microwave oven also are angled into the kitchen *(opposite, bottom left).* The extra bit of counter depth provides work space for meals prepared in the microwave. Since the oven is six inches above the counter, the swinging door won't endanger breads or cakes cooling on the counter. The pullout drawers and the cabinet above the microwave store microwave cookware and utensils.

Buying information, page 196.

FIND ANOTHER DISHWASHER WITH ALL THESE DISHSCRUBBING AND LONG LASTING FEATURES AND KITCHENAID WILL BUY IT FOR YOU.

Extra-Clean Dishscrubbing Features.



☐ **High Pressure Multi-Level Wash System.**
KitchenAid dishscrubbing power is greater than all major dishwasher brands because our wash system delivers more water under greater pressure.

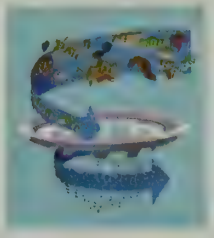
☐ **100% Usable Large Capacity Racks with ChinaGuard.**
No lost loading space because there are no cutouts in the lower rack. You can put deep pots in both racks. Design provides more capacity for truly random loading of dishes and glasses. Exclusive ChinaGuard protects dishes against chipping.





☐ **Sure-Temp Water Heating.**
Insures sanitized cleaning every time. Automatically heats water to approximately 150°F in every complete cycle.

☐ **Built-In Soft Food Disposer.**
Assures sparkling clean dishes without pre-rinsing. Grinds soft foods during drain. Filtration and waste removal system has a self-cleaning filter that's easily removable without service.





☐ **Gentle Forced Air Drying.**
It's safe. With no hot spots on dishes, pots or pans. Unlike other dishwashers, there's no exposed heating element in the dishwasher with the KitchenAid Flo-Thru Drying System.

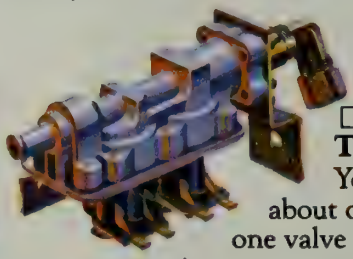
Long-Life Durability Features.



☐ **Porcelain and Steel Construction.**
To protect from scratches, stains, and odors, KitchenAid uses a full steel wash tank with two coats of tough, chip-resistant TriDura® porcelain plus an overglaze. Some dishwashers have a tank or inner door made of plastic.

☐ **Heavy Duty ½ Horsepower Motor.**
Most others use a ⅓ horsepower or less. Since a stronger motor strains less, it's a lot less likely to wear out.





☐ **Overflow Protection Twin Fill Valve.**
You don't have to worry about overflowing water. If one valve fails, the other continues to operate and normal dishwasher operation is maintained.

☐ **Reversible Front Panels.**
KitchenAid matches your decor. You can change panels with the stainless steel trim kit with four decorator colors provided plus choose from six optional solid and edged colors for unmatched flexibility.





☐ **Triple Protection Warranty.**
A 1-Year parts and labor Full Warranty on the complete dishwasher. A 5-Year Limited Warranty on the motor. And a 10-Year Limited Warranty on the porcelain tank and inner door.

It's no gimmick. Check these features against any other dishwasher brand. If you find one with all of these dishscrubbing and long lasting features found in the KitchenAid KD-20 dishwashers, we'll buy it for you. Nothing truly compares to a KitchenAid. Offer expires December 31, 1982.

KitchenAid® Don't settle for less.

Hobart Corporation, Troy, Ohio 45374

KitchenAid and TriDura are registered trademarks of Hobart Corporation.

Four stay for the price of one at Ramada

With the special Inflation Fighter coupon below, up to four people can stay in your room — but you pay only the single person, one- or two-bed room rate at these participating Ramada Inns! Use this coupon for your first visit, get another coupon for a future trip when you check out. Need another coupon? Send self-addressed stamped envelope to Ramada Inns, P.O. Box 590-DB, Phoenix, AZ 85001.

For reservations call toll-free 800-228-2828.

UNITED STATES

ALABAMA
Birmingham
Airport
Central
Decatur
Dothan
Gadsden (Attalla)
Huntsville
Mobile
South
I-65 Airport
Montgomery
Southwest
I-85 East
North

ARIZONA
Casa Grande
Flagstaff
University
East
Goodyear
Kingman
Phoenix
East Resort A/P
Downtown
Sun City Area
Metrocenter Area
TownHouse Hotel
Scottsdale
Valley Ho Resort
Safari
Tucson Resort
Williams
Yuma

ARKANSAS
Batesville
Conway
Crossett
Fayetteville
Jacksonville
Jonesboro
Texarkana

CALIFORNIA
Arcata-Eureka
Bakersfield
Escondido
Fresno
Los Angeles Area
Arcadia (Santa Anita)
Int'l Airport
LAP North-Culver City
South/I-405
Long Beach
Disneyland/Santa Ana
Disneyland/Anaheim
Hollywood
Palm Springs
North
Sunrise Resort
San Diego
San Diego 1
South
San Francisco
Int'l A/P Burlingame
Santa Clara (San Jose)
Solvang (Buellton/Solvang)

COLORADO
Burlington
Canon City
Colorado Springs
North
East
Denver
A/P Quebec St
A/P Smith Rd
Downtown
I-70 West
South
Fort Collins
Fort Morgan
Glenwood Springs
Greeley
Pueblo
Silverthorne -
Lake Dillon
Sterling

CONNECTICUT
Danbury
Hartford
Bradley Int'l A/P 1
Bradley Int'l A/P 2
Metro
Wethersfield
East Windsor
Mystic
Stamford-Greenwich

DISTRICT OF COLUMBIA
Washington D.C. Area
Lanham, MD
Rockville, MD
Bethesda, MD
Manassas, VA
Alexandria (Seminary Rd), VA
Falls Church (Tyson's Corner), VA
Calverton/I-95
North, MD
Washington D.C.
Central

FLORIDA
Clearwater
Central
Countryside
Gainesville
Jacksonville
West
South
Jacksonville Bch
East
Lakeland
Melbourne
Miami
Airport
North
Naples/
Vanderbilt Bch
Orlando
Disney Area/West
Disney Area/Central
Disney Area/
SW Kissimmee
Disney Area/Clermont
Circus World/
Davenport
Titusville
Pensacola North
Sarasota A/P
St. Augustine
Downtown
St. Augustine
Beach
St. Petersburg/
Treasure Island
Tallahassee
East
Tampa
Airport

GEORGIA
Albany
Athens
Atlanta
Chamblee
Marietta
Airport
Central
East
Augusta
Airport
West
Brunswick
Downtown
I-95
Calhoun
Cartersville
Cordele
Jekyll Island
Lavonia
Richmond Hill
Savannah-Intown
Tifton
Valdosta

IDAHO
Boise University

ILLINOIS
Bloomington
Carbondale
Champaign
Chicago
Downtown
O'Hare A/P
Highland Pk,
Highwood,
North Shore
Oak Brook/
Elmhurst
Danville
Ottawa/
Starved Rock
Peoria
Quincy
Rockford East
Springfield

INDIANA
Bloomington
Elkhart
Evansville
Fort Wayne
Indianapolis
East
Northwest
Airport
Greenwood
Kokomo
Lafayette
Lake Station/
East Gary
Nashville
South Bend
Terre Haute

IOWA
Ames
Davenport
Des Moines
Northeast
Downtown
Waterloo

KANSAS
Colby
Hays
Junction City
Lawrence
Leavenworth
Manhattan
Topeka
Southtown
Wichita
East
Central

KENTUCKY
Ashland-Ironton/
South Point, OH
Bowling Green
Cave City
Henderson
Lexington
North
South
Louisville
I-64 East
Watterson Expwy
Madisonville

LOUISIANA
Monroe
New Iberia
New Orleans
Airport
Hammond
Metairie

MAINE
Bangor
Lewiston
Portland

MARYLAND
Baltimore
(BWI A/P)
Hagerstown

MASSACHUSETTS
Boston
Int'l Airport
Woburn
Springfield/
Chicopee

MICHIGAN
Benton Harbor
Detroit
Metro Airport
Dearborn
Southfield
Grand Rapids
Lansing
Manistique
Marquette
Muskegon

MINNESOTA
Minneapolis
Airport
Moorhead/Fargo, ND
Rochester
St. Paul

MISSISSIPPI
Corinth
Greenville
Greenwood
Gulfport
Hattiesburg
Jackson
Coliseum
Metro
Laurel
Meridian
Tupelo
Vicksburg

MISSOURI
Cape Girardeau
Columbia
Jefferson City
Joplin
Kansas City Area
Southeast
Independence
Overland Park,KS
Central
South
St. Joseph
St. Louis Area
Lambert Airport
Downtown
South County
Westport
Fairview Hts, IL
Alton, IL
Six Flags-Eureka
Waynesville

MONTANA
Billings
Bozeman
Butte

NEBRASKA
Grand Island
Kearney
North Platte
Omaha
Central I-80
Airport

NEVADA
Reno

NEW HAMPSHIRE
Concord
Dover

NEW JERSEY
East Brunswick
East Hanover
Edison
Franklin Township

NEW MEXICO
Albuquerque I-40
East
Santa Fe

NEW YORK
Albany
Armonk
Binghamton
Buffalo
Elmsford
Ithaca
Kingston
Long Island/
Hauppauge
New York City Area
Rochelle Pk/
Saddlebrook, NJ
Clifton, NJ
Wayne-Fairfield, NJ
Woodbury/Long Island
Niagara Falls
Poughkeepsie
Rochester A/P
Syracuse
Watertown

NORTH CAROLINA
Burlington
Charlotte
Downtown
Dunn
Durham
North
Downtown
Fayetteville
Gastonia
Greensboro
Greenville
Hickory
Lumberton
New Bern
Raleigh
South Apex
Rocky Mt (Goldrock)
Wilmington

NORTH DAKOTA
Bismarck
Jamestown

OHIO
Akron
Akron-Canton
Fairlawn
Cincinnati/
N. Sharonville
Cleveland
Airport
North Euclid
Southeast
Columbus
North
East Airport
Dayton
North
Downtown
Fremont
Lima
Marietta
Sandusky
Springfield
Youngstown

OKLAHOMA
Ardmore
Bartlesville
Lawton
Norman
Oklahoma City
Airport West
Airport South
Seminole
Tulsa

OREGON
Eugene/
Springfield
Portland/Tualatin

PENNSYLVANIA
Breezewood
Erie
Philadelphia
Airport
Ft. Washington
Pittsburgh
Airport
North
York

SOUTH CAROLINA
Aiken
Charleston
Airport
Columbia
Florence
Greenville
Hardeeville
Santee
Spartanburg
Walterboro

SOUTH DAKOTA
Sioux Falls

TENNESSEE
Jackson
Knoxville
Memphis
Southeast A/P
East
Downtown
I-240 at Mt. Moriah
Murfreesboro
Nashville
Capitol Hill
Sweetwater

TEXAS
Amarillo
Austin
Airport
Townlake
Airport North
Capitol
Beaumont
Corpus Christi
Dallas
Farmers Branch
D/FW A/P Irving
NE/Richardson
East
D/FW A/P
N. Lewisville
Arlington/SixFlags
Central
Del Rio
Denton
El Paso East A/P
Harlingen
Houston
Pasadena-SE
East
SW Freeway
North
Hobby A/P
West
NW Crossing
Longview
Lubbock
Lufkin
Marshall
Odessa
Paris
San Antonio
Airport
North
San Marcos
Sherman
Temple
Tyler
Victoria
Waco

UTAH
Ogden
Salt Lake City

VIRGINIA
Carmel Church
Charlottesville
Fredericksburg
Lynchburg
Norfolk
Oceanview
Petersburg
Richmond/South
Roanoke
Skippers
Williamsburg
West

WASHINGTON
Spokane

WEST VIRGINIA
Beckley
Charleston
Huntington
Morgantown

WISCONSIN
Eau Claire
Green Bay
West
Downtown
Janesville
LaCrosse
Madison
Milwaukee
Downtown
Sands West

WYOMING
Casper
Cheyenne
Gillette
Laramie

CANADA
Winnipeg, Man
Kingston, Ont
London, Ont.
North Bay, Ont
Sault Ste. Marie,
Ontario
Toronto, Ont.
Don Valley
Airport West
Montreal, Que
Downtown
Olympic Pk/East
Decarie
Airport
Quebec City/
Ste-Foy, Que

INTERNATIONAL
Belgium
Brussels
Liege
Paris-Velizy, France
Germany
Dusseldorf
Frankenthal
Frankfurt
Hamburg
Leverkusen
Mannheim/
Ludwigshafen
Sweden
Gothenburg
Jonkoping
Antigua, Guatemala
Monterrey, Mexico
Bangkok, Thailand
Sydney, Australia
Jerusalem, Israel
Abu Dhabi, UAE

"We're changing right before your eyes."

Money Saving Coupon

Ramada's Inflation Fighter

RAMADA INN

4-for-1 Savings

Coupon must be presented at a participating Ramada Inn at check-in for single person, one- or two-bed, room rate for up to four people in room. Rollaway beds available at slight extra charge; cribs free. Offer subject to availability. One coupon per stay, coupon applies for entire stay. Good through 12/31/82. Not valid in combination with other discounts, promotions or during special events listed in the current issue of the Ramada Inn directory. Coupon has no cash value. Void where prohibited by law.

BH6

Customer signature _____

Money Saving Coupon

Kim Garretson

HOW TO CARE FOR YOUR Car's Sound System



Car radios and tape players have it rough. They often must withstand oven-hot temperatures in summer and deep-freeze cold in winter. And year round, the equipment must cope with vibrations from the car, and interference from nearby electrical gear.

Not surprisingly, problems in the sound system can pop up frequently if you don't take care of the components. To make the maintenance job easy, we've listed quick care and repair steps for each of the major components—radio, antenna, speakers, and tape player. And in case these measures don't improve the sound, we tell you how to add low-cost components that will cure the crackle, pop, and hiss.

A raspy radio?

The AM and FM radio sections of your car's sound system require less care than the tape player does. But there are strange sounds that sometime interfere with radio reception.

The most common of these sounds is static. Usually, it signals an electrical problem somewhere in the car other than the radio. To find out for sure, switch the ignition to the accessory position. If the static stops, it doesn't stem from the radio.

Radio static may occur when distributor points begin to wear out, when spark plugs are in poor condition, or when plug wires are deteriorated and cracked. In these situations, an electrical leakage causes interference with radio frequency. A malfunctioning alternator or a loose ground wire also may create static. An engine inspection or a tune-up should pinpoint or correct the problem.

Reception problems sometimes stem from the FM broadcast signals themselves, especially in metropolitan areas with tall buildings and in mountainous terrain. Since FM signals reflect off solid objects, your radio can lose an FM station in certain areas or fade from the station if there are objects blocking the signal. In downtown areas, station loss or poor stereo reception frequently is caused by FM multipath interference which occurs when direct and reflected signals from the station cancel out each other. This may result in a popping sound but doesn't indicate anything is wrong with the radio.

Antenna troubles?

So you'll get the best radio reception possible, make sure the antenna is at the proper height. You'll get the best FM reception with a 30-inch-high antenna. Extend the antenna to 48 inches to pick up distant AM signals.

Radio reception often is adversely affected by rust and corrosion on the antenna caused by water and road salt. Road vibrations and corrosion permit water to leak around the washer that seals the antenna cowling. Then rust and dirt can accumulate, causing the antenna to lose solid electrical contact. The antenna's shielded cable also may become cracked and corroded, resulting in static and intermittent loss of reception. To check for cable problems, switch the radio to AM and gently shake the antenna while listening to the radio.

If your car has a power antenna, dirt and grime can get packed into the housing as the dirty antenna is lowered. You can prevent this problem by cleaning the antenna and occasionally lubricating it with a silicone spray.

A sputtering speaker?

One of the most annoying malfunctions with a sound system is a bad loudspeaker. However, you usually can detect and correct a speaker problem yourself.

Wiring may be at fault if the speaker functions intermittently. The wires connecting the door speakers are particularly prone to wear because of their location. Check them periodically, especially where they are bent or where the protective plastic insulation rubs against metal. If the insulation wears through, the speaker probably will short out at least occasionally. You should be able to solve the problem by repairing the break with plastic tape.

Occasionally wires become disconnected from speaker terminals, causing the speaker to stop functioning or play intermittently. It's a simple matter to reconnect the loose lead. If a speaker is dead but the wires are OK, check the connection at the AM/FM/tape unit. When the speakers operate only with the radio and not the tape player, or vice versa, the problem probably is in the radio or tape player, not in the speakers.

Door speakers, especially those unprotected by water shields, can sometimes get wet, resulting in a warped speaker cone. To check for a damaged cone, tune to a local radio station, turn

continued

Quality is Job 1



Everybody talks about quality, Ford people make it happen.

Every step in building a car requires careful preparation. Before the exterior trim can be applied, for example, any rough edges left by welding have to be smoothed out so the trim will fit the car as designed. Anita Tholen knows that quality comes from doing her job just right. So the next person on the line can do the job right too.

This dedication to quality at Ford Motor Company is paying off. Latest results show a 48% average improvement in quality over 1980 models as reported by new car owners.

Visit a Ford or Lincoln-Mercury dealer and take a close look at what total employee, management, union and supplier involvement can achieve.

At Ford Motor Company, Quality is Job 1!

Ford

Ford
Mercury
Lincoln
Ford Trucks
Ford Tractors

THE LEADER OF THE PACK.

Ford wagons. America's best-selling wagon lineup. Again.

Ford, the Wagonmaster, has been pleasing wagon owners for over 50 years. In fact, since 1949, a million more people have bought Ford Wagons than any others.*

LTD Country Squire. A fine car and a wagon, too.

LTD Country Squire, a Wagonmaster tradition, still offers full-size room and quiet comfort. There's room for eight passengers with the Dual Facing Rear Seats option. And LTD has more cargo room than any wagon in America.**

Almost 90 cubic feet with the rear seat down.

Ford Granada. The first Granada wagon ever.

Ford is proud to introduce the first Granada wagon—with all the style of Granada and more cargo room than an American-built wagon in its



FOR

ss.** Granada wagon for
82, built with Ford's
mmitment to quality.
**Ford Escort. The best-
lling wagon in America.**
Escort is the only
nerican-built wagon with
th the traction of
nt-wheel drive and the
oothness of four-wheel
lependent suspension.
d Escort was designed
with special high-strength steel to achieve lighter weight and excellent fuel economy.

44 EST HWY **28** EPA EST MPG

For comparison. Your mileage may differ depending on speed, distance and weather. Actual highway mileage lower.

Whether you buy or lease, see the LTD, Granada and Escort wagons at your Ford Dealer now.

FORD WAGONS

FORD DIVISION Ford



WAGONS Ford

NEWEST RELEASE!

U.S. GOV'T REPORT



CARLTON IS LOWEST.

Box-
less than
0.01 mg. tar,
0.002 mg.
nicotine.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Less than 0.5 mg. tar, 0.05mg. nicotine av. per cigarette, FTC Report Dec. '81.

ntinued from page 60

Your car's sound system

wn the volume, and place your ear ar the speaker. If there's a problem, e sound will be distorted. And when u rub a finger across a damaged eaker cone, it will feel bumpy in- ead of smooth. You also can compare e speakers by listening to them indi- dually when you adjust the balance ntrol of the radio or tape player.

Use the same method to pinpoint a eaker that has blown out (because e cone has torn) or been distorted ecause the system has been played long at high volume).

If the speaker cone seems OK, the oblem could be caused by a loose eaker grille or by small stones or par- les that have come through the pro- tive grille and onto the cone.

Sun and heat can damage speakers ounted in the rear-window deck. You ould remove these speakers for a se inspection every 40,000 miles.

The tender tape machine

Of all sound system components, pe players require the most frequent re for proper operation. Here are me problems you may encounter.

Dull high frequencies, a muddy sound, unusual wow and flutter (irregular pe feed fluctuations) usually indi- e a dirty tape head. Oxides have llected on the head and must be re- oved. You should clean the head, pstan (the tape pulling device), and ch roller every week or two. A cot- swab dipped in isopropyl alcohol es a good job of removing tape oxides m the head, but it's hard to reach capstan and pinch roller with this thod. The best way to clean these rts is to use cassette-size, nonabra- e tape cleaners made by TDK, Max- Memorex, and Alsop.

Use only high-quality tapes. Avoid argain basement" brands because ir sound quality and mechanical formance are inferior. Also, the ox- coatings on cheap tapes become cky during warm weather and come on the tape head and capstan. The pe even may become tangled in the yer. And because "bargain" cas- tes don't have precision mechanical parts, jamming is a frequent problem.

Use cassettes of 90-minute length or less. The 120-minute tapes stretch and are so thin that the capstan and pinch roller cannot pull them through the machine at a constant speed.

Always eject a tape from the player when the unit or car is not running. Constant pressure against the rubber pinch roller may permanently flatten it. If that happens, performance suffers and repairs must be made.

If your unit wasn't factory installed, be certain that it's mounted securely according to the manufacturer's instructions. Otherwise, road bumps will make the tape head bob, resulting in distorted sound.

Dirt and extreme temperatures can ruin your cassette tapes. Extremely cold temperatures sometimes make tapes so brittle they break when they're played. And heat can warp the plastic housing or cause the tape to stretch, so don't keep cassettes in hot spots like the dashboard and rear-window deck. Protect tapes from dirt and grit by

continued

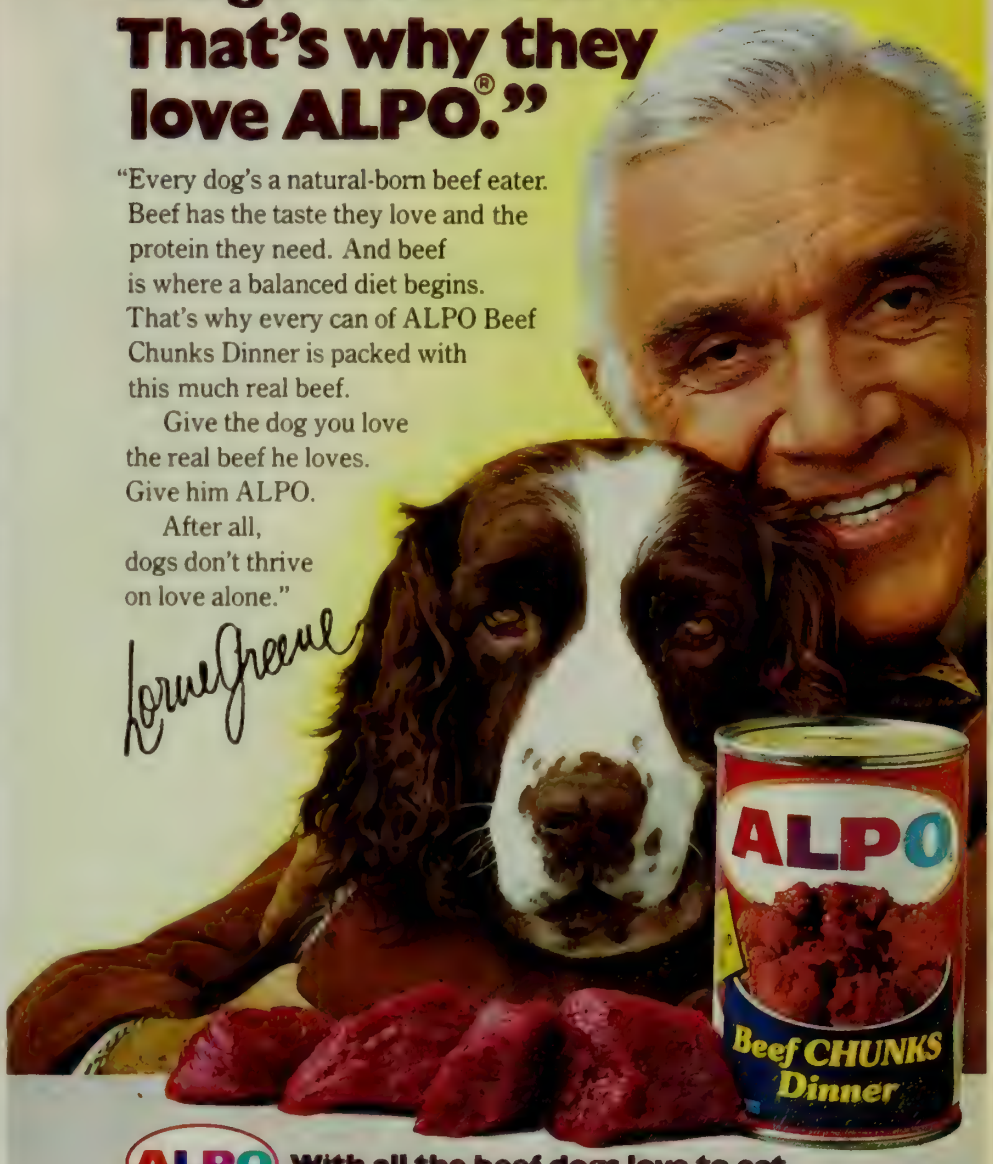
"Dogs love real beef. That's why they love ALPO.®"

"Every dog's a natural-born beef eater. Beef has the taste they love and the protein they need. And beef is where a balanced diet begins. That's why every can of ALPO Beef Chunks Dinner is packed with this much real beef.

Give the dog you love the real beef he loves. Give him ALPO.

After all, dogs don't thrive on love alone."

Lorne Greene



ALPO® With all the beef dogs love to eat.

©1982 Allen Products Company, Inc.

Introducing SUNLIGHT dishwashing liquid.

Real lemon juice gives new Sunlight extra cleaning power.



New Sunlight has extra cleaning power on baked-on foods. Even the leading brand can't match that. And to prove it, we coated this casserole dish with an even layer of gravy, baked it hard and cut it in half. After equal soaking and cleaning, the Sunlight side is sparkling clean while the leading brand's side is still dirty. That's the difference real lemon juice can make!



NEW SUNLIGHT®

With real lemon juice for extra cleaning power.



continued

Your car's sound system

storing them in their individual plastic boxes and take the tapes with you when you park in extremely hot or cold weather.

A jammed tape cartridge can be impossible to remove without disassembling the unit, so it's best to leave the job to a repair shop. Don't attempt to remove the cassette or cartridge by prying it out or using pliers. You might do so much damage that you'll have to replace the entire unit.

- Poking around inside your tape player with a knife, scissors, or any sharp instrument can cost plenty. Should you scratch the tape head, you will ruin it and have to replace it. If the tape in a cartridge becomes hopelessly tangled, you may be able to pull it free gently after cutting the tape.

Sound improvements

If the care and repair steps we've listed don't improve your system's sound to your expectations, upgrading is the next step. Often that doesn't mean you must replace the entire system. Here are four less expensive upgrading steps:

- 1) Replace the car's original speakers with aftermarket models. Jensen, Blaupunet, Kraco, Clarion, Audiovox, and many other companies offer them at $50 to $75 a pair.
- 2) If your existing speakers sound good, you can make them sound even better by adding another pair to the system. A good set of door speakers, for example, sells for only $25 to $75.
- 3) A power booster probably is a must if you enjoy listening to concert-hall-level music. Most AM/FM/tape units, especially original equipment models, don't have enough wattage for extended loud play. A 20-watt-per-channel booster for about $50 will do the job in most cases.
- 4) Adding a five-band equalizer/amplifier of 20 to 50 watts per channel is a relatively inexpensive way ($70 to $150) to make a major improvement in your auto sound. The equalizer lets you adjust your system for the best possible balance of speakers, FM tuner, tape unit, car interior—and your ears.

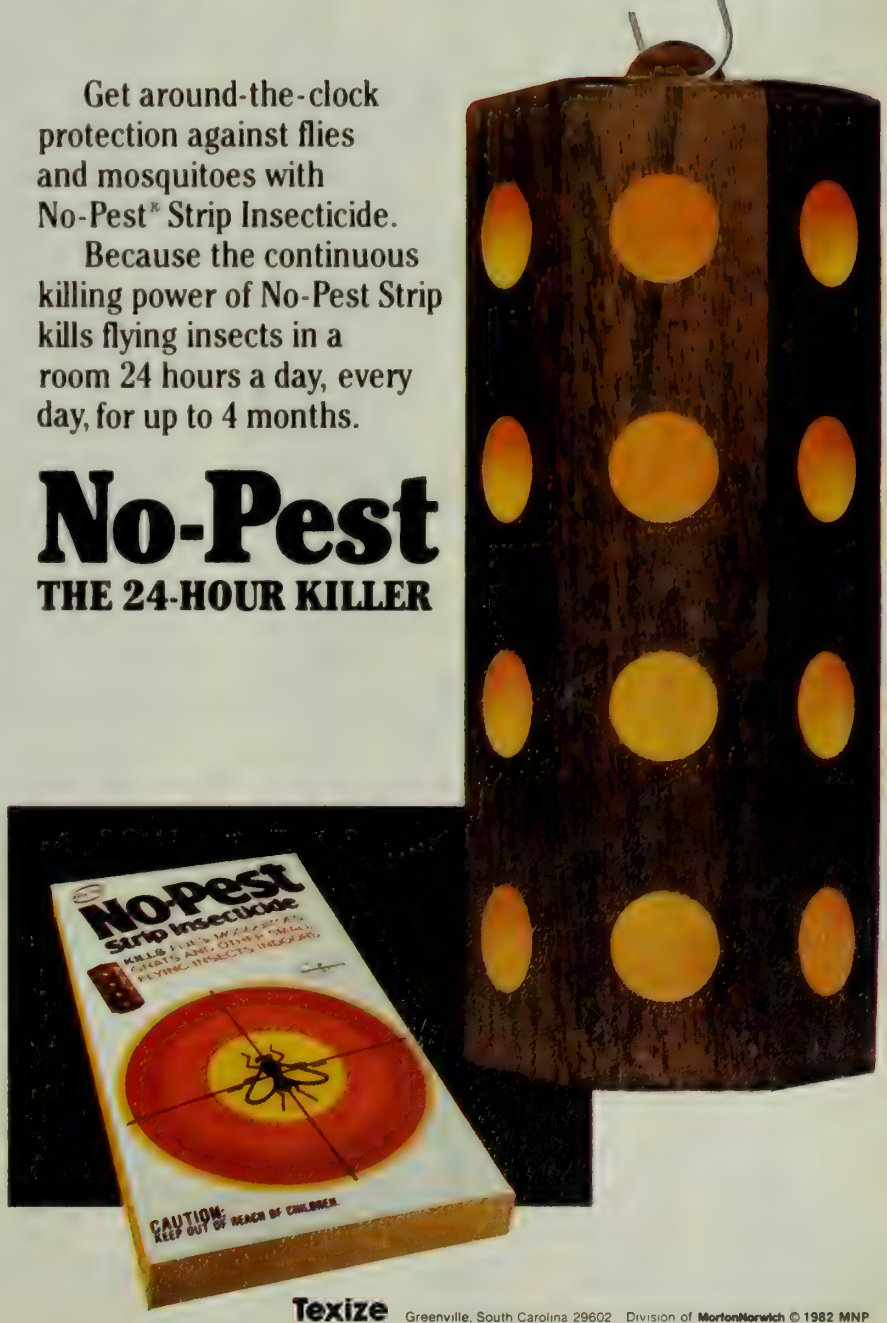
—Shane O'Neil

24 Hour Power

Get around-the-clock protection against flies and mosquitoes with No-Pest® Strip Insecticide.

Because the continuous killing power of No-Pest Strip kills flying insects in a room 24 hours a day, every day, for up to 4 months.

No-Pest
THE 24-HOUR KILLER



Texize Greenville, South Carolina 29602 Division of MortonNorwich © 1982 MNP

The creamier ...the better!

Karo® makes it simple...
Best Foods® makes it better!



© 1982 Best Foods CPC International Inc. Englewood Cliffs, N.J. 07632

DIRECTIONS:
In bowl, stir ingredients until well-blended. Cover; chill ...and you've got about 2 cups of creamy-smooth dressing. Try it today!

Pack O'Peppers

1 1/2 cups BEST FOODS® Real Mayonnaise
1/2 cup finely chopped green pepper
1/4 cup KARO® Light Corn Syrup
1/4 cup finely chopped parsley
1/4 cup finely chopped onion
2 Tbsp cider vinegar
1/2 tsp salt
1/8 tsp pepper

Great Caesar

1 1/2 cups BEST FOODS® Real Mayonnaise
1/2 cup grated Parmesan cheese
1/4 cup KARO® Light Corn Syrup
2 Tbsp cider vinegar
1 clove garlic, minced or pressed
1/4 tsp pepper

Sweet Basil

1 1/2 cups BEST FOODS® Real Mayonnaise
1/4 cup KARO® Light Corn Syrup
1/4 cup finely chopped onion
3 Tbsp lemon juice
1 tsp dried basil leaves
1/2 tsp salt
1/4 tsp pepper

Green Onion

1 1/2 cups BEST FOODS® Real Mayonnaise
1/2 cup finely chopped parsley
1/3 cup finely chopped green onion
1/4 cup KARO® Light Corn Syrup
2 Tbsp lemon juice
1 Tbsp Worcestershire sauce
1/4 tsp pepper
(pictured)

Picnic Paraphernalia







By Stacey Smith

Gone are the days when picnic ware meant plain white paper ware. Today's picnic gear is a feast for the eyes, and it's practical too. You can take your pick from bright plastics, flowery tinware, and more. Here's a sampling to whet your appetite.

This sturdy wood slat table, *top,* makes an ideal serving center for a wiener roast. A plastic carrier stores the tableware so the crowd can help themselves.

Picnic in style wherever you please with this portable tray table, *above left.* The crayon-colored plastic dishes and cups also are easily portable because they come in their own tote.

Mix and match brightly hued plastics and paper ware for a kaleidoscope of colors, *above right.* Painted napkin rings accent the napkins and hold them in place.

continued on page 72

You can be a win

REGISTER TO WIN AT THE FOLLOWING PARTICIPATING IMPERIAL DEALERS.

ARIZONA

Yuma
Fifth Avenue Paint
972 Fifth Avenue
783-4463

Lynae Home Furniture
1660 4th Ave.
782-1660

CALIFORNIA

Bakersfield
Bright Touch Interiors
1011 Chester Ave.
327-7856

Easlings Paint & Wallpaper
2022 L. Street
327-8431

Prestige Plus Interiors
3542 Ming Ave.
831-7015

San Joaquin Interiors
4646 Ming Ave.
832-8450

Summer Tree Interiors
5458 California Ave.
322-9079

Twenty One Oaks
Interior Design
404-18th Street
395-0113

Belmont
Chic Tile
1180 El Camino Real
591-0318

Sem Products
120 Sem Lane
592-1414

Bonita
Bonita Furniture File
5035 Central Ave. "B"
267-1033

Burlingame
Ace Hardware
1863 El Camino Real
697-6099

Campbell
Eunice Mason Interiors
253 E. Campbell Ave.
378-1776

Carlsbad
Koopsen's Wallpaper
560 Elm Ave.
729-5992

Castro Valley
Castro Valley Paint
3664 Castro Valley Blvd.
581-2740

Chula Vista
Insight Decorating Center
1180 3rd, Suite C-4
420-3162

Davis
Chris Fuller Paints
638 G. Street
756-4187

El Cajon
Holloway-McDade
1050 Pioneer Way #P
588-9012

The Wallpaper Place
590 Broadway
447-6577

Encinitas
Paint City
545 S. Vulcan Ave.
942-5650

Escondido
Paint City
914 N. Broadway
747-3200

Fallbrook
Whats On Main Street
802 S. Main Street
728-2677

Fresno
Allen's Wallcovering
2034 W. Bullard
435-4214

Wallcoverings by Elaine
368 West Shaw Ave.
222-1120

Halfmoon Bay
Marilyn Thompson Interiors
225 South Cabrillo Hwy.
726-4051

Hanford
Tim's Paint & Wallpaper
415 W. Lacey Bl.
584-5506

Hollister
Hollister Paint Co.
57 East Street
637-4145

Indio
Decor Center
82-493 Hwy. 111
347-0397

La Mesa
The Carpet Merchant
7995 La Mesa Blvd.
460-3222

Wariner Wallcovering
7151 University Avenue
464-5600

LaJolla
Kennard's Color Unlimited
7538 Fay Ave.
454-7813

Lafayette
Fiesta Paints
30 Lafayette Circle
284-4353

Sun Valley Lumber Co.
3287 Mt. Diablo Blvd.
283-8211

Laguna Niguel
Window Shopping
28162 Camino Capistrano
831-3300

Lemon Grove
Blackledge's
7887 Broadway
460-4270

Lompoc
Ambience
1024 North H. St.
736-1234

Los Altos
Cudahy Paint & Wallpaper
155 Main Street
948-5795

Menlo Park
Chaney's Pt. & Wlpr.
846 Santa Cruz
325-9582

Drake and Knapp, Inc.
1159 El Camino Real
322-2238

Merced
Wallpaper Now, Inc.
1628 Canal Street
722-2702

Mill Valley
Hues & Views
108 Town & Country

Millbrae
Home Design
315 Broadway
697-1621

Modesto
House of Cyn
2023 Tully Rd.
527-1223

Moraga
Don's of Moraga
Moraga Shopping Center
376-7266

Mountain View
Designers Showcase
100 W. El Camino Real
969-8705

Napa
Devine Paint Center
971 Freeway Drive
226-5211

Accent Interiors
1141 Jordan Lane
252-4567

Novate
Marin Color Service
703 Grant Ave.
897-9411

Oakland
Decorator Paints
3307 Grand Ave.
836-0820

Fuller O'Brien
3356 Piedmont Ave.
547-4924

Raimondi's Montclair
2042 Mountain Blvd.
339-8853

Pacific Grove
Kidwells Inc.
612 Lighthouse Ave.
649-0451

Palm Desert
Barbara Kane Interiors
74-220 Highway 111
346-5509

Spring Crest Custom
Draperies
73-941 Highway 111
346-3744

Palo Alto
Craigs Pt. and Wlpr.
447 University
326-1012 & 375-2471

Paso Robles
Blake's True Value
Home Ctr.
1701 Riverside Ave.
238-3934

The Spring House
1732 Spring St.
239-2010

Petaluma
Petersons Pt. & Wlcvg.
25 Kentucky St.
763-1901

Pleasanton
Ful-Value Paints
1809 "G" Santa Rita Rd.
462-3331

Portola Valley
Portola Valley Hardware
112 Portola Road
851-0116

Poway
Cloud "9" Interiors
12378-B Poway Rd.
748-2060

Rancho Mirage
Paper Doll Interiors Inc.
72146 Hwy. 111
346-5944

Redding
Enterprise
2330 Larkspur Ln.
246-2797

Redwood City
Selby House Ltd.
One East Selby Lane
364-9686

Rohnert Park
Jackie's Wall Fashions
Novato & Rohnert Park
584-1232

Roseville
Roseville Pt. & Design Ctr.
96 Sunrise Blvd.
786-8152

Sacramento
Lane Calder
2804 Marconi Ave.
485-5264

Marjorie's Dec. Ctr.
8726 LaRiviera Drive
366-1113

Sheldon House
555 La Sierra Drive
481-1491

The Chapman Papers
800 A. Alhambra Blvd.
448-1830

Salinas
Fireside Furniture
1129 South Main St.
422-8117

Salinas Paint Supply
21 E. Laurel Drive
449-4212

San Diego
Discount Wlcvg. Inc.
4221 Balboa Ave.
483-2872

Get Around Tuit
2121 El Cajon Blvd.
574-7851

Interior by Carol
11650 Iberia Place Ste. F
487-6171

Point Loma Interiors
4735 Point Loma Ave.
224-1514

Sals Carpet & Linoleum
Wallpaper
3645 30th St.
574-0385

Shand Home Furn.
10401 Roselle St.
457-1818

Wallpaper Unlimited
1029 University Ave.
295-3197

West Coast Designs
2200 El Cajon Blvd.
692-4030

San Francisco
Color Scheme
2047 Fillmore
346-0700

Creative Pt. & Wlpr. Inc.
999 Geary St.
441-8850

Crown Floors
3847 Judah St.
731-2600

Fuller O'Brien
1580 Pacific Ave.
673-6927

West Portal Pt. & Wlpr.
311 West Portal Ave.
664-6860

San Jose
Eastside Paint Center
1304 East Julian Street
294-1937

Kelly Paint & Equipment
1749 West San Carlos
286-3986

Stephens Pt. & Wlpr.
1141 S. Saratoga—
Sunnyvale Rd.
252-0177

San Luis
Golden Dawn Interiors
2306 Broad Street
543-7033

San Mateo
Morwear Home
Improvement Center
56 West 42nd Avenue
572-1108

San Rafael
Fairfax Lumber Co.
4224 Redwood Hwy.
479-8865

House of Color
2240 4th Street
454-0450

Marin Color Service
770 Second Street
453-4066

Santa Barbara
Hayward's, Inc.
1025 Santa Barbara St.
965-0011

Santa Maria
Norma's Int. Dec.
1113 S. Broadway
922-8359

Santa Rosa
Hawleys Paint
636 Fifth Street
545-1711

Malvino Interiors
1420 Mendocino Avenue
542-3565

Manning Art & Paint
1161 Yuluda
454-0238

Saratoga
Colour Shoppe Interiors
12361 S. Saratoga—
Sunnyvale Rd.
969-1223 & 996-1223

Solana Beach
Buyers Design Emporium
742 Genevieve St.
481-3015

The Decorating Store
201 N. Rios
755-3102

The Shade Shoppe
671 Lomas Santa Fe Dr.
481-8191

Window Fashions
125 N. Hwy. 101
755-6816

Spring Valley
Casa Interiors & Lighting
9978 Campo Road
460-0242

Temecula
Ameritone Pt. & Intrs.
28659 Front Street
676-2811

Butterfield Interiors
28061 Front Street
676-6110

Templeton
The Window Affair
399 Main Street
434-1481

Vacaville
Amphletts
354 Main Street
448-5911

Visalia
Franey Floor Cvg., Inc.
121 No. Encina
733-9990

The Wallpaper Shoppe
3409 W. Mineral King
732-9517

Walnut Creek
Ray's Paint Store
1635 Mt. Diablo Blvd.
934-3110

Tile Town
2235 N. Main St.
939-4884

Walnut Creek Pt. & Intrs.
1630 North Main Street
934-3551

Yuba City
Daye's Floorcovering
532 2nd Street
673-6046

Locations in California

Dunne Quality Paint
All Locations

Kelly Moore Paint Co.
All Locations

Payless Paint Centers
All Locations

Sherwin Williams
Decorating Centers
All Locations

"House You Live In"™

r...with Imperial's



Imperial Wallcoverings is a co-sponsor in Better Homes & rden's Home Improvement contest and is offering an additional 500 to their $37,000 cash prizes when you enter any the four selected categories in the contest. 1982 is the year to corate and improve the house you live in with Imperial's "House u Live In" collections of wallcoverings.

Imperial will award a total of $5,500 cash prizes for best use their product from any collection in the following categories: chens, bathrooms, interiors, and additions. For more contest ormation and entry forms, see your nearby Imperial dealer and a winner in 1982.



BETTER HOMES AND GARDENS
1982
HOME IMPROVEMENT CONTEST
BETTER HOMES AND GARDENS

Collections.

imperial
guaranteed wallcoverings®
A COLLINS & AIKMAN COMPANY
23645 MERCANTILE ROAD CLEVELAND, OHIO 44122 216 • 464 • 3700

continued from page 69

Picnic Paraphernalia





Tinware is a good choice for outdoor meals, *above.* It's pretty to look at and practically indestructible.

An insulated hamper keeps food cold and stores the tableware until you get to the beach, *left.* Combine your favorite paper, plastic, and tin tableware for a colorful effect.

A featherweight plastic tote carried all the picnic gear you see here, *below left.* If you don't have enough plastic ware to go around, just fill in with paper ware in the same color range.

Show off your red plastic tableware against a red and white floral cloth, *below right.* For a special touch, top solid red dishes with a pretty floral plate.

Photographs: Harry Hartman

Buying information, page 196





For 125 years of confidence in our products, join our

BORDEN THANK YOU AMERICA CELEBRATION

From coast to coast, generations of Americans have grown up with Borden—and made quality Borden products an American tradition. From breakfast to ball games, from picnics to parties to just plain good times, you've brought us along—and now it's time to say thanks!

Thanks for 125 years of faith in our promise "if it's Borden, it's got to be good." And from our family to your family—thanks for making Borden a part of your life.

To celebrate our 125th birthday, we want you to have these money-saving "Thank You" coupons, plus a chance to win exciting prizes in the Borden $125,000 "Thank You, America" Birthday ☆ Stakes.

Look for Borden Birthday ☆ Stakes displays when you redeem your coupons at participating stores. We want you to be a winner, because it's just one more way we'll be saying "Thank You, America!"



© Borden, Inc., 1982.

10¢ OFF

Old London® Melba Toast or Rounds 5 oz. size or larger



RETAILER: As our agent, redeem for value specified. ANY OTHER USE CONSTITUTES FRAUD. You will be paid face value plus 7¢ handling, provided you and your customer have complied with terms of offer and invoices proving purchase within last 90 days of sufficient stock to cover coupons are shown on request. Send coupons to Borden, Inc., P.O. Box 1720, Clinton, IA 52734. NON-ASSIGNABLE. Customer must pay any sales tax. Void where restricted. Cash value 1/20¢. Limit one coupon per purchase.
COUPON EXPIRES 9/30/82.

STORE COUPON

53000 109024

BORDEN 1857 1982
If it's Borden, it's got to be good
125th Anniversary

20¢ OFF

Skim-American® Pasteurized Process Cheese Product 8 oz. or 12 oz. package only



RETAILER: As our agent, redeem for value specified. ANY OTHER USE CONSTITUTES FRAUD. You will be paid face value, plus 7¢ handling, provided you and your customer have complied with terms of offer, and invoices proving purchase within last 90 days of sufficient stock to cover coupons are shown on request. Send coupons to Borden, Inc., P.O. Box 1720, Clinton, IA 52734. NON-ASSIGNABLE. Customer must pay any sales tax. Void where restricted. Cash value 1/20¢. Limit one coupon per purchase.
COUPON EXPIRES 9/30/82.

STORE COUPON

53000 109065

40¢ OFF

ReaLemon® Lemonade or ReaLime® Flavor Crystals



RETAILER: As our agent, redeem for value specified. ANY OTHER USE CONSTITUTES FRAUD. You will be paid face value plus 7¢ handling, provided you and your customer have complied with terms of offer and invoices proving purchase within last 90 days of sufficient stock to cover coupons are shown on request. Send coupons to Borden, Inc., P.O. Box 1720, Clinton, IA 52734. NON-ASSIGNABLE. Customer must pay any sales tax. Void where restricted. Cash value 1/20¢. Limit one coupon per purchase.
COUPON EXPIRES 9/30/82.

STORE COUPON

53000 109040

Free 125th Anniversary "The Best of Borden" Recipe Sampler

25 recipes and craft ideas



Just send this required certificate with your name, address and zip code to:

"The Best of Borden"
P.O. Box 9654
Clinton, IA 52736

Limit one per family or address. Offer expires when supply is depleted or on 12/31/82.

15¢ OFF

ReaLemon® Juice from Concentrate 16 oz. bottle or larger



RETAILER: As our agent, redeem for value specified. ANY OTHER USE CONSTITUTES FRAUD. You will be paid face value plus 7¢ handling, provided you and your customer have complied with terms of offer, and invoices proving purchase within last 90 days of sufficient stock to cover coupons are shown on request. Send coupons to Borden, Inc., P.O. Box 1720, Clinton, IA 52734. NON-ASSIGNABLE. Customer must pay any sales tax. Void where restricted. Cash value 1/20¢. Limit one coupon per purchase.
COUPON EXPIRES 9/30/82.

STORE COUPON

53000 109032

Barbara Humeston

Timesharing Vacations:

ARE THEY RIGHT FOR YOUR FAMILY?

If high-priced hotel rooms and expensive resorts are threatening your family's vacation plans, timesharing is an option to investigate. In approximately eight years, this new idea in recreational real estate has blossomed into a business with over one billion dollars in annual sales, more than 550 timesharing properties, 350 developers, and approximately 300,000 timesharing families.







Timesharing havens are springing up across the country. Pictured above are The Inn at Wapato Point along Lake Chelan, Manson, Washington (top); *Treetop Village, Four Seasons-USA, Lake Ozark, Missouri* (left); *and Foxrun Villas at Fairfield Mountains, Lake Lure, North Carolina* (right).

How does it work?

The basic concept is simple. Typically, segments of time (usually one-week minimums), most often in apartment-like units, are sold to as many as 52 different buyers. The units usually are in condominium developments at or near resort areas. Each buyer's price and the number of years during which the buyer is entitled to use the property is specified in the contract at the time of purchase. For $12,000, for example, you might buy the week of June 15 in a two-bedroom unit at Aspen, Colorado, for a period of 50 years. In essence, timesharing lets you secure future vacations at today's prices, or at least with only modest inflationary increases.

But there are nearly as many timesharing variations as there are resort properties. With some programs, your time segment shifts each year so all owners have the opportunity to vacation at the most desirable times of year—such as summer and Christmas holidays. With certain other programs, no specific unit is assigned. Instead, you buy "points" that have a certain value. Then time segments in specific units are allotted by reservation. Each unit has a point value depending on the time of the year, the size of the particular unit, and the location.

Whatever the system, you should be assured a furnished unit that will be clean on your arrival and supplied with linen, cooking utensils, dishes, glassware, etc., for your stay. When you depart, you lock the door behind you (a maid does the cleaning up).

Who owns what?

Timesharing programs are divided into two major categories: interval (or fee simple) ownership and right-to-use.

With interval ownership, you actually buy an interest in a unit equal to the amount of time you're entitled to use the property each year (1/52, 1/26, or some fraction of a year). You receive a deed, pay (and can deduct) taxes, and have all the other rights and responsibilities of property ownership, including the right to sell, lease, and will your ownership. You also will be part of an ownership association that directs the facility's management, which is an added responsibility. Such organizations may place certain restrictions on transfers of property as well.

Though interval ownership is considered the safest form of timesharing, in most states it also means that any owner can sue to have the property sold and the proceeds distributed. As a protective measure, many developers now require buyers to sign a "waiver of partition" so that an individual owner cannot break up the property. The Internal Revenue Service—as well as state and federal tax or bankruptcy courts—also may be able to force sale of the property to satisfy liens against an individual who owns part of it.

The right-to-use contract specifies your right to vacation in the unit or at the resort during specified times for as few as 12 or as many as 60 years. You may be limited in your right to rent, sell, or transfer your share; you pay no taxes directly (they're figured in annual maintenance fees); and you're not involved in management.

What's the cost?

Timeshares are priced according to the size and location of the unit, recreational facilities available, location of the resort, its popularity, and in the case of a fixed time period, the season in which the unit will be occupied. Total purchase price for a typical one-week segment ranges from $2,000 to more than $25,000, but averages about $6,000. A week around Christmas at

continued



Pour in Eagle Brand for...

Simple 'n' Sumptuous Strawberry Pie

It's simply beautiful...simply luscious...the pick of the fresh, new dessert ideas this strawberry season!

And with Eagle® Brand Sweetened Condensed Milk—the dessert maker—you know this Frozen Fluffy Strawberry Pie is also simple to make!

Because Eagle Brand is the special precooked blend of milk and sugar that makes so many sumptuous desserts easy.

So enjoy this exciting new summertime treat—compliments of nature and the dessert maker!

Frozen Fluffy Strawberry Pie

(Makes one 9-inch pie)

- **2½ cups lightly toasted coconut**
- **⅓ cup margarine or butter**
- **1 (3-ounce) package cream cheese, softened**
- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- **2½ cups fresh or frozen unsweetened thawed strawberries, mashed or pureed (about 1½ cups)**
- **3 tablespoons ReaLemon® Lemon Juice from concentrate**
- **1 cup (½ pint) whipping cream, whipped**
- **Additional fresh strawberries, optional**

In large saucepan, melt margarine; stir in toasted coconut. Mix well. Press into bottom and up sides of 9-inch pie plate; chill. In large bowl, beat cheese until fluffy; beat in Eagle Brand. Stir in pureed strawberries and ReaLemon. Fold in whipped cream. Pour into coconut crust (mixture should mound slightly). Freeze 4 hours or until firm. Before serving, garnish with additional fresh strawberries if desired. Return leftovers to freezer.

Tip: *One (9-inch) baked pastry shell can be substituted for the coconut crust.*



the dessert maker

© Borden, Inc., 1982.



continued

Timesharing vacations

Aspen, for example, will be several times more expensive than a week in the same unit during September. Right-to-use timeshares tend to be smaller (most are located in hotels instead of condominiums) and to cost about 20 percent less than fee-simple properties. Usually, developers will finance the purchase at competitive consumer interest rates and give discounts for cash. The length of time you're entitled to vacation under timesharing contracts averages about 40 years.

In addition to paying the purchase price, you'll be assessed $75 to $350 per week of ownership per year to cover grounds and unit maintenance, maid service, and managerial costs. You can expect this fee to increase, but your contract should include a limiting clause that ties the percentage of maintenance-fee increases to inflation or another logical index. Beware if the fee seems too low (it could mean that there'll be big increases later on or that the property won't be maintained adequately). Ask for an itemized listing of what the fee goes for.

What about exchange programs?

Many timesharers find exchange privileges the most attractive part of timesharing propositions. Such privileges let you select a new facility to visit during your vacation every year. But don't buy a segment of time in a specific location with that objective solely in mind. There's no guarantee you'll be able to switch to the time and location you'd prefer.

With some programs, called floating or multi-location timeshares, you buy the right to use several different properties owned by the same company, rather than a share of one specific unit. Some of the larger companies offer a choice of accommodations at dozens of resorts—throughout the continental U.S., the Caribbean, Mexico, Hawaii, and other exotic locations.

Many conventional timesharing operations belong to one of two big exchange services: Resort Condominium International (933 North Meridian Street, Indianapolis, IN 46240) and Interval International (7000 Southwest 62nd Avenue, Suite 306, South Miami, FL 33143). In some cases, you also can join on your own. Both services operate worldwide exchanges involving hundreds of resorts. For an annual fee of approximately $40 and about $40 per exchange, these companies will exchange your week in the Poconos, for example, for some other owner's week in Hawaii. Exchanges are subject to availability, and if your request is for a top property at peak season, you may not get it. Trading is easiest if you want similar accommodations in the same general price range as your own. Be forewarned that if you cancel a confirmed reservation for a swap, you lose your exchange fee and may not be able to withdraw your own unit from use for the already agreed upon time. Membership in either of these exchange organizations also entitles you to a variety of free travel-related benefits and services.

Some resorts also operate rental pools and will attempt to rent your unit (for a fee) if you don't wish to use it for your

continued

Real striped bass.
Real garden fresh vegetables.
Real iced tea.

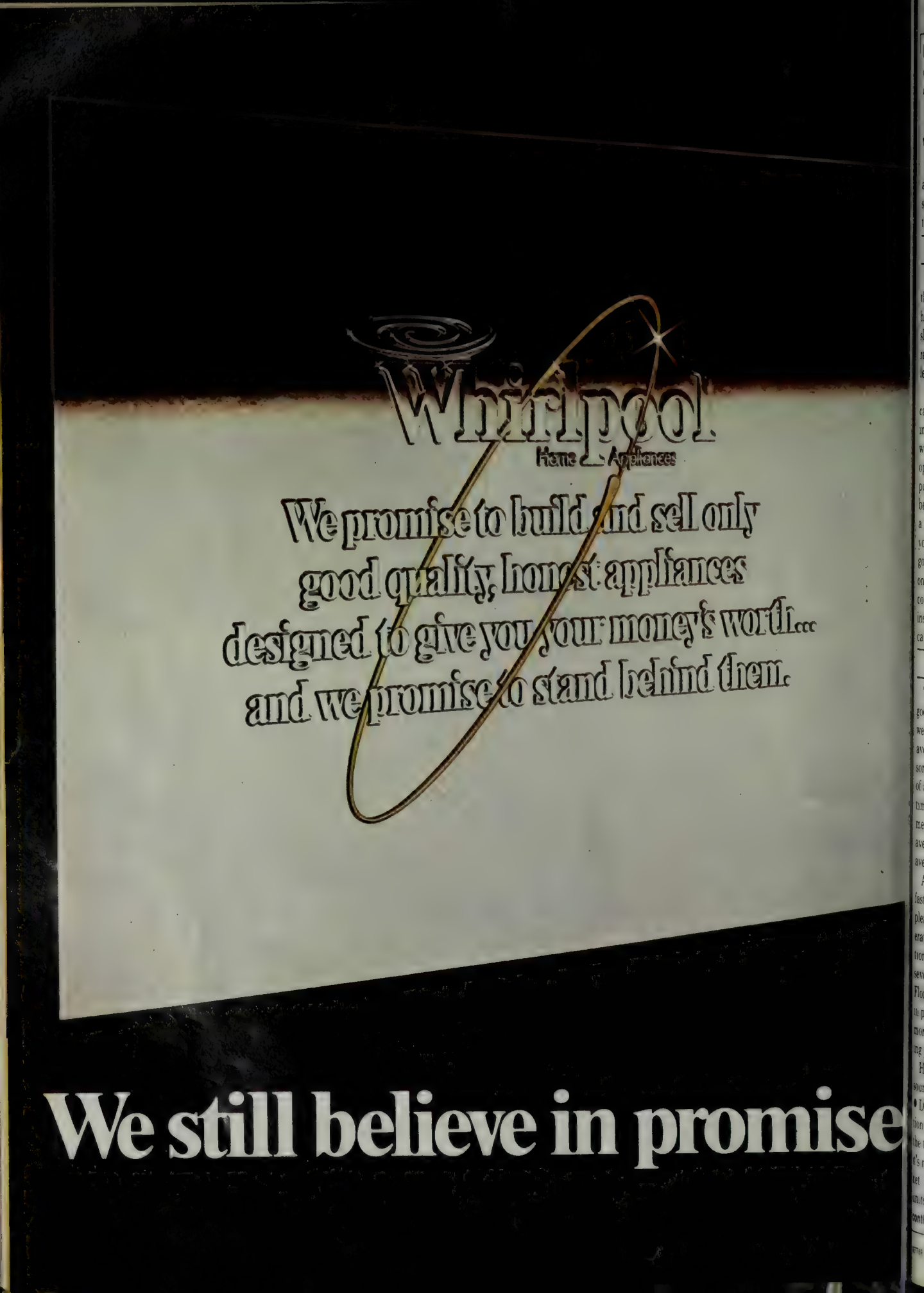
ReaLemon.



Would you really consider anything else?

Look for refreshing summer recipes on bottles of ReaLemon now at your grocery.

BORDEN


Whirlpool
Home Appliances
We promise to build and sell only
good quality, honest appliances
designed to give you your money's worth...
and we promise to stand behind them.
We still believe in promise

continued

Timesharing vacations

allotted time period. Larger resorts sometimes allow timesharing owners to trade weeks.

Any other options?

Timesharing has become so popular that companies are offering shares in houseboats, sailing yachts, beach and ski cabins, rooms in refurbished old railroad hotels and—soon to come—at least one cruise ship.

Recreational vehicle parks and campgrounds are joining the timesharing business, too, particularly in the western states. Most of these facilities operate on a membership basis. You purchase a membership share and may be guaranteed a specific week but not a particular site. With larger networks, your membership privileges may be good at several campgrounds—limited only by the availability of sites. You could travel across the country, for instance, spending time at different campgrounds.

How do you decide?

The best timesharing plans offer good value for your money. They're well managed and permit a family of average means to enjoy a first-class resort at a fraction of the long-term cost of a vacation home or hotel space. But timesharing does involve a commitment (as mentioned, 40 years is the average contract length and $6,000 the average price).

And as with any business growing as fast as this one, there are abuses and plenty of complaints against shady operators. Federal timesharing regulations are virtually nonexistent, but several states are enacting legislation. Florida and Hawaii have taken the lead in passing such laws (those states have more than half the country's timesharing properties).

Here are some tips to help you make sound timesharing decisions.

- Don't purchase a timesharing vacation unit solely as an investment. Since the timesharing business is still young, it's not yet known whether a resale market will develop. Also, so many new units are coming on the market every

continued

SEE HOW MUCH YOUR FAMILY REALLY KNOWS ABOUT BASEBALL...



See if they can pick the starting teams in The Cracker Jack® Old-Timers Baseball Classic.

On July 19, some of the greatest players of all time will take to the field in RFK Stadium, Washington, D.C., for the first Cracker Jack® Old-Timers Baseball Classic. Your family can help pick the starting lineup for the game by voting for their favorite players. Just give them this ballot. Pick up additional ballots wherever you buy Cracker Jack, America's classic all-natural, all-family snack. Baseball and Cracker Jack, what could be more natural?

Help pick the starting lineup. Here's how: Choose one player for each position in each league, and write in their names on the ballot. All major league players who have been retired from playing baseball for at least one year are eligible. Mail each ballot separately before June 30 to: Cracker Jack Old-Timers Baseball Classic, P.O. Box 8075, Clinton, Iowa 52736.

For more information on some of the great Old-Timers, pick up our free Player Guide at the Cracker Jack display at your local store. Or mail a self-addressed stamped envelope (minimum 6" x 3") to: Cracker Jack Old-Timers Player Guide, P.O. Box 8818, Clinton, Iowa 52736.



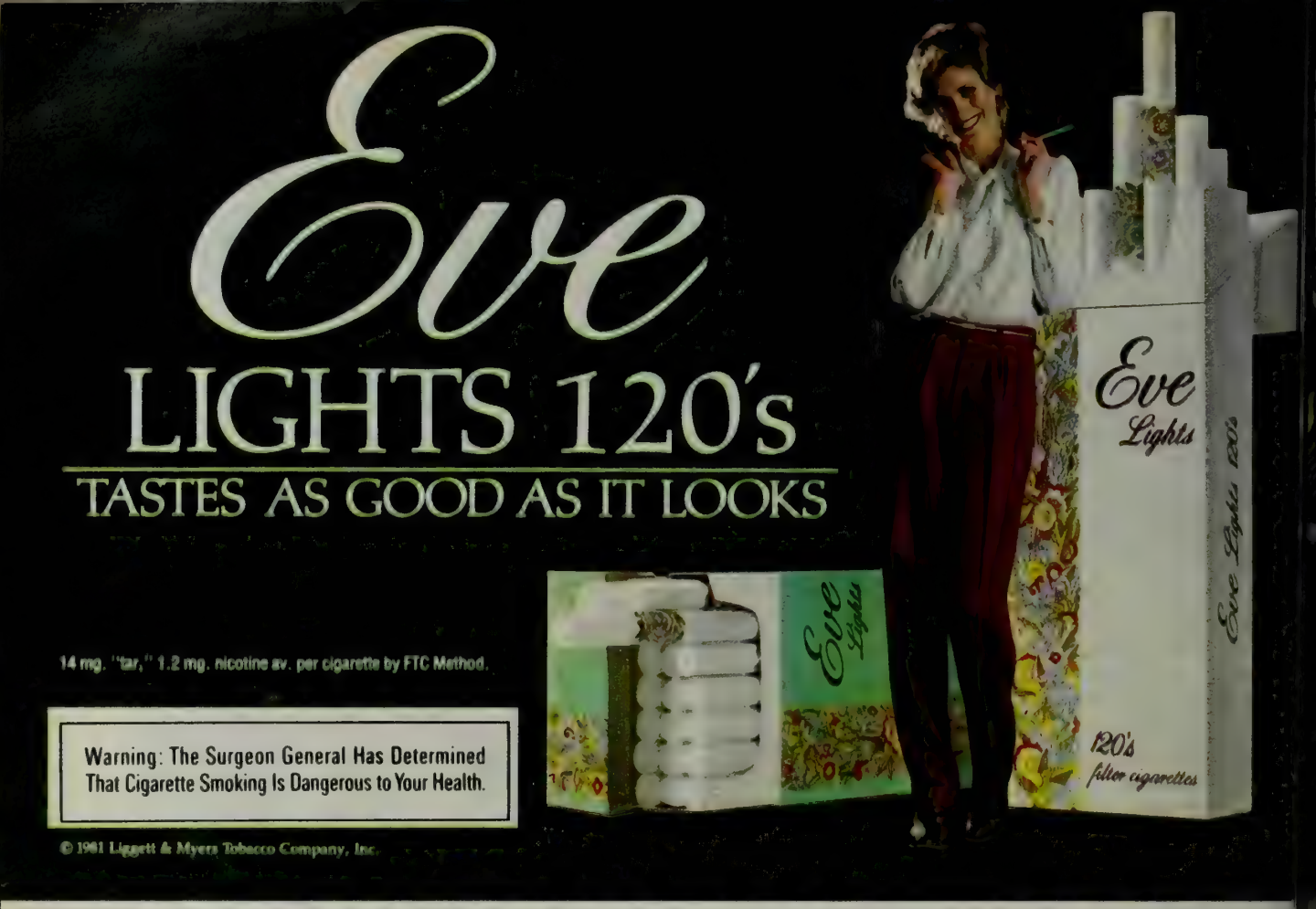
BALLOT FOR THE CRACKER JACK® OLD-TIMERS BASEBALL CLASSIC.

AMERICAN LEAGUE	NATIONAL LEAGUE
1st B_____	1st B_____
2nd B_____	2nd B_____
SS_____	SS_____
3rd B_____	3rd B_____
Outf_____	Outf_____
Outf_____	Outf_____
Outf_____	Outf_____
P_____	P_____
C_____	C_____

Mail each ballot separately to:
Cracker Jack Old-Timers Baseball Classic,
P.O. Box 8075, Clinton, Iowa 52736.

© Borden, Inc., 1982.

America's All-Natural, All-Family Snack



continued

Timesharing vacations

day that resale prospects are slim.

- Before you buy, consider your vacation style. Do you enjoy staying in the same place year after year, or would you prefer a change of scene? Is the property in an area you like? Will transportation (such as the rising costs of air fares) be a problem?
- Beware of the sales pitch that goes: "Even if this isn't your favorite spot, you can exchange it for destinations all over the world." Unless your timeshare is with a multiple resort company and exchange privileges are stated in the contract, you have no legal guarantee you will be able to make exchanges in the future, even when dealing with major exchange services.
- Visit the resort and insist on seeing the unit you're buying. Try to spend a weekend. Most resorts will rent a unit at a modest price. Beware of "free weekend" offers unless you don't object to being badgered by salespeople for a couple of days.
- When you inspect the property, look for unmistakable signs of substantial investment—landscaping planned for low-cost maintenance, quality construction, well-maintained units, and excellent recreational facilities. Perhaps the most important question, and the one that's hardest to answer, is how well the property will be maintained five, ten, or 20 years from now. There's no foolproof way to tell. But generally, the property—*after all the units are sold*—should provide the managers with enough income to be an attractive business. In some cases, the resort also owns hotel property or a condominium rental pool that provides income and offers an incentive for first-class maintenance. In other cases, maintenance fees alone are incentive enough to attract good management.
- If you're seriously interested, check the developer's reputation with the Better Business Bureau or state attorney general's office. The state department of real estate, corporation commission, or licensing department can supply details about the property.
- If you're considering a right-to-use timeshare, the property should be placed in trust against the developer's business failure and liens by creditors.
- Get a breakdown of what items the annual fee covers. Provisions for increases in fees should be specific and reasonable, not open-ended.
- Find out who the other owners are. A reputable developer will be willing to put you in touch with some of them. Call several and ask whether they're satisfied with the property.
- Have your attorney review any contract before you sign it.

For additional information about timesharing, write for the booklet, *Resort Timesharing—A Consumer's Guide.* Send 50 cents and a stamped, self-addressed business envelope to the National Timesharing Council of The American Land Development Association, 1000 16th Street NW., Suite 604, Washington, DC 20036. A more thorough book is *The Buyer's Guide to Resort Timesharing.* To get a copy, send $7 to CHB Co., Inc., Box 184, Los Altos, CA 94022.



Perk gives your no-wax floor a really clean shine. Because Perk is a special no-wax formula that just won't build up. That means you can use it as often as you want–and have a beautiful floor all the time. Perk cleans and shines in one easy step. So perk up your no-wax floor with Perk.

25¢ **SAVE 25¢ ON PERK™**

To The Dealer: We will pay you 25¢ plus 7¢ handling charge for each of these coupons redeemed in accordance with the terms of the offer. To obtain payment send to LEHN & FINK Products Co., P.O. Box 1758, Clinton, Iowa 52734. This coupon is good only when redeemed by you from a consumer at time of purchasing any size Perk. Any other use constitutes fraud. Invoices showing purchase of stock to cover coupons must be shown upon request. Consumer must pay any sales taxes. Coupon void if taxed, restricted or prohibited by law. Cash value 1/20 of one cent. Good only in U.S.A. Limit one coupon per purchase.
Offer expires March 31, 1983.

19200 103273



25¢ STORE COUPON

Protecting Your Home and Garden From Wildlife

Many homeowners are pleased to discover birds at their feeders, to find a nest of baby cottontail rabbits under the shrubbery, or to catch a glimpse of a raccoon making his midnight rounds of the neighborhood. Interest in attracting birds and other wildlife has increased tremendously in America.

Unfortunately, some of the wildlife species that are valued for their colors, songs, or entertaining behavior can become serious problems for the homeowner or gardener. Change places for a moment with the homeowner who finds the siding on his new home riddled with holes—the work of an otherwise benign woodpecker—or the gardener who nurtures his peas or beans into healthy seedlings only to find them reduced to stubs overnight. Then there are the terrified occupants of a home with an attic-dwelling colony of bats. Problems such as these can result in real damage, but if you arm yourself with some basic information and a few tips, you can resolve most confrontations with wildlife.

Nonlethal methods of control are preferable, of course. However, a bird or mammal may have to be destroyed if it threatens human health or is inflicting severe damage, and no nonlethal remedy is available.

The legal status of the creature in question is an important consideration. To destroy some species, you may need a state or federal permit or both. Migratory birds (songbirds, woodpeckers, waterfowl) are protected by both state and federal laws. Small mammals (rats, mice, chipmunks, ground squirrels, gophers) and some nuisance birds (pigeons, starlings, house sparrows) are generally not protected. Rabbits, squirrels, deer, and raccoons usually are protected as game animals or fur-bearers except during specified open seasons. Regulations vary from state to state so be sure to check with your state fish and game or conservation agency (also ask them about U.S. Fish and Wildlife Service regulations).



Rabbits

Public enemy number one of backyard crops and landscape plants is the cottontail rabbit. Rabbits will girdle young fruit trees, chew the bark off a wide variety of shrubs, demolish young vegetable crops, and even nibble on spring tulips. During the winter, rabbits can be captured easily in covered box-traps (wooden or wire boxes covered with cloth) and removed to the edge of town. To protect shrubs and trees during the dormant season, paint the trunks and lower branches with one of several commercial repellents, most of which are based on thiram (a fungicide). A cylinder of ¼-inch mesh hardware cloth wrapped round a tree trunk provides excellent protection. Be sure the cloth extends well above the depth of expected snowfall.

For spring garden protection, a low fence is effective. It need not be more than 18 inches high or more than a few inches into the soil. Rabbits rarely jump a fence or make a real effort to dig under it. Be sure the mesh opening is no larger than one inch or young rabbits will go right through it. A fence can serve as a trellis for climbing crops and keep children and pets, as well as rabbits, away from tender plants.

Raccoons

Many cities and suburbs have surprisingly large raccoon populations. The masked bandits often live in storm sewers by day and prowl neighborhoods by night. Raccoons can raid garbage cans, devastate a garden patch of sweet corn, and take up residence in an attic, crawl space, or chimney. The best way to deal with raccoons is to capture them in a large, sturdy live-trap and then relocate them in a suitable rural area. Sardines, catfood, and fish or meat scraps make effective baits.

Bats

Bats frequently take up residence in an attic or outbuilding. Even though their consumption of insects is highly beneficial, most people want the bats out. Some people fear bats on general principles, and others are leery because bats have been known to transmit

continued on page 87

Illustration: Hellman Design Assoc.



Eskimo Pie® Saves You $10.00 On Adidas®.

Send in two Universal Product Codes from any Eskimo Pie products shown above, along with the coupon at right or with two order forms on specially marked Eskimo Pie cartons. We'll send you a pair of Adidas all-purpose canvas shoes for just $14.95 —about $10.00 off the suggested retail price.

For every pair you buy, we'll contribute $1.00 to the Special Olympics for the mentally handicapped. So enjoy Eskimo Pie and order your pair of Adidas now!

Help Support The Special Olympics.

Please send me Adidas canvas shoes for $14.95.

☐ Check or money order (Sorry, No C.O.D's). Make check payable to Eskimo/Adidas.

☐ MasterCard ☐ VISA Account # _____ Expiration Date _____

Cardholder's Signature _____

Name _____

Address _____

City _____ State _____ Zip _____

Size/Width _____ Male/Female _____ Child/Adult _____

Mail to: Eskimo/Adidas, P.O. Box 1211, Richmond, Virginia 23209-1211. Offer good only in the continental United States. Void in Wisconsin, Washington and where prohibited by law. Cash value of coupon 1/20th of one cent. (Must be postmarked no later than March 31, 1983.) Allow 6 weeks for shipment. Virginia residents, add 64¢ sales tax. In case of wrong size, return unworn shoes with $3.00 for shipping and handling. Limit one exchange. 03

EVERYTHING YOU KNOW ABOUT ATARI

"Are they good for kids?"

Playing ATARI games can be very good for kids (providing they've done their homework and cleaned their bedrooms).

For one thing, it's time spent in the home, with the family. Increasing hand-eye coordination and developing a longer attention span. Learning how to be a good loser—and more importantly, a good winner. And finally, having fun while preparing for the future:

ATARI games are the forerunner of home computers. And although you may not be ready for the electronic age, your children will have to be.

"Are they a passing fancy, like Hula Hoops?"

They're exactly the opposite. The ATARI Video Computer System™ Game is not a toy, to be put in the closet and forgotten. It's a permanent part of a home entertainment center. And just as there are constantly new records available for your stereo, Atari will constantly offer new Game Program™ cartridges for your system.

"What if something breaks?"

Atari manufactures quality products. They're tested, inspected, and come with a 90-day limited warranty. (See your Atari dealer for the details.)

The fact is, the odds are against anything going wrong. But if something does, don't worry. Atari already has over 500 authorized service centers. And by the end of the year, there will be nearly 2,000 nationwide.



*Trademark of Midway Mfg. Co., licensed by Namco-America, Inc. **Trademark of Taito America Corp. © 1982 Atari Inc.

ALWAYS WANTED TO
GAMES, ETC, ETC.

"Will they damage my TV set?"

No. Your TV set doesn't care whether it's playing an exciting game or another re-run.

You can hook up an ATARI game to any set, once and for all, in about 5 minutes. After that, you're only a flick of a switch away from fun for the whole family.



"Etc, etc."

ATARI offers more video games than anyone else. Educational games, space games, sports games, action games, strategy games—including all-time classics, like PAC-MAN,* Space Invaders,** and Asteroids.™

But you can only play ATARI video games on an ATARI video game system. Which is something to think about before investing in one of the etceteras.

ATARI®

A Warner Communications Company

ATARI MAKES MORE HOME VIDEO GAMES THAN ANYONE.

HAVE YOU PLAYED ATARI TODAY?

Let your dog CRUNCH his way to cleaner, whiter teeth



Cleans teeth and freshens breath—helps keep teeth clean and white and breath fresher by removing tartar soft foods leave behind.

Nutrition—100% nutritionally complete with essential vitamins, minerals and protein.

Hardness—comes in different teeth-cleaning sizes and hardnesses for different size dogs.

3 Different sizes—comes in small, medium and large sizes for different size dogs.

Delicious—comes in 3 tasty flavors dogs love.

Provides proper chewing exercise.

3 TASTY FLAVORS!



MILK-BONE BRAND

MILK-BONE® DOG BISCUITS. THE CRUNCH FOOD.

...CO, INC. 1982

begins on page 82

Wildlife

rabies. Also, bats leave an offensive accumulation of droppings. Various techniques are credited with repelling bats, such as mothballs, bright light, and fiber glass insulation, but only a complete job of "bat proofing" will eliminate the problem. All cracks or holes larger than ⅜ of an inch must be sealed up. Fortunately, bats will not gnaw to reopen a closed entrance the way squirrels or rats will.

In a newer home, you may only have to fix a single broken vent or window. In an older home, the bat proofing may be a larger task. Be sure to close the openings, or at least the last few major ones, after dark when the bats are out feeding or in late fall in northern states when the bats have left for warmer winter quarters.

Moles

The distinctive raised ridges that suddenly appear on the lawn are the feeding tunnels of moles. They are excellent diggers and are rarely seen above ground. If there's a sudden influx of moles, that suggests they're finding an abundance of food, usually grubs or some kind of worms. Your garden center can suggest an insecticide to control the insect grubs the moles are feeding on. A more direct and effective approach is to trap the moles. There are several specialized mole traps available. Set the trap in or over the mole's tunnel. When the mole disturbs the trigger of the trap while moving along the tunnel, the trap operates like a harpoon or choker device.

Squirrels and gophers

Squirrels also cause their share of problems. Ground squirrels (sometimes incorrectly called gophers) and gophers do a considerable amount of excavating, which can damage seeds, bulbs, and tree roots, while tree (gray and fox) squirrels raid bird feeders and nest in attics. The best way to remove tree squirrels from an attic is to use a box-trap or cover their entrance hole with hardware cloth (wire).

Trying to eliminate *all* squirrels from a bird feeder is futile, because no bird feeder yet designed is 100 percent squirrel-proof. Anyway, it's fun to watch the poachers' antics.

You can catch the smaller ground squirrels and chipmunks by using a snap-type rat trap baited with peanut butter. To ward off ground squirrels, you can buy a rodenticide and place it in their burrows. Or you might be able to flood the ground squirrels out of their burrows with a garden hose. As for gophers, special traps are available that are similar to the mole traps discussed earlier.

Deer

If you live near a large park or on the edge of a residential area, your ornamental shrubs and gardens may be endangered by deer. You can discourage the deer with six- to eight-foot fencing and any of a wide range of commercial repellents based on such substances as thiram (fungicide), putrified eggs, hot pepper sauce, and bone tar oil. Small mesh bags of human hair, mothballs, and blood meal also may provide relief.

continued



Enjoy smoking longer without smoking more.



Low tar Saratoga 120's

© Philip Morris Inc. 1982

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

15 mg "tar," 1.1 mg nicotine av. per cigarette, FTC Report Mar.'81.

U-HAUL® COSTS YOU LESS. HERE'S WHY:



1. TRIM LINE GAS SAVER FLEET

With U-HAUL, you get a lightweight, low-profile, aerodynamic moving van designed to safely and economically move your family and furniture.



2. MOVING VANS— NOT FREIGHT TRUCKS

With U-HAUL, you get a moving van, not just a truck or trailer. A moving van that is gentle on you and your furniture. With a soft, furniture-saving suspension, padded interior, easy-loading low deck and lots of tiedowns. And it's easy to drive or tow. U-HAUL designs and manufactures its own trucks and trailers specifically for the household mover. *We don't buy our vehicles for later resale to industrial users.* You can rent or borrow a rough-riding freight truck almost anywhere. U-HAUL won't rent you a gas-guzzling, freight truck for moving. We don't rent trucks—we rent moving vans. And we've been doing this since 1945.

3. SAFETY AND SECURITY

With U-HAUL, you get a moving van that is in first-class mechanical condition. And we make certain it stays that way. We cover the U.S., Canada and Alaska with 6,000 dealers, 1,000 moving centers, 600 mobile repair units, 150 maintenance shops, six manufacturing plants, a research center and a certified test track. You can count on our road service 24-hours a day for no additional money. We are always nearby—willing, quick and able.

4. LOW RENTAL RATES

Topping all this, U-HAUL will match any competitor's rate, discount or guarantee.* Just tell us. We mean it when we say "U-HAUL COSTS YOU LESS." Less worry, less time, less work, less damage, less gas—less overall cost.

THE BEST COSTS YOU LESS BECAUSE MOVING IS OUR BUSINESS

U-HAUL®
MOVING & STORAGE

*Except where Traffic Control Fees apply.











continued

Wildlife

Birds

Mammals do not hold any monopoly on causing home and garden problems. Robins and other birds with a fondness for fruit can make life miserable for a home gardener trying to raise cherries, blueberries, or strawberries. To protect your crop, cover the entire tree or berry patch with bird-proofing netting just before the fruit is ripe. Many types of netting are available; the new plastic ones are inexpensive and with care will last for many seasons.

Undoubtedly, the three major bird pests are the pigeon, starling, and house sparrow. The latter two are particular problems because of their aggressive nesting behavior. Both displace many desirable native songbirds. Sparrows, for example, may overrun a purple martin house. To keep that from happening, remove the sparrow nests with a hooked wire as soon as they appear. You can thin the ranks of all three bird pests by live-trapping.

Woodpeckers pose a more serious problem. They can inflict considerable damage on homes by drumming holes through the siding. The drumming may be associated with territorial behavior or a search for insects. Overwintering insects and insect larvae often are harbored in the tunnels of certain types of plywood. If insects are the attraction, all openings to these tunnels must be caulked shut. Using a wood preservative or insecticide may help. If insects do not seem to be present, you must resort to ingenious means of scaring the bird away, such as foil strips, windmill-type toys, rubber snakes, or hawk or owl decoys. But if none of those tactics works, you may have to destroy the woodpecker, after getting the necessary government permit.

For more information

In this article, only the most common problems and solutions have been discussed. For a severe problem, consult an expert. Additional solutions exist, and the best control techniques vary in different parts of the country. For further information consult: (1) Extension service. Many states have county extension offices and state specialists located on the state university campuses. They can provide control information and sometimes on-site advice. (2) U.S. Fish and Wildlife Service. Local offices can provide permit information and bulletins prepared by the U.S. Department of Agriculture and the Animal Damage Control branch. (3) Commercial pest control companies. Commercial exterminators are trained in pest control and can safely use many pesticides unavailable to the general public. These companies are especially valuable in handling rat and mouse infestations. (4) State fish and game agencies. Local managers and wardens can provide permit information and advice, and sometimes even have live traps that can be borrowed. (5) Garden centers, hardware stores, and seed catalogs. All three can provide traps, repellents, scare devices, pesticides, fencing, and other needed supplies.



HEALTH UPDATE

AVOIDING MOTION SICKNESS

If you're susceptible to motion sickness, here's good news. An old and effective drug—scopolamine—now is available in a new easy-to-use form.

The drug is packaged inside a dime-sized disk that you apply to the hairless area just behind your ear.

You apply the self-adhering disk about four hours before beginning an activity that can cause motion sickness. The drug is released at a steady rate for as long as three days. You can shower or swim while wearing the disk, and you can remove it at any time.

Transderm-V is the name of the product, and the manufacturer is CIBA Pharmaceutical Company. The drug is available by prescription and is intended for use by adults only. It costs about 75 cents per day.

The most common side effects of the drug are dryness in the mouth and drowsiness; you should keep the latter in mind if you drive a car or operate heavy machinery while taking the drug. Fortunately, drivers seldom suffer from motion sickness because their attention is focused on driving.

Here are some further tips for avoiding motion sickness.

- When flying, ask for a seat in the center of the plane.
- Sit up front in a car or on the deck of a boat, and fix your eyes on the horizon.
- Eat lightly—about two hours before departure.
- En route, try word games or engage in other activities that demand concentration (except reading, which may increase your discomfort).

BETTER TREATMENT FOR INSECT STINGS

One in every 100 people, or about one million Americans, is allergic to insect stings. For some of these people, the stings can be fatal.

If you've ever been stung and suffered more than the usual pain, redness, swelling, and itching at the site of the sting, you may be a candidate for immunization. Symptoms that may indicate an allergy to insect stings include difficulty in breathing, extensive swelling, hives, and dizziness.

Until recent years, allergists desensitized patients only by using extracts of the whole bodies of insects (known as WBE).

Now, treatment with venom from the insect to which you are allergic is the only protective treatment recommended by almost all allergists, say scientists at Johns Hopkins University. The venom therapy is safe and is effective within a few weeks, according to the results of a recent study.

Of 250 patients who received WBE for at least six months, 115 suffered later stings and two-thirds developed allergic reactions throughout the body.

Of 3,000 patients treated with venom at medical centers around the nation, under 3 percent have developed such reactions.

Despite the results of such studies, WBE still is being used by some allergists. Dr. David Golden and his colleagues at Johns Hopkins reported in the *Journal of the American Medical Association* that WBE may appear to work sometimes because a few patients recover from the allergy spontaneously.

With the venom therapy, patients build up the immunity to insect stings after receiving a six-week series of injections. Maintenance doses of the venom are required to sustain the level of immunity.

PREVENTING HEART ATTACKS

As many as 800,000 Americans are likely to have a heart attack this year. For the 350,000 who will survive, the goal is to prevent another, possibly fatal, attack.

Several preventive drugs are being used by such patients. Some of the drugs increase blood flow so that more oxygen reaches the heart muscle. Others lower blood pressure so that the heart does not have to work as hard.

The beta blockers such as propranolol have been hailed as one of the most dramatic drug "success stories" in recent years. These drugs block the action of certain nerves that stimulate the heart and blood vessels. As a result, the drugs help ensure that the heart continues to beat regularly.

Dr. William Friedewald of the National Heart, Lung, and Blood Institute estimates that three out of four heart attack survivors are eligible for treatment with beta blockers. (The remainder have other medical conditions, such as low blood pressure or congestive heart failure, which the drug could aggravate.)

Further research is needed to determine how long treatment with beta blockers should be continued and whether the drugs will benefit other patients who had heart attacks months or years previously.

Beta blockers have been used for many years to treat high blood pressure and chest pain associated with angina. Aside from propranolol, four other beta-blocking drugs have been approved for use in the United States. They are metoprolol, nadolol, atenolol, and timolol (the latter was approved specifically to reduce the risk of death from recurrent heart attacks).

BINGE-PURGE SYNDROME

This term describes bulimia, an illness that afflicts many more people than will admit to it.

Someone who suffers from bulimia might gorge on a carton of doughnuts, a gallon of ice cream, or a whole box of cereal—all at one sitting. Afterward, the person forces vomiting or uses a laxative, an enema, or a diuretic to compensate for overeating.

The health consequences of such behavior are severe. The various methods of purging cause water loss and changes in bowel habits that in turn may lead to ulcers, hernias, and muscle weakness. Acid from frequent vomiting erodes tooth enamel. Also, the resulting imbalances in body chemistry resulting from bulimia can lead to kidney and heart failure.

In an article in the *Journal of the American Medical Association*, Mayo Clinic psychiatrist Alexander Lucas reported that binge-purge syndrome is far more common than most people

continued

Like you, Colgate's unbeaten protection is there when she needs it.



Awake, asleep, at school or at play, daily brushing with Colgate® gives your child the maximum fluoride protection you can get in a toothpaste. Unbeaten cavity protection, because Colgate's MFP® Fluoride keeps on working day and night.



The Penetration Principle: Painting a piece of chalk with colored liquid illustrates how, with regular brushing, Colgate's MFP® fluoride joins the surface of tooth enamel to strengthen it against cavities

And Colgate gives kids the fluoride protection they need, with a choice of two unique flavors. The 100% pure mint taste of Colgate's Great Regular Flavor, or the wintery fresh taste of Winterfresh™ Gel. So for maximum fluoride protection and great taste, get Colgate today!

Its proven fluoride keeps fighting cavities day and night.



"Colgate® with MFP® fluoride has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association

See your dentist, limit sweet snacks, brush regularly with Colgate.

© 1982, Colgate-Palmolive Company

If you hate mosquitoes, but love people.

You want two things in an insect repellent. A repellent that repels insects. And a repellent that doesn't repel people.

Cutter Evergreen gives you both.

Wherever people do heavy hiking and backpacking, you'll find Cutter. We think that's as strong a recommendation as there is.

And it's just as effective, just as pleasant to use, right in your own back yard.

Look for Cutter Evergreen, in spray, lotion, or convenient stick, even if you have to look a little harder.

It's worth it. Cutter Evergreen.



Best Smeller.

©1981 Cutter Laboratories, Inc.

continued

Health update

realize. According to Dr. Lucas, the typical binger is female, although today's emphasis on looking slim may increase the disorder among men as well.

Binge-purge syndrome often starts in adolescence; the cause of the disorder is unknown. Normally, a highly sensitive and complex "appestat" automatically regulates how much we eat. But in binge-purge syndrome, the appestat doesn't do its job. Eating low-calorie, balanced meals at regular intervals is one way to get off the dietary seesaw, say the experts.

Some bingers at times starve themselves for the sake of "thinness." The starvation disorder is known as anorexia nervosa. Fasting or crash dieting to hasten weight loss is a bad idea for anyone; typically such tactics lead to discouragement and overeating.

For free information about binge-purge syndrome and anorexia nervosa, send a stamped, self-addressed envelope to, or call, the following groups:

- American Anorexia Nervosa Association, Inc., 133 Cedar Lane, Teaneck, NJ 07666 (phone: 201/836-1800).
- National Association of Anorexia Nervosa and Associated Disorders, Inc., Box 271, Highland Park, IL 60035 (phone: 312/831-3438).
- National Anorexia Aid Society, Inc., P.O. Box 29461, Columbus, OH 43229 (phone: 614/846-6810).

SAVING ON PRESCRIPTIONS

You can start saving money on your prescription right in the doctor's office, says a New Mexico pediatrician.

After surveying 41 Albuquerque pharmacies, Dr. Lance Chilton offered these suggestions in an article in the journal *Pediatrics*.

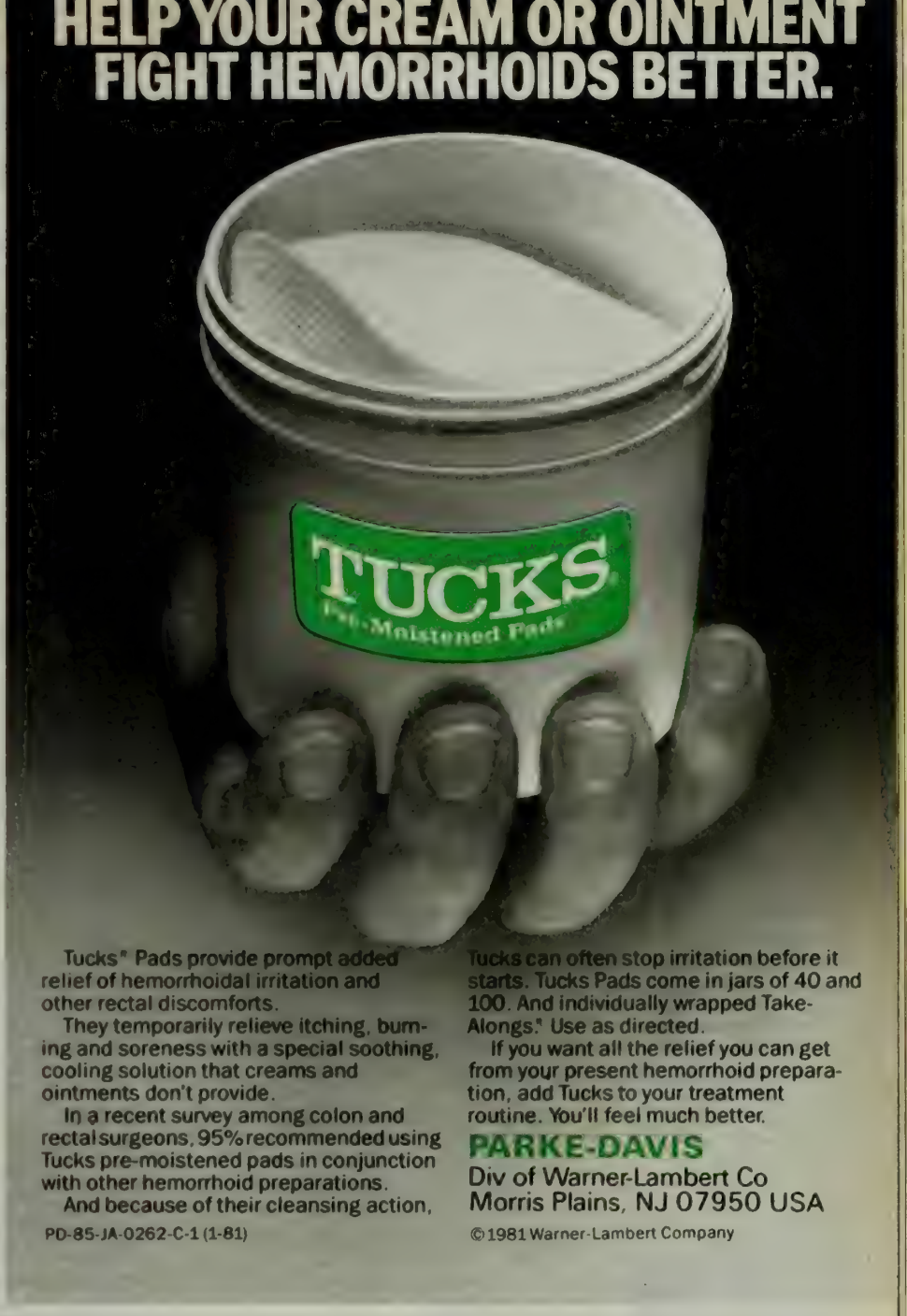
- If you take a certain medication regularly, ask the doctor to prescribe a large amount less frequently, rather than a small amount more often. Many drugs are available in several container sizes, and the largest generally is the least expensive.
- Pills or tablets are nearly always cheaper than the same medication in liquid form.
- Generic drugs often are cheaper than brand name preparations.
- Perhaps the drug you need doesn't even require a prescription. If so, the doctor can write down the name and you can save money by finding the drug yourself on the pharmacy shelf.
- Maybe you don't need medication at all. Often illnesses will go away of their own accord, but many patients— and doctors—seem to view a prescription as a necessary part of an office visit.

Dr. Chilton found that a commonly used drug costs as little as $2.49 at one pharmacy but as much as $9.75 at another, even though most pharmacies cannot be categorized as usually high or usually low in price. This wide variation means that if you are using a long-term or expensive medication, you'd be wise to seek the best price.

HELP FOR THE HEARING IMPAIRED

One in ten Americans has an invisible handicap—loss of hearing. Some people literally suffer in silence, too embarrased to admit their difficulty. The Speak-Up Institute would like to change this attitude.

continued



Tucks® Pads provide prompt added relief of hemorrhoidal irritation and other rectal discomforts.

They temporarily relieve itching, burning and soreness with a special soothing, cooling solution that creams and ointments don't provide.

In a recent survey among colon and rectal surgeons, 95% recommended using Tucks pre-moistened pads in conjunction with other hemorrhoid preparations.

And because of their cleansing action, Tucks can often stop irritation before it starts. Tucks Pads come in jars of 40 and 100. And individually wrapped Take-Alongs.® Use as directed.

If you want all the relief you can get from your present hemorrhoid preparation, add Tucks to your treatment routine. You'll feel much better.

PARKE-DAVIS
Div of Warner-Lambert Co
Morris Plains, NJ 07950 USA

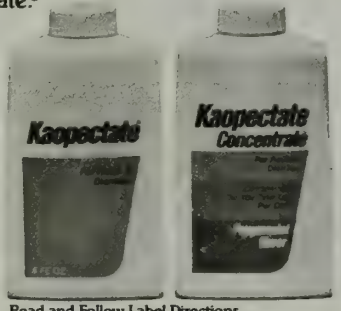
PD-85-JA-0262-C-1 (1-81)

©1981 Warner-Lambert Company

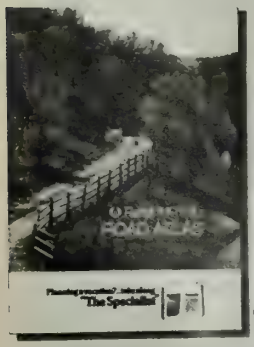


"They told me not to drink the water. I think I'm going to need The Specialist."

Unfamiliar water or food can cause diarrhea. And nothing spoils a vacation or a good time faster. So take along The Specialist. Kaopectate.®
It's the only leading non-prescription medicine created just for diarrhea. And Kaopectate is so effective, it relieves your diarrhea within 24 hours. After all, you've waited too long for a vacation to have it spoiled by diarrhea.



Read and Follow Label Directions



Take along Kaopectate on your vacation and save $2 on a Rand McNally Road Atlas.

© 1982 The Upjohn Co.

To receive your Rand McNally Road Atlas, a $5.95 value, send your store cash register receipt from any Kaopectate purchase, with the price of Kaopectate circled, along with a check or money order for $3.92 and this coupon to: **Rand McNally & Co., Kaopectate Road Atlas Offer, P.O. Box 7600-CM 208, Chicago, Illinois 60680.**

Name_____

Address_____

City_____ State_____ Zip_____

Offer expires December 31, 1982.

Please allow up to 4 weeks for delivery. Make checks payable to Rand McNally & Co.

continued

Health update

The organization encourages the hard of hearing to l people know they need extra help communicating. One ste is to wear the Speak Up symbol, a pin featuring an ear an a question mark. Another step is to tell others how to spea to a person who has a hearing loss.

Some advice:

- Don't shout.
- Speak clearly and slowly.
- Rephrase a misunderstood sentence.
- Move away from background noise.
- Stand in clear light facing the person.
- Don't obscure your mouth with a cigarette or hand, ar don't chew food while speaking.
- Ask what you might do to make conversation easier.

Another group, the Organization for the Use of the Tel phone, Inc. (OUT), is lobbying to have all of our phon made compatible with hearing aids. At present, an estima ed 43 million phones cannot be used by people dependent a common type of hearing aid. Hence, many people who a capable of communicating well are "phone deaf."

To obtain the Speak Up symbol, which costs $2, or to g more information, write to the Speak-Up Institute, 525 Pa Ave., New York, NY 10021. The address of OUT is P.O. B 175, Owings Mills, MD 21117.

HEALTHFUL READING

- *Medical ID:* If you were in an accident, having persor medical information handy might save your life. If you ha heart disease, diabetes or other chronic disorders, or dr allergies, you should carry such information at all tim You now can have your complete medical history on mic film, along with a magnifying lens to read it. The wallet-s medical record is contained in a flexible plastic ca developed by the National Safety Council. When medi data is needed, a user simply bends the card into a U-sha to read it through the lens. The cost is $9.95 plus 75 ce postage and handling. For an application, send a se addressed, return envelope to the National Safety Coun Health and Safety Awareness Center, Dept. B., 333 No Michigan Ave., Chicago, IL 60601.
- *"First Things First"* is an eye-catching first aid guide small children. Does your child know how to stop nosebleed, what to do for a bad bruise or how to h someone who is choking? Even a young child needs to lea For the pamphlet, send 50 cents to Upjohn First Thi First, 99 Park Ave., Third Floor, New York, NY 10016.
- *"Coping with Sight Loss"* is a handbook for people v are losing their sight, as well as for their families and professionals who work with them. It's available both large print and on voice-indexed cassette tapes. The b includes information on aides and devices, services, re ation, tax benefits, special reading materials (such Talking Books), and local and national referral sources. book costs $10 plus $1 for handling. To order the book, o request further information, write the VISION Foundati 770 Centre St., Newton, MA 02158.

—By Lynne Lamberg

Some things are just better, naturally!



NATURALIST™

Health Food Products bring you Nature's best.

Health foods that are as natural as nature are available at your food store or drug store. New Naturalist™ Health Food Centers have arrived.

Naturalist Health Food products are as close to nature as you can get. No sugar, no preservatives, no artificial color. Just basic goodness in a complete selection of natural vitamins, minerals, food supplements, nutrition bars, natural snacks, herbal teas and herb capsules. Plus body and hair care products in aloe vera, jojoba and vitamin E formulas.

Look for the Naturalist Health Food Center in your supermarket or drug store.



Look for Naturalist Health Food Centers at your Drugstore or Supermarket.

Naturalist Nutritional Products
St. Missouri 63115

SAVE 25¢

on any purchase of Naturalist™ Health Food Products

DEAR RETAILER: For payment of face value plus 7¢ handling, send to Retail Corporation, PO Box 1212, Clinton, Iowa 52734. Coupon will be paid only if presented by a retailer of our merchandise or a cleaning house approved by us and acting for and at the risk of the retailer. Retailer must submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the merchandising program represented by coupons presented for redemption. This coupon is nontransferable, nonassignable, nonreproducible and any sales tax must be paid by customer. Offer good only in U.S.A., APO's, FPO's and void where prohibited, taxed or otherwise restricted. Cash redemption value, 1/20th of one cent. This coupon good only on brand specified. Any other use constitutes fraud.

Limit One Coupn Per Purchase
Coupon Expires 2/1/83

00122 102247



"Look for this label and insist on the best. A genuine La-Z-Boy® recliner."



Be sure it's a genuine La-Z-Boy® chair —the only chair that gives you the premium features you expect in a fine recliner; comfort exclusives like the three-way footrest and contour-action support. The widest variety of styles, colors and fabrics. So look for this label when you shop; it tells you it's a genuine La-Z-Boy recliner. See your Yellow Pages for La-Z-Boy chairs, available at fine furniture stores and La-Z-Boy Showcase Shoppes.

A genuine La-Z-Boy chair. Now that's love.

La-Z-Boy®
Chair Company

© 1982 La-Z-Boy® Chair Co.



Photograph: Ernest Braun. Design: Mark Hajjar
Field editor: Barbara Cathcart

bins have tapered sides for easy access to every item in the stack. Shoes are stored on three sets of slanting shelves on the left wall of the closet, while the horizontal shelves above hold sportswear. The full-length mirror on the back of the closet door is handy for checking apparel head to toe.



Photograph: Ross Chapple. Design: Jenny Fitch

Six partitioned rows of shelves provide ample space in this closet for clothing, sporting goods, sewing supplies, and other household gear *(above)*. Shelves like these can be made of plywood or dimension lumber; building them is easy because they are secured with unique plastic corner clips in T, X, and L configurations that eliminate the usual nailing and gluing.

As in our first example, jackets, blouses, and skirts in this closet are hung on two horizontal poles, one above the other. Shoes are layered on narrow shoe-box-sized shelves on the left side of the closet; the shelves are just the right size for folded shirts, jeans, and sweaters, too.

Corner clips are available from Fitch Creations, P.O. Box 111, Chapel Hill, NC 27514.

HOME MANAGEMENT

Shaped-Up Closets

If you're plagued by overstuffed closets, here's a solution. Build a bunch of tidy cubbyholes like the ones in these closets, and you'll be surprised how much more you can store in the same space.

You can double the clothes-hanging space in your closets by installing two horizontal clothing poles instead of one *(top right)*. There's plenty of room in a standard-height closet for two rows of short items like jackets and folded slacks, but if you need full-length space for winter coats, dresses, and robes, simply partition an end section and install a third pole at normal hanging height. (Full-length items in this closet hang on the right wall out of camera range.)

Shirts and sweaters are neatly stacked on shelves that separate the two rows of hanging clothes. The shirt

Lenox.



A world apart. Let it express your world.

Lenox China and Crystal

Send for our free color brochure. Lenox, Lawrenceville, N.J. 08648.

© Lenox '81



NEW PRODUCTS

Kim Garretson

·GoodNews·

CLEANING WONDERS



The Vetrella MP-15 (left) functions as a vacuum cleaner, a dry-foam carpet cleaner (it cleans without water), and a washer/buffer for wood and resilient floors. A small canister on the front of the machine holds the cleaning foam, which is dispensed by a lever and distributed through the carpet fibers by rotating brushes. The Vetrella electric window and wall washing machine and polisher (right) holds its own cleaning solution in the long handle. The handle is jointed so you can reach both sides of windows. Rotating brushes spread the cleaning solution, and the machine sucks off the dirty solution. Lamb's-wool pads for polishing and buffing are included.

Vetrella MP-15, about $395; window and wall washing machine, about $99. Vetrella America, 12743 E. 70th St., Brooklyn, NY 11234.

ENERGY MISER



Two refrigeration systems control this new Amana refrigerator, one for the freezer and one for the refrigerator compartment. The result: yearly electric costs can be as low as $43. The savings results from separating the moist air of the refrigerator from the dry air of the freezer. In other models this air is mixed, and moisture tends to end up on the evaporator coils as frost. This in turn triggers the energy-wasting automatic defrost cycle. In this model, only dry air from the freezer circulates around the coils, greatly reducing frost buildup. The refrigerator compartment's cooling comes from a large cold plate at the back of the compartment that circulates the refrigerant. A side benefit is that air in the refrigerator compartment stays moist so food does not dry out nearly as quickly as in other models.

Amana "Twin System" Refrigerator, about $900 to $950. Amana Refrigeration, Amana, IA 52204.

PREMIUM PANELING



Some of the most beautiful woods in the U.S. now are available in a European-designed paneling system that is both striking and efficient. The Profilewood System consists of tongue-and-groove solid wood panels 3½ inches wide and ½ inch thick. The design of the panels lets you panel walls and ceilings without nailing through the wood, so there are no nailheads, hammer dents, or wood splits. You simply nail furring strips to the existing wall, insert the galvanized clips over a panel's groove, nail the clips to the furring strips, and insert the tongue of the next panel into the groove to conceal the clips. Woods available are California redwood, western hemlock, Douglas fir, western red cedar, southern pine, and Sitka spruce.

Profilewood, about $24 to $40 per package (covers 21.4 square feet). Ostermann & Scheiwe USA, Dept. B, P.O. Box 26, Spanaway, WA 98387

BETTER BATH FURNITURE



For the first time you can buy ready-to-assemble bathroom furniture with the quality features of custom-built European-styled cabinets. This vanity is one of seven styles—two contemporary and five traditional—available in various sizes and finishes with matching mirrors, light fixtures, and wall-hung storage units. The vanities differ from conventional models in three ways: (1) Face frames are eliminated because the door and drawer panels are precisely cut to juxtapose tightly (this provides more interior space and simplifies assembly). (2) Concealed, adjustable, self-closing hinges replace the exposed variety. (3) Drawers slide on side-mounted guides for easier action.

Perma Bilt Collection; this vanity (without top), about $330 to $400. Perma Bilt Industries, 19306 S. Normandie Ave., Torrance, CA 90502.

continued



Room at the tip.



© Philip Morris Inc. 1982

We're pleased to announce a vacancy.

At the end of our cigarette.

This small opening keeps your lips from touching the tar that builds up on the filter.

Flush filters can't do that.

Which is why Parliament Lights are so tastefully light.

Because we provide the room for improvement.



Only Parliament Lights has the famous recessed filter.

Available in
Soft Pack, Box and 100's.

Kings: 9 mg "tar," 0.6 mg nicotine—100's: 12 mg "tar," 0.9 mg nicotine av. per cigarette, FTC Report Dec.'81.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



PRESERVED PLANTS / Once living, these Evrlasting[tm] Plants have been delicately preserved to last indefinitely, with no sun, no water, no care . . . ever!

SILKEN PLANTS / The epitome of perfection, these Evrlasting[tm] Silken Plants represent exquisite detailing for a look so incredibly real, you won't believe your eyes!

(1) Preserved Giant Boston Fern/basket/33" hanger, Med (shown) 3' wide $12.95*, Lg 3'3" - $14.95*, X-Lg 3'6" - $16.95*. **(3)** Preserved Areca Palm, Med (shown) 4' tall - $16.95*, Lg 5' - $22.95*, X-Lg 6' - $29.95*. **(4)** 25 Giant Tropical Plumes over 5' tall/with choice of one accent color: Orange, Yellow, Blue or Green (specify) - $12.95*. **(7)** Rush & Palm Basket 12" x 12" - $6.95*. **(8)** Giant 24" Basket Urn - $10.95*. **(47)** Hanging Double Silken Spider Plant/stoneware urn/40" hanger, 16"h x 18"w - $24.95* Single Spider Plant/basket/33" hanger (not shown) 15"h x 16"w - $14.95*. **(48)** Hanging Silken Philodendron/basket/40" hanger, 18"h x 16"w - $19.95*. **(49)** Hanging Silken Wandering Jew/basket/40" hanger, 14"h x 14"w - $14.95*. **(50)** Hanging Silken Ivy/basket/40" hanger, 18"h x 17"w - $24.95*. **(62)** Silken Violets, Begonias & Spring Breath/stoneware urn/13"h x 16"w - $24.95*. **(63)** Silken Apple Blossom sprays/stoneware urn/30"h x 8"w - $14.95* **(68)** Hanging Silken Rhododendron & Ivy/basket/40" hanger, 12"h x 15"w - $29.95*. **(70)** Silken Tiger Lilies & Ivy/volcanic ash urn/18"h x 14"w - $24.95*. **(75)** Hanging Silken Begonias & English Ivy/stoneware urn/40" hanger, 12"h x 12"w - $19.95*. **(77)** Silken Tiger Lilies & Ivy/basket/14"h x 13"w - $24.95*. **(79)** Preserved Giant Boston Fern/24" basket urn/36"h x 36"w - $19.95* **(81)** Silken Hydrangea, Wandering Jew/Spring Breath & Cordone Puffs/basket/16"h x 18"w - $34.95* **(89)** Giant 30" Spanish Fan/a great wall hanging/ivory, rust, chocolate or red (specify) - $9.95*.

*Add $3 Postage & Handling for each product ordered. All plants shipped assembled ready to display except 3, 47, 48, 49, 50, 75, 79, which are shipped flat to ensure safe arrival. All sizes approximate.

ORDER BY MAIL

OR TOLL FREE/Send check or money order or charge to your VISA/MC/AM. EX. Thirty-Day Golden Guarantee[tm].

TROPICAL PLANT INSTITUTE, INC. 901 N.W. 8th Ave., Dept 104, Ft. Lauderdale, FL 33311 TOLL FREE 1-800-327-3729 Color Portfolio $1. Delivery 4-6 weeks

continued

·GOODNEWS·

ELECTRONIC EYE



Although battery-operated wall stud finders have been around for years, they're all magnetic—to find a stud, they must find a nailhead. But the Stud Sensor actually can find the wood stud by electronically measuring the density of the wallboard, plywood, or acoustically sprayed ceiling. When the battery-operated device detects a wood stud or joist behind the wall material, a series of lights shows you precisely where both edges of the stud are located.

Zircon Stud Sensor, about $19. Zircon International, 475 Vandell Way, Campbell, CA 95008.

SPEEDY SPREADER



In just ten minutes you can apply liquid fertilizer, herbicide, or insecticide to a 5,000-square-foot lot with the Spreader King, and avoid the high cost of a professional lawn service. The 13-pound unit has a rechargeable battery-powered motor that sprays the chemical in a five-foot swath. If you need to spread chemicals over tall weeds, you release the wheel carriage and hand-hold the spreader.

Spreader King, about $70. Britt-Tech Corp., Britt, IA 50423.

We're looking for people to write children's books

Writing for children is the perfect way to take up writing, says the author of 53 children's books. Your ideas come right out of your own experience. And while it's still a challenge, it's probably the straightest possible line between you and publication—if you're qualified to seek the success this rewarding field offers.

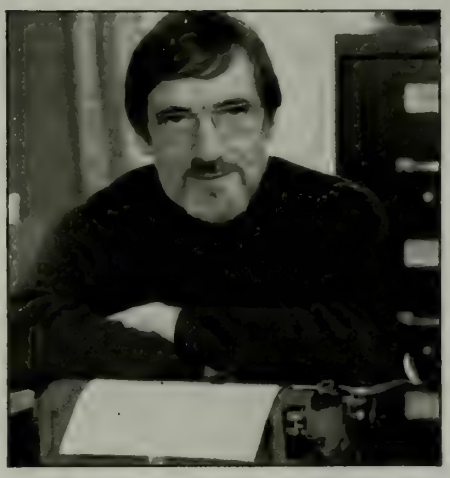
By Alvin Tresselt, Dean of Faculty

IF you want to write and get published, I can't think of a better way to do it than writing books and stories for children and teenagers. Ideas flow naturally right out of your own life experience. While it's still a challenge, the odds of getting that first unforgettable check from a juvenile publisher are better than they are from just about any other kind of publisher I know.

Later on, you may get other checks from other publishers. But right now, the object is to begin—to break into print—to learn the feeling of writing and selling your work and seeing your name in type. After that, you can decide if you want your writing to take another direction.

But after 30 years of editing, publishing, and teaching—and 53 books of my own—I can tell you this: you'll go a long way before you discover anything as rewarding as writing for young readers.

Your words will never sound as sweet as they do from the lips of a child reading your books and stories. And the joy of creating books and stories that young people 'really dig' is an experience you'll never have anywhere else. (In this age of boob tube illiteracy, convenient morality, and plastic values, *do you know of a more important audience?)*



Alvin Tresselt was Vice President and Executive Editor of Parents' Magazine Press, the first editor of *Humpty Dumpty's Magazine for Children*, and a board member of the Author's Guild. His 53 books for young readers have sold over two million copies.

A surprisingly big market

But, that's not all. The financial rewards go far beyond most people's expectations because there's a surprisingly big market out there for writers who are trained to crack it. More than 130 million young people's books are purchased each year. Between 2,000 and 2,500 new titles appear annually and new authors account for as many as half of them.

There are also 250 monthly magazines looking for material for young readers. You can imagine how much writing it takes just to keep them going!

Yet two big questions bedevil nearly every would-be writer: "Am I really qualified?" and "How can I get started?"

'Am I really qualified?'

This is our definition of a "qualified person": it's someone with an aptitude for writing who can take constructive criticism, learn from it, and turn it into a professional performance. That's the only kind of person we're looking for. The reasons are simple: our reputation is built on success, and if prospective students don't have the earmarks of success, we probably can't help them. And we tell them so. It's only fair to both of us.

To help us spot potential authors, we've developed a revealing test for writing aptitude. It's free, and we don't charge for our evaluation. But no one gets into The Institute without passing it. Those who pass and enroll receive our promise: You will complete at least one manuscript ready to submit to a publisher by the time you finish the Course.

When we teach, you learn

I've learned a lot about writing for children and I love it. Now I'm passing my knowledge on to my students so they can profit from it. When I'm not writing my own books I spend my time at The Institute of Children's Literature, a workshop for writers that does only one thing and does it better than any other educational institution I know of: It trains qualified people to write for the young reader.

This is the way I work with my students, and my fellow instructors—all of whom are experienced writers or editors—work more or less the same way.

When you're ready—at your own time and your own pace—you send your assignment to me and I read it and reread it to get everything out of it you've put into it. Then I edit your assignment with a red pencil just the way a publishing house editor would—if he had the time. I return it along with a detailed letter explaining my comments. I tell you what your strong points are, what your weaknesses are, and just what you can do to improve. It's a matter of push and pull. You push and I pull and between us both, you learn to write.

The proof of the pudding

This method really works. I wouldn't spend five minutes at it if it didn't. Last year we received hundreds of letters like these from successful students: "Before taking your Course, the short stories I scribbled for my two tiny tots never caught an editor's fancy," writes Emily Burns of Salem, Ore.

"My first sale, to *National Catholic Weekly*, was a Course lesson. Then I sent another Course assignment to a writer's competition and won first prize of $400!"

"My instructor's advice was invaluable in plotting, character, motivation, and dialogue. I am most grateful for her personal interest and encouragement. Best of all she helped me understand my own strengths and weaknesses and how to emphasize the first and remedy the second. Better instruction hath no man than this!" Elizabeth Henley, New Cambria, Mo.

Marilyn Day of Marissa, Ill. says, "I'm proud of this accomplishment. Now I'm no longer a housewife, I am a *writer!*"

And Mary Carruth, Dublin, Cal., writes, "I sent out my first article with a prayer and a hope, and it was accepted. Your Course with its structure and support, has been everything I hoped for and needed."

"When I started this Course, I did not really think that I had the ability to write," writes Sister M. Laetitia Mudde, West Haven, Ct., "But my instructor made me believe in myself."

I have a file full of similar letters. People like yourself so full of pride they could easily convince you that indeed it is a pity more people—men and women—don't take up writing for children.

Free Writing Aptitude Test offered

To find qualified men and women with an aptitude for writing, the Faculty and Consultants of The Institute have prepared a four-page Writing Aptitude Test. It is offered free and will be professionally evaluated at no cost to you by our staff.

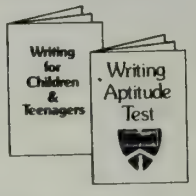
Just mail the coupon at left to receive your free Test and 28-page illustrated brochure which describes The Institute, our Course, Faculty, and the current market for children's literature. If you demonstrate a true aptitude for writing, you will be eligible to enroll. But that's entirely up to you.

There is no obligation.

The Institute of Children's Literature
Redding Ridge, Connecticut 06876

Dear Mr. Tresselt: **J-74**

I am interested in your program to help new writers get started. Please send me your free Writing Aptitude Test and 28-page brochure. I understand I am under no obligation whatever and no salesman will visit.



Mr. Mrs. Ms. Miss

Please circle one and print name clearly

Street

City

State Zip

Approved by the Connecticut Commissioner of Education

Garden Tool Shape-Up

By keeping tools clean and sharp, you can cut your working time and fatigue by one-fourth to one-third.

When well cared for, metal tools slip in and out of the soil with minimum effort on your part. Rusty, dirt-caked tools, on the other hand, can really slow down your garden work because damp soil will stick to the pitted metal, making the tools heavier and harder to use.

The best way to remove the rust, dirt, or even dried-on concrete is with a wire brush wheel that fits into your portable electric drill. The brush quickly cuts down to the metal and even gets down into the crevices. Be sure to clamp the tool securely in a vise and wear safety goggles or a face shield.

If the tool is extremely rusty, coat the metal thoroughly with a rust remover the night before cleanup. By the next day, the rust will be loose enough for you to brush it away easily.

Regular maintenance

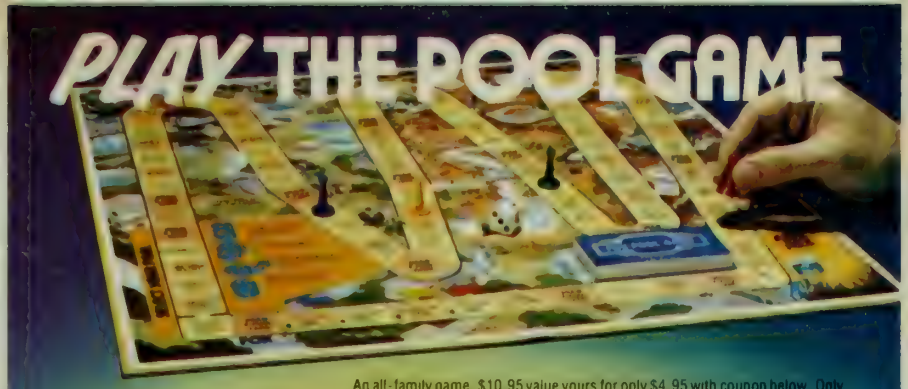
Keep a wooden-handled wire brush near your tool storage area and get in the habit of brushing your tools after each use. This takes just a few seconds, and it keeps your tools in top shape.

Every month or so during the summer, wipe your tools (handles, too) with linseed oil. It's also essential to oil-treat tools before winter storage. Fill a box with sand and pour old motor oil over the sand. Then plunge every tool into the sand a few times to scour it clean and coat it with oil.

To avoid getting splinters in your hands, sand rough areas as they appear on tool handles. After each sanding, rub linseed oil over the treated area. Replace handles that are badly cracked, worn, or broken.

Tool storage

If you store all of your tools in one area, you won't waste time looking for misplaced items. Hang your hand tools on perforated hardboard, and install brackets and shelves to hold packaged outdoor supplies above possibly damp floors. Be sure to lock up all pesticides and other potentially dangerous liquids and powders.

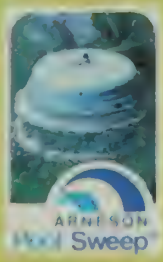


An all-family game. $10.95 value yours for only $4.95 with coupon below. Only available from Fox and Fox Pool Builders. Allow 2 weeks for delivery. Offer ends August 15, 1982

The fun way to learn how to choose a swimming pool and save money, too!

You start at "home" and travel the colorful gameboard, learning all about swimming pools from vital safety information to accessories and construction details. A pool helps save gas and dollars, transforms your home into a vacation paradise. And, because it's a permanent part of your home, you really need to know what to look for. Play the Pool Game and you'll come out a winner!

- **Discover the many Fox pool shapes, sizes and options!**
- **Learn why Fox X-Brace™ pools mean lasting beauty!**
- **Find out about new Fox advances, such as FoxGard™!**



AUTOMATIC POOL CLEANING

In just 4 hours, an automatically timed Pool Sweep™ covers every inch of your pool. Models for every type of pool. No wonder it's the world's best selling cleaner!

FOXXX®

THE STRONGEST NAME IN POOLS

☐ Send free Fox Pool brochure.
☐ Send free Pool Sweep brochure.
☐ Have your Fox builder give me a free estimate.

☐ Send ____ Fox Games. I have enclosed $4.95 for each game ordered. PA residents add 6%.

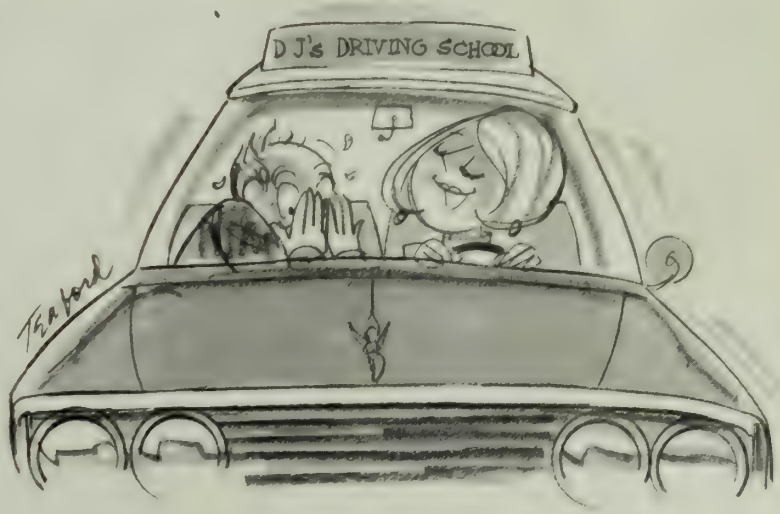
NAME _____

ADDRESS _____

CITY _____ ST. _____ ZIP _____

Mail to: Fox Pool Corp., P.O.Box 549, York, PA 17405/0549

"In the past 15 years, I've had 35 driving lessons, 35 driving instructors, but only one refrigerator. A Frigidaire."



FRIGIDAIRE
HERE TODAY, HERE TOMORROW.

Frigidaire *One of the White Consolidated Industries*

© 1982 W.C.I.

HIGH-RISE OUTDOOR LIVING

Even if you live in the heart of the city, you can enjoy outdoor living year round with a multipurpose "backyard" like this one. The rooftop is divided into two parts: an open-air terrace that provides ample space for warm-weather dining, entertaining, and relaxing, and an all-season glass-enclosed family room. In both areas, a mix of furnishings is arranged to accommodate a wide variety of activities. Potted greenery and flowers grouped in casual clusters add brilliant, ever-changing color to the eye-catching settings.

Photographs: Fred Lyon. Design: Agraria and Judy Thier. Field editor: Barbara Cathcart





While your own view may not be this spectacular, your outdoor living space can be just as inviting as the one shown here. Begin with flexible furniture groupings that make the area a fun place for casual get-togethers and elegant parties.

The antique iron tables and chairs on this terrace, for example, can be arranged for a variety of dining needs. And the table's attached umbrella makes dining pleasant even when the sun is especially intense. The lightly scaled furnishings create a sidewalk café atmosphere. And the colorful table settings and display of seasonal flowers provide festive accents.

The small sitting area nearby is furnished with lightweight wicker chairs that can be moved around easily to take advantage of the view or supplement seating inside the enclosed family area.

Within the greenhouse/family room, a small table and chairs provide a perfect spot for morning coffee or quiet meals. The area's overhead glass panels are shaded with electronically operated canvas shades. And for nighttime privacy, matching curtains can be pulled across the sliding glass doors and windows.

Using the same color scheme and flooring in the family room and on the terrace helps to tie the two areas together. The blue of the iron chairs and tables is repeated inside by the table scarf and sofa upholstery.

Imported by The Paddington Corporation, New York, N.Y. 34 Proof © 1981



Baileys. A unique taste so silken, so full of character, only one word can describe it. Magic.

Perhaps it's that taste of magic that has made Baileys America's fastest growing liqueur.

BAILEYS. TASTE THE MAGIC.

Discover Japanese Enok Mushrooms

Here's good news for mushroom lovers: Japanese enok mushrooms now are available in American supermarkets. These crisp, slender mushrooms are delicious raw or briefly cooked and they add a delightful crunch to everything from salads to stir-frys. For starters, try the mushrooms in these two recipes —an easy Oriental salad and an elegant veal entrée.

Before using the mushrooms, rinse them under cold running water, then trim one inch from the stems. Store the mushrooms tightly covered in the refrigerator and use them within a few days after purchasing. And for the best flavor and texture, avoid overcooking them.



Photograph: Mike Dieter

ENOK-ACCENTED CHINESE SALAD

A soy sauce dressing highlights this spinach-Chinese cabbage tossed salad—

- **3 cups torn spinach**
- **2 cups sliced Chinese cabbage**
- **1 cup enok mushrooms**



1 hard-cooked egg, chopped
¼ cup salad oil
3 tablespoons vinegar
1 tablespoon soy sauce
2 teaspoons sugar
⅛ teaspoon ground ginger
Hard-cooked egg slices (optional)

In a large salad bowl combine spinach, Chinese cabbage, mushrooms, and chopped hard-cooked egg. In screw-top jar combine salad oil, vinegar, soy sauce, sugar, and ground ginger; cover and shake well. Pour over salad; toss lightly to coat. Garnish with hard-cooked egg slices, if desired. Makes 6 servings.

CREAMY SAUCED VEAL WITH ENOK MUSHROOMS

Egg and a double coating of flour ensure a crisp crust on the veal—

1½ pounds veal round steak, cut ½ inch thick
¼ cup all-purpose flour
1 teaspoon salt
¼ teaspoon pepper
1 egg
1 tablespoon milk *or* water
¾ cup fine dry bread crumbs
¼ cup cooking oil
2 tablespoons all-purpose flour
¼ teaspoon salt
Dash pepper
⅔ cup milk
¼ cup dry white wine
¾ cup enok mushrooms

Cut meat into 6 pieces; with meat mallet pound to ¼-inch thickness. Cut small slits around edges of veal pieces to prevent curling. Combine the ¼ cup flour, 1 teaspoon salt, and ¼ teaspoon pepper. Coat veal pieces with the flour mixture. Beat the egg with the 1 tablespoon milk or water. Dip the coated veal pieces in the egg mixture, then coat with the bread crumbs.

In 12-inch skillet cook the veal pieces on medium-high heat in hot oil for 2 to 3 minutes on each side or till tender. Add more oil to skillet, if necessary. Remove veal pieces to platter; keep warm.

In same skillet blend the remaining 2 tablespoons flour into pan drippings. Add ¼ teaspoon salt and dash pepper. Add the ⅔ cup milk all at once. Cook and stir till bubbly. Cook and stir 2 minutes more. Add the wine and the mushrooms; heat through. Spoon some sauce over the veal pieces; pass the remainder. Makes 6 servings.



Movable Seating With A Built-In Look

Do you like the looks of built-in seating but feel it may limit your room arrangement options? Here's an alternative: You can achieve the built-in look, without being locked in, by using separate, adjustable components. Here are two examples.

▶ You'd think this L-shaped seating unit was one piece, but it's actually composed of a series of platforms and boxes. The sofa section is made up of two low platforms that are stacked between a pair of large cubes and topped with plump cushions. The cubes serve as end tables and also provide spots for displaying collectibles. Another platform beneath the windows offers extra seating, window seat style.

The modular seating unit is covered with the same carpet that's used on the floor. This simple treatment minimizes the platforms while unifying the decor.

Two Oriental-style armchairs complete the seating arrangement.



Photograph: Ernest Braun. Design: Sherman Nobleman. Field editor: Barbara East Cathcart

▼ Here, what looks like built-in seating is actually an angled platform wrapped around a freestanding love seat. The platform's architectural appearance is largely due to its height, which coincides with the height of the windowsills and the sofa. Besides providing visual impact, the carpet-covered platform holds lamps and collectibles. A smaller triangular end section offers more tabletop space while continuing the lines of the platform.



Photograph: Ross Chapple. Design: Bloomingdale's
Field editor: Eileen A. Deymie

To conform with the clean-cut design of the platform/sofa arrangement, the windows are treated with streamlined mini-slat blinds, and accessories are kept to a minimum. The glass cocktail table takes up little space visually while allowing an underlying dhurrie rug to show through.



At the home bar or in the kitchen, the Salton Mixtir™ makes quick work of fresh shakes or a fresh round of cocktails. Safe to use and easy to clean. About $30.*

For the perfect finish, the Salton Ice Cream Machine makes fresh homemade sherbets and frozen yogurt, too. Fully automatic, needs no ice, no salt. About $35.*

*Manufacturer's suggested retail price

salton®

Changing the way America keeps house.

For a complete catalogue write Salton, Inc., 1260 Zerega Avenue, Dept. H-5, Bronx, N.Y. 10462

FOR HEALTHY EATING AND NATURAL LIGHTNESS, USE THE ONLY LEADING BRAND MADE FROM CORN.

THE SOURCE IS WHOLESOME CORN.
Mazola® Corn Oil is made purely from golden American corn, so Mazola is low in saturated fats and has no cholesterol, whatsoever.

NO LEADING OIL TASTES LIGHTER.
So all the natural tastes of fresh foods come through. That's why Mazola is a natural with fresh vegetables and today's lighter eating.

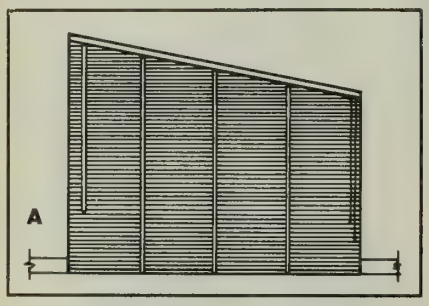


MAZOLA® 100% PURE CORN OIL.

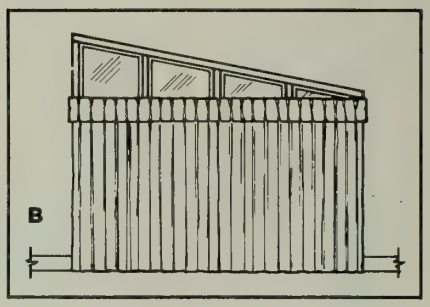
© 1981 Best Foods, CPC International Inc.

Ways to Dress a Slanting Window

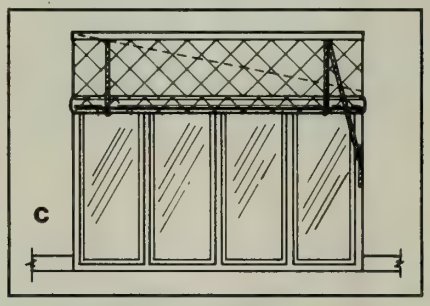
Although a slanting window is far from ordinary, it doesn't require a one-of-a-kind treatment. Conventional window cover-ups can be adapted with handsome results. Here are four good examples.



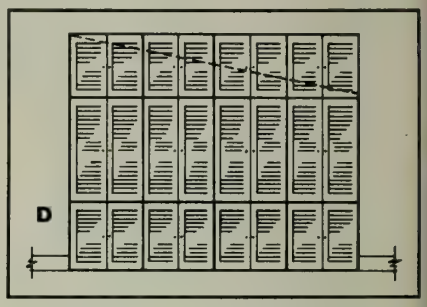
Mini-slat blinds, *drawing A,* are custom-fit to a slanting window for a sleek, contemporary look and optimum light and air control. The slats covering the angled top section of the window are stationary, while the slats below can be easily drawn up or tilted to reveal the view.



Traditional pinch-pleat draperies, *drawing B,* provide privacy without blocking light from the top of the window. To enjoy the full effect of the large expanse of glass, simply draw the draperies to one side.



If you want to camouflage a slanting window, try a tailored treatment like this one, *drawing C.* A Roman shade is hung high above the window, concealing its sloped top but allowing total access to the lower part.



Illustrations: Blaser/Kimball

Three tiers of louver shutters, *drawing D,* add up to another good-looking cover-up. The top row of shutters is fixed in place, but the lower rows are operable for flexible control of light and air.

"How do I get clearly more beautiful wood?"



Unretouched photography

"I side with Pledge."

"My wood is special to me. So I always dust with Pledge. Other products may say they work on wood, but they just don't give my furniture the clear, beautiful shine that Pledge does. That's because Pledge is made especially for wood. And that's what my wood deserves!"

Doesn't your wood deserve Pledge?

GIVE YOUR CLOTHES A FRESH START.®



FRESH START HELPS GET OUT THE GRAY EVEN THE LEADING DETERGENT CAN LEAVE BEHIND.

Fresh Start is no ordinary detergent. It has special cleaning ingredients even the leading detergent doesn't have. Fresh Start helps clean away the left-over dirt and grease that cause the gray. The gray even the leading detergent can leave behind. And as the gray goes away your clothes will look cleaner, fresher, brighter. Fresh Start can help make dingy, gray clothes a thing of the past for you. Why settle for an ordinary detergent when you can give your clothes a Fresh Start every day?

©1982 Colgate Palmolive Co.

How to Care For Plastic Furniture

True, plastic furniture and accessories are easy to care for, but they're not care free. Like any other furniture, they can be robbed of their good looks by scratches, stains, and dirt. To prevent this from happening, follow these simple maintenance tips:

Laminated plastics

Although laminated plastics (like Formica) originally were designed for kitchen counter tops, they now are used to surface furniture as well. They're available in gloss, mat, or metallic finishes. These man-made materials are highly resistant to heat, stains, moisture, and grease.

Cleaning: Wash laminated plastics with a solution of mild liquid detergent and water. Rinse, then dry with a soft cloth. If necessary, you may scrub with a brush or plastic pot scrubber, but avoid abrasive cleaners which might scratch the surface. To give a mat finish extra protection and shine, you may polish it with a cream wax; use liquid wax on a gloss finish.

Stains: When stains occur, they can usually be removed with a damp paste of water and baking soda. Leave the solution on for a minute, then blot gently. Or dampen a cloth with household bleach, dab at the stain, and rinse immediately with clean water.

Laminated plastic can be damaged permanently by such things as sharp knives, cigarettes, extreme heat, nail polish and polish remover, and felt marking pens.

Other furniture plastics

Tough as they are, furniture plastics are not totally damage-proof. Most plastics can be dented or scarred by very sharp blows, and acrylics are especially vulnerable to scratches.

Cleaning and protection: You generally can clean plastic furniture with a solution of water and gentle soap or detergent. Apply the solution with a soft cloth, sponge, or chamois, then wipe dry with a clean cloth. Never use scouring cleansers or cleaners with ammonia, and spray cleaners that are labeled "not safe for plastics." Special plastic cleaners will add shine and leave an antistatic finish to repel dust.

Regular waxing will help fill in any minor scratches and protect against new ones. To avoid a gummy buildup, wax frequently used surfaces such as tabletops only once a month; two or three times a year will suffice for seldom-used surfaces. If excessive rubbing causes a static problem, blot the surface with a damp cloth.

Scratches and burns: If a deep scratch does occur, try buffing it gently with white toothpaste (a mild abrasive) and then applying clean wax. Repair kits are available for buffing scratches and touching up opaque finishes.

Burns and deep scratches often need to be repaired by a professional.

Clean your bathroom tile with sandpaper?





Ellisse

ATHE IN THE ROMANCE OF FRANCE.

The mood and motion, the grace and
andeur of French styling take shape in Ellisse.
American-Standard.

Ellisse is a complete ensemble that
mbines French savoir faire with the American
r for making it right. Enjoy a choice of three
iking lavatories, two bath pools (with or without
irlpool systems), a one-piece toilet, and a bidet.

Even the fittings are jewels to grace
total effect. Choose the color that becomes
u: we've got it, in Ellisse. Vive la difference from
leader. American-Standard.

Call toll-free for the name and address
a showroom near you. 800/821-7700, ext. 4023.
Missouri, 800/892-7655, ext. 4023.

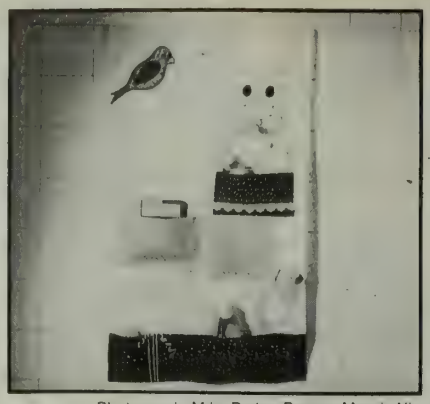


AMERICAN-STANDARD
European elegance built to your standards.

Ellisse is a trademark of American-Standard Inc. Copyright © 1980 American Standard Inc.

Crafty Nursery Catchall

This 18x33-inch fabric catchall is a great way to organize baby paraphernalia. Each "box" is a pocket that holds elusive odds and ends. Here's how to make your own nursery catchall.



Photograph: Mike Dieter. Design: Margie Nix



The Tappan Cooking Center does everything but take up a lot of space.

Get it all. A microwave oven, a ceramic cooktop and a self-cleaning oven. With a beautiful Tappan Cooking Center, all you need is a 30-inch space.

So visit the Tappan dealer nearest you for a complete showing of our all-in-one ranges. Everything from gas, electric and microwave combinations to Convectionaire®—the range that cooks most foods up to 50% faster, at lower temperatures. There's sure to be a Tappan range that fits your cooking needs...and your price range.

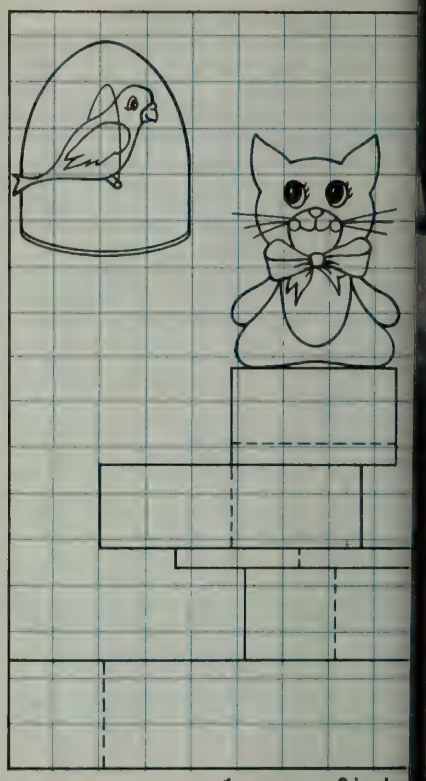
The Tappan Cooking Center. It does so much in so little space.

TAPPAN IS COOKING

Tappan Appliances, Mansfield, Ohio 44901

Materials

1 yd. yellow gingham; 2 yds. iron-on (fusible) webbing; 1½ yds. heavy interfacing; liquid embroidery paints; leftover fabric scraps in assorted colors and prints; small curtain rod and brackets; pieces of ribbon and trim; small metal bell; small piece of polyester fiberfill.



1 square = 2 inche

Instructions

Enlarge pattern, *above*, and cu pattern pieces from fabric. Line th gingham background fabric with inte facing, fusing the pieces together wit iron-on webbing and folding the edge to the back side. Stitch a casing acro the top of the gingham.

"Wrap" interfacing with fabric t make the boxes; fuse the layers t gether with iron-on webbing. Stitc the boxes in place as shown on th pattern, leaving the top edges ope Trim each box with ribbon and lac

Stitch the cat in place on top of th packages, stuffing the front of the c lightly. Topstitch the facial featur and other details. Then tack a sma metal bell in place.

Stitch the bird, birdcage, and swi in place and highlight the bird wi liquid embroidery paint.

Use a curtain rod and brackets hang the catchall in the nursery.

Everything fits beautifully. Including you.



Hardly looks like a small car, does it?

That's because what it is, is a small Buick. Specifically, the new front-wheel-drive Buick Skyhawk.

Being a Buick, it's big on luxury, room and comfort. In fact, it can carry five. In an interior that's well laid-out. Well thought-out. And enormously well appointed.

But at the same time, it's small enough to fit into small parking spaces and garages with very little trouble. Its appetite for fuel is miniscule.

And when it comes to the way it's put together, the tolerances are tiny indeed. In fact, it's designed to pass muster in one of the most stringent quality control programs in the industry. And pass inspection by X rays, gamma rays, and batteries of steely-eyed, unforgiving robot probes.

EST. HWY	EPA EST. MPG
41	25

The new Buick Skyhawk. A car that's big in all the right places. And small in all the right places.

Fittingly enough, it's at your Buick dealer's now. Drive it soon. And be sure to buckle up for safety.

BUICK

Wouldn't you really rather have a Buick?

Use estimated MPG for comparison. Your mileage may differ depending on speed, distance, weather Actual highway mileage lower. Estimates lower in California. Some Buicks are equipped with engines produced by other GM Divisions, subsidiaries, or affiliated companies worldwide See your Buick dealer for details.



If you want to live with them both, buy one with Scotchgard®.

Protector

Draperies, families and family friends all get along beautifully when there's "Scotchgard" Drapery Protector between them. It helps draperies resist soil. Withstand watery stains. And look new longer.

So look for the "Scotchgard" Protector tag or label on fine draperies. Carpets, upholstery and other decorator fabrics, too. It's the protector 9 out of 10 homemakers know by name.



Scotchgard Drapery Protector makes living a little easier.

3M hears you...

©3M 1982 "Scotchgard" is a reg T M of 3M

3M

Kim Garretson

WHAT'S NEW IN Motor Homes

Not suprisingly, sales of new motor homes nose-dived a few years back as purchase prices, gasoline costs, and interest rates started their climb. But today interest in motor homes has revived, primarily because of new under-$20,000 models that can get 15 or more miles to the gallon on the highway. And soon-to-come features like front-wheel drive and diesel engines should improve mileage even more. Also, various cost-cutting approaches like renting, buying a used model, and time-sharing are becoming popular. To bring you up to date, here's a rundown on new models and programs that are available to motor home shoppers.

What is a motor home?

The Recreation Vehicle Industry Association (RVIA) classifies motor homes in five categories. Type A motor homes have a modified medium-duty truck chassis and range in length from 20 to 40 feet; these full-size motor homes usually include complete living facilities. Type B units are van conversions equipped with any combination of sleeping, kitchen, and toilet facilities, as well as a 110-volt generator and fresh-water storage and hookup points. Type C motor homes are broken down into three subgroups: mini motor homes, low-profile motor homes, and compact motor homes.

Minis are built on van frames with attached cabs and are taller than eight feet. A section of the coach usually extends over the cab. The length of the mini ranges from 16 to 30 feet, and complete facilities are the rule.

Low-profile motor homes also are built on van frames with attached cabs but are less than eight feet high overall. Most have stand-up headroom at the rear of the coach, but only about five feet of headroom in the rest of the unit. Lengths range from 17 to 23 feet, and bathrooms usually are an option.

Compact motor homes (also called micro motor homes) are based on mini pickup cab-and-chassis units. Lengths range from 15 to 21 feet; facilities usually are Spartan.

continued

YOUR SPIRITS WILL SOAR

The incredible luxury of solar living space will elevate your life-style in so many ways. Imagine sun-filled breakfasts . . . a perpetually comfortable living area that feels as big as all outdoors . . . Or imagine using your hot tub all year round . . and dining under the moon and the stars. You can do it all with FLOREX II.

Thousands of satisfied owners attest to the simplicity of installation, precise fit of the parts and lack of maintenance, yet FLOREX II is so robust that it meets or exceeds most building codes. Saves fuel, too, by using the heat of the sun.

Look at the Features:

- Tempered Double Glazing
- Extruded Aluminum Construction
- Handsome Bronze Finish
- Insulated Sliding Doors
- Jalousie Windows
- Curved Eaves

Plus a multitude of extras

Send $1.00 for our full color catalog and name of your nearest distributor TODAY.
Soar with Florex II tomorrow. Call 1-800-828-9081
In N.Y. State please call 716-947-0108





Name _____
Address _____
City _____
State _____ Zip _____
Area Code & Phone No. _____

Dealer and Distributor Inquiries Invited

6BH

ENGLISH GREENHOUSE PRODUCTS CORPORATION
11th & Linden Streets Camden, New Jersey 08102

A Mallinson-Denny Company in The Brooke Bond Group

ENGLISH GREENHOUSE 1982



Look for the "REAL" Seal.
With cartons that look so much alike, how can you tell real dairy foods from the imitations? Look for the "REAL" Seal®!
american dairy association®

- Winnebago. The company's new 22-foot motor home weighs nearly 3,000 pounds less than a comparably sized, traditionally constructed unit. The Itasca Spectrum and Winnebago Warrior are geared—literally—for good fuel economy; company advertising says the highway figure is close to 15 mpg. The average retail price of these units is about $20,000.
- Coachmen. New Shasta and Coachmen mini motor homes are based on a Ford pickup truck chassis and are equipped with six-cylinder engines and manual transmissions; the average price is about $16,000. The Caper XL and Shasta Ultra also incorporate weight-saving materials originally used in the company's lightweight travel trailers.
- Volkswagen. The Vanagon Campmobile has European-inspired space utilization. The Vanagon, which replaced the venerable VW Bus in the 1980 model year, offers two versions of its Campmobile model; both have family-camping comforts in a vehicle not much larger than a domestic station wagon. The base price is around $14,900. A diesel engine option costs about $1,500 extra.

Some models have an option that lowers your driving costs but increases the purchase price by $500 to $1,000. Dual fuel systems allow the motor home driver to operate the vehicle on LP gas (propane) as well as gasoline. LP gas generally costs under one dollar but isn't available at many service stations. Also, some dual fuel systems haven't performed well, so it's wise to ask a dealer for the names of owners of dual-fuel-equipped models. Call several owners and ask about their experience with the fuel system.

continued

Motor homes

Rent now, buy later?

Renting a motor home can be a good way to decide if you should buy one. Rentals can be as expensive as motel rooms (a 22-foot mini motor home can rent for about $125 plus mileage for a three-day weekend). But, the experience can be worth the cost because it can help you decide on the size you want and the floor plan.

For information on renting a motor home locally, check the Yellow Pages under "Recreational Vehicles—Renting and Leasing." Most dealers who have rental units mention the fact in their advertisements. If no local RV dealers offer rentals, contact manufacturers directly. Companies such as Winnebago in Forest City, Iowa, and Coachmen in Middlebury, Indiana, coordinate coast-to-coast rental programs for their products and can supply information on prices and the nearest rental offices. For a list of other sources of rental information, see "Family Vacation Camping Guide," page 166, *Better Homes and Gardens,* May 1982 issue.

What new models are available?

Although the RV industry, like the automotive industry, has model-year changes, they usually involve only the exterior colors and interior fabrics. There are some truly innovative designs, however. Here's a sampling:



Look for the "REAL" Seal
The "REAL" Seal is your assurance you're getting a real dairy food and not an imitation. And it's backed by American Dairy Association.
american dairy association®



Look for the "REAL" Seal.

Why settle for anything less than the real thing? Your home-made creations deserve it. Look for the "REAL" Seal in your grocer's dairy case.

REAL

american dairy association®

During the next year or two, and perhaps as early as this fall, you can expect to see front-wheel-drive motor homes and more diesel engines. The front-wheel-drive models probably will be based on the chassis of new smaller vans scheduled to be introduced by the domestic auto makers and possibly by the Japanese and Europeans. The biggest advantages of using front-wheel drive for motor homes are additional weight savings and more interior space. Diesel engines now are available as an option on only one or two models. But usage soon should increase thanks to a new 6.2-liter diesel engine that Chevrolet is offering motor home manufacturers.

Should you buy a used motor home?

For many families, buying a used motor home may be the only affordable option. But keep in mind that all motor homes have more components that can malfunction and break than many cars do, and a used model probably will have more malfunctions than a new model. For that reason, you should scrutinize any used vehicle before signing on the dotted line.

Some used models simply should be avoided. Several years ago, manufacturers enthusiastically embraced the idea of compact motor homes. However, many buyers found fault with their Spartan interiors and manual transmissions. Besides that, buyers discovered two basic design problems: the micros were too tall for the track of the vehicle, making them hard to handle in crosswinds, and their weight tended to strain the chassis.

Buying and using an RV

If you decide to shop for a motor home, remember:

- Suggested retail prices generally include markups of 20 to 30 percent; luxury units are marked up most, meaning you may have more bargaining room.
- Last year's models cost the manufacturers at least 10 percent less to build; the dealer obviously paid less for them as well and may give you a better deal.
- Interest rates on models in inventory cut the dealer's profits substantially. If a model has been on the lot for a long time, chances are good the dealer will be willing to negotiate on it.
- Although model-year changeover occurs at the beginning of the new year, the dealer places his orders for new models in November and December; consequently, that's when he's thinking seriously about clearing out his old inventory.

Creative motor home ownership

You'll probably want to use your motor home for more than long family vacations and weekend camping trips. Many owners find the vehicles are ideal for transporting a group of friends to football games or other sporting events. And you also can use the vehicle to replace a station wagon or van for transporting a scout troop, club group, etc. If you do use the vehicle or loan it for these types of uses, check with your insurance agent about added coverage.

One popular way to make a motor home more cost-

continued



Look for the "REAL" Seal.

For the taste of real half and half (light cream) in your coffee, or the goodness of real dairy products anytime, it's real simple—look for the "REAL" Seal.

REAL

american dairy association®

When you buy SilverStone®,
buy Slatecote™ bakeware to match...



PREMIUM QUALITY BAKEWARE WITH A NEW NON-STICK FINISH FROM DU PONT

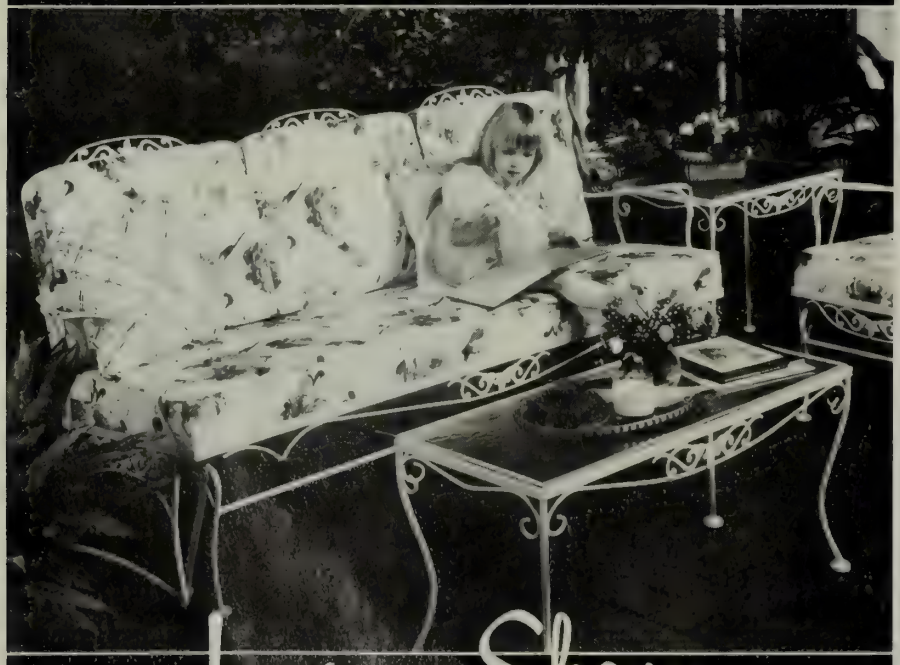
You can feel the quality of Slate•cote, heavy, even-heating aluminum with an ultra-smooth, long-lasting non-stick finish with the elegant look of burnished pewter...a joy to use and keep clean for years of old-fashion home baking satisfaction.

TEFLON II

Enterprise also makes a complete line of quality non-stick cookware coated with improved DuPont Teflon®

Enterprise
A Lancaster Colony Company

Keeping time with nature.
Gliders by Lyon-Shaw.



Lyon-Shaw

There's nothing casual about how we make casual furniture.
Salisbury, N.C. 28144

continued

Motor homes

efficient is to use it in a van pool, thus putting the vehicle to work when it would normally be idle. A motor home van pool can replace up to seven cars on the highway, thereby saving 5,000 gallons of gas per year. For more information on van pooling, write to the National Association of Van Pool Operators, 12209 W. Kingsgate Dr., Knoxville, TN 37922.

Other cost-efficient uses for a motor home include renting it out when you and your family aren't using it, and owning it jointly with two or more families in a time-share arrangement.

Rental use can pay off in tax deductions and additional income. But there are some drawbacks, such as wear and tear on the coach, increased insurance costs, and increased maintenance costs.

For help in lining up rental customers, check with local dealers and campground operators—some will act as your rental agent for a fee or a percentage and perform all necessary maintenance on the unit. Check with your personal tax consultant and insurance agent for specifics on the program. If you want to act as your own agent, advertise in the classified sections of camping magazines and the local newspaper.

Time-share plans for motor homes currently are fairly rare, but the Recreation Vehicle Industry Association (RVIA) can send you guidelines for setting up such a program. More popular are time-share plans for ownership of campsites at lakes, rivers, etc. If you're part owner of a campsite, you sometimes can arrange to leave the motor home at the campsite for an extended period while you commute to it by car on weekends.

For more information

Write to RVIA for the free "Family Camping Vehicles Publications Catalog," a list of 35 RV publications (send a stamped, self-addressed envelope). Also, for one dollar, you can receive both the catalog and Living in Style the RV Way, a 20-page color brochure. Address your request: RVIA, Box 204, Dept. HB, 14650 Lee Road, Chantilly, VA 22021.

—Larry Green

Only a Jenn-Air can do all this.



Imagine a range that lets you grill steaks. Spit roast a duck. Make shish kebabs on turning skewers. French fry potatoes. Fry bacon and eggs on a griddle. Bake a coffee bread in a radiant oven. Or, with the flip of a switch, roast a 24 lb. turkey in a convection oven.

Only one range in the world can do all this: the incomparable Jenn-Air Grill-Range.

Jenn-Air has a surface ventilation system that removes smoke and grease so you can grill indoors without a hood. A choice of six convertible cooktop accessories including grill, griddle, shish kebab, rotisserie and french fryer/cooker. Plus our exclusive "Selective-Use" convection oven that converts from conventional to convection cooking with just a simple flip of a switch.

And you can get all these features in either island cooktops, counter drop-ins or freestanding models.

UNITED TECHNOLOGIES JENN-AIR

With your choice of vented or the ventless "Anywhere Jenn-Air" that requires no ducting to the outside.

To find out more, see your Jenn-Air dealer (he's in the Yellow Pages). Or write for our free booklet at Jenn-Air, Dept. 20, 3035 Shadeland Ave., Indianapolis, Indiana 46226.



Jenn-Air. The finest cooking system ever created.

©1982 Jenn-Air Corporation. Jenn-Air is a registered trademark of Jenn-Air Corporation



·AMARETTO DI SARONNO·ORIGINALE·1525·

FOR FREE FOOD AND DRINK RECIPE BOOKS, WRITE BOOKLETS: P.O. BOX 5145, F.D.R. POST OFFICE, N.Y., N.Y. 10150.

OUTDOOR LIVING









A holiday away from home is great, but what about the *rest* of the summer? With a little planning, you can turn your yard into an enticing setting or throw some parties that will help you "vacation" at home all season long. You can dine in a romantic lanai-style spot, enjoy coffee and the newspaper (every morning!) at a mini "sidewalk café" right outside your door, or while away a lazy hour in a hammock strung between two obliging trees. Or, how about arranging a no-fuss picnic for a crowd? Here are lots of easy-living ideas to help make this the best summer ever. Enjoy!

OUTDOOR LIVING

GREAT IDEAS FOR PORCH, DECK, PATIO

By Denise L. Caringer, Steven Coulter, and Robert E. Dittmer

SHADY LANAI

What could be more inviting than this do-it-yourself lanai-style dining spot? It was made by simply tacking snow fencing over a white-painted wooden frame, *right.* The weathered fencing, laced with lush green vines, creates a care-free sun screen that admits just the right amount of softly filtered light. Comfortable armchairs (of heavy-duty aluminum with vinyl strapping), a prettily dressed table, and flowers set the stage for elegant summer meals.

Beyond the lanai, two matching chaise longues provide movable in-the-sun seating, while a handy hammock offers instant relaxation.

Photograph: William N. Hopkins
Design: Barbara Epstein
Field editor: Mary Anne Thomson



Buying information, page 196

"Summer afternoon — summer afternoon; to me those have always been the most beautiful words in the English language." —HENRY JAMES



D.I.Y. DINING

The do-it-yourself redwood table and benches have concrete blocks for legs and 2x2s nailed to 2x6 underpinnings for seats and tabletops, ***left.*** To avoid upkeep, let the wood weather naturally.

Photograph: George de Gennaro
Designer: Harvey Goodfriend
Field editor: Sharon Haven

FRONT-YARD LIVING

If your backyard is too hilly for outdoor living, use your front yard like this one, ***below left.*** Build a privacy fence, then add a swing for lounging and a table and chairs for meals. These mesh pieces resist damage from rain and sun; even the cushions let rain flow through them.

Photograph: Tim Street-Porter
Architect: Marc Tarasuck
Field editor: Sharon Haven



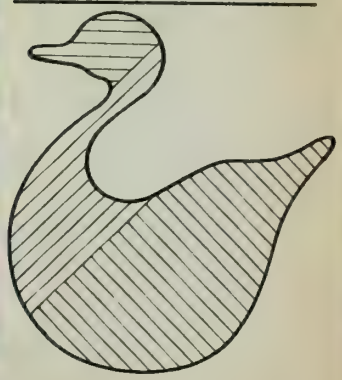


INSTANT "TOPIARY"

In Victorian England, topiary artists clipped hedges and bushes into elaborate shapes requiring years of pruning. Here's a shortcut: build a six-foot-tall obelisk, ***left,*** from lath and plywood and top it with a cutout duck.

Photograph: Ernest Braun. Designer: Bob Bishop. Field editor: Barbara Cathcart
Illustrations: Gene McKelvey

To order Project Plan 50435, see page 189.

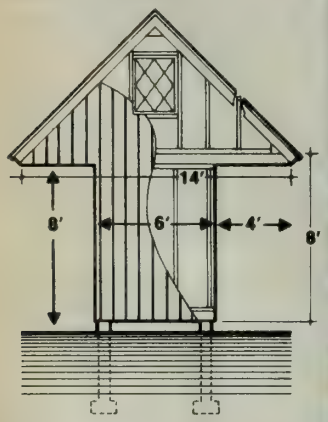


OUTDOOR LIVING

PLAY PLUS STORAGE

Piggyback your projects to save backyard space, *right.* Top a 6x12-foot storeroom for bikes and garden equipment with an overhanging tree house, complete with its own ladder and balcony.

Photograph: William N. Hopkins
Architect: David Carmen





SIDEWALK CAFÉ

Even if you have only a few feet outside your door, you can create your own inviting "sidewalk café" with small-scale furnishings like these, *below right.*

The nostalgic wrought-iron ice-cream table and chairs and matching étagère fit in well with the 19th-century brick home, and their sunny color complements the tangy mustard trim around the window. A piece of outdoor carpet adds a touch of greensward to the city setting.

Colorful potted flowers and ferns put finishing touches on a spot that makes coffee and the paper seem special, even on a workday morning.

Photograph: Tim Street-Porter
Field editor: Sharon Haven





"How softly runs the afternoon
Beneath the billowy clouds of June!" —CHARLES HANSON TOWNE



MOVABLE CANVAS SUN SCREEN

When you have an eye-riveting view and an inviting deck, enjoy both to the fullest with a movable canvas covering like this one, *left.*

The attractive canopy can keep out the hot midday sun when lunch is served, and it can be pulled back easily for sunbathing.

To make the cover, attach wire cable to the overhead wooden framework; then insert grommets into the canvas in rows about 18 inches apart. The grommets let the canvas slide back and forth easily on the wire, making the deck sunny or shaded as needed.

The covering also helps shelter two natural wicker armchairs and a matching glass-topped table, which could be damaged if left unprotected in a downpour.

Photograph: Tim Street-Porter
Design: Marsha Sewell, ASID
Field editor: Sharon Haven

Buying information, page 196

OUTDOOR LIVING

PIZZAZZ FOR A PORCH

If you favor sheltered warm-weather living you can turn even a small porch like this one, *right,* into a stylish—and fun—retreat. Start with a wicker settee and an armchair or two. Then add other natural touches like woven fiber rugs, living plants, and cotton pillows. For real decorative impact, unfurl a lightweight, just-for-fun umbrella made of colorful paper and bamboo.

Photograph: William N. Hopkins
Design: Suzy Taylor



HANDSOME SERVER

A baker's rack like this one, *right,* makes a handsome serving spot for summer entertaining. The rack has an airy look that blends well with the porch design and the old wicker furnishings. Other pluses are a built-in wine rack and a butcher-block cutting surface that's practical for setting out drinks or snacks.

Photograph: Scott Little



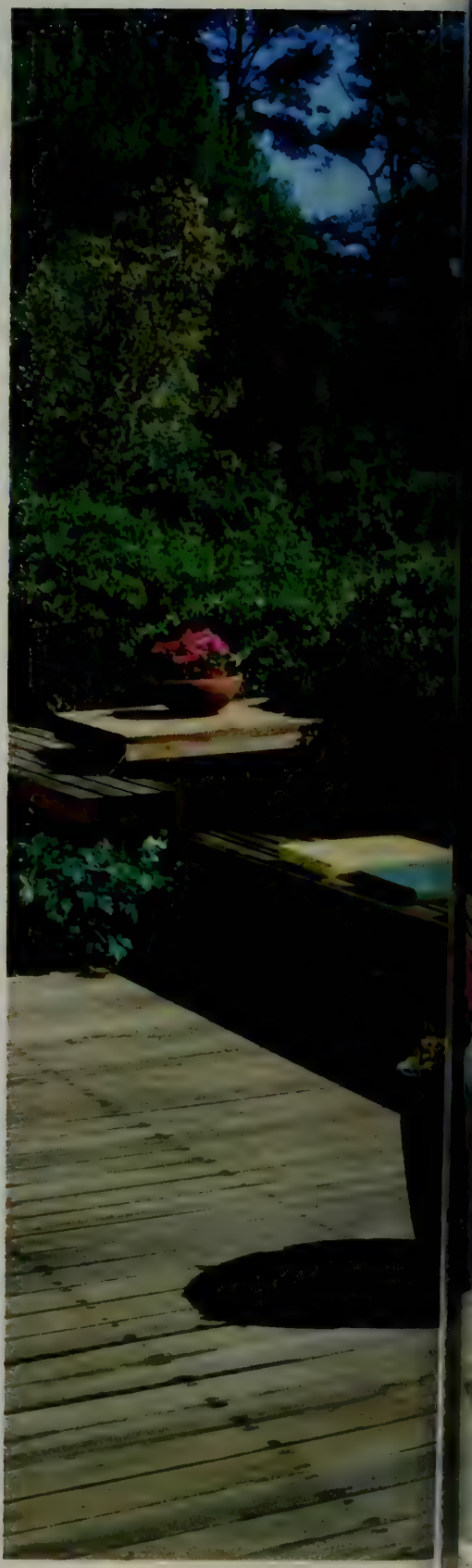
WINDOW DRESSING

Want a bounty of blooms right outside your window? Make a window box like this one, *right.* Drainage holes were drilled in the 2x12x8-inch bases. Side and end panels are plywood, with a routed-out pattern. Corner pieces and top framing are mitered 1x2s.

Photograph: Ernest Braun
Design: William Bradley
Field editor: Helen Heitkamp







"Lo, the winter is past, the rain is over and gone;
the flowers appear in the earth;
the time of singing is come..." —SONG OF SONGS 2:11-12



PRACTICAL BUILT-INS FOR A DECK

Built-in benches and tables can almost double the capacity of any deck for outdoor entertaining.

For benches that are not only comfortable for sitting but also are wide enough for stretch-out sunbathing, use six 4x4s set four inches on center.

Matching tables hold snacks or sunbathing supplies. Eight 4x4s form the tabletops. The support posts are made of 8x8s and are bolted to the deck and secured with metal braces.

Photograph: Ernest Braun
Designer: Dennis Harker
Field editor: Barbara Cathcart

Buying information, page 196

OUTDOOR LIVING

COOKOUT CENTER

A good-looking and functional work area like this one, *right,* can make summer cookouts even more enjoyable. This handy food preparation area features a bench built of 2x6s with slanting 2x4 legs. The 1½-inch rails provide safety but do not block the cook's view of the dining area below. To protect your privacy decoratively, use latticework instead of the usual solid fence.

Photograph: William N. Hopkins
Architect: Thomas L. Thomson
Field editor: Mary Anne Thomson



SHADY GARDEN SPOT

A lovely garden spot like this, *right,* can lure even the most dedicated traveler into spending more time at home this summer.

A mellow wood privacy fence and vibrant flower beds provide the perfect summery backdrop for a grouping of two weather-resistant aluminum rocking chairs, a matching table, and an umbrella.

Besides being eye-catching, the umbrella serves a practical purpose: it can be tilted and rotated to block the sun's rays—or let them shine.

Photograph: Scott Little
Garden design: Doug Holthaus

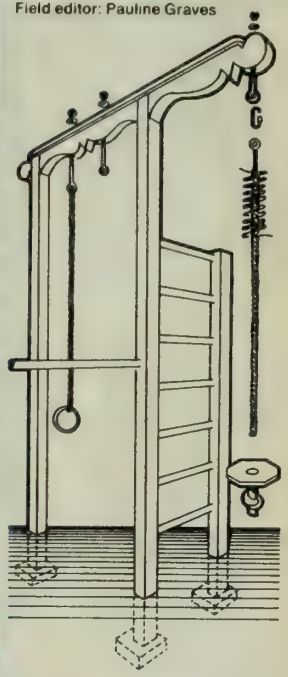


Buying information, page 196

STURDY PLAY TOWER

Try your hand at a wood project like this 9½-foot-tall play structure, *left*. If you build it of redwood or pressure-treated lumber, you won't need to paint it when it's finished. The structure is set three feet into the ground in concrete. The 4x6 uprights were given an octagon shape by sawing off the corners, and 19-inch-wide ladder rungs were spaced ten inches apart on center. For swinging, rings and 52-inch-long chains were installed in a 44-inch-wide space; the swing rope of 1¼-inch nylon is held by two eye hooks and a chain joint. The other end of the rope is knotted beneath a 2x6x10-inch wood seat with a center hole.

Photograph and design: Dennis Skinner
Field editor: Pauline Graves



OUTDOOR LIVING

DECK DINING

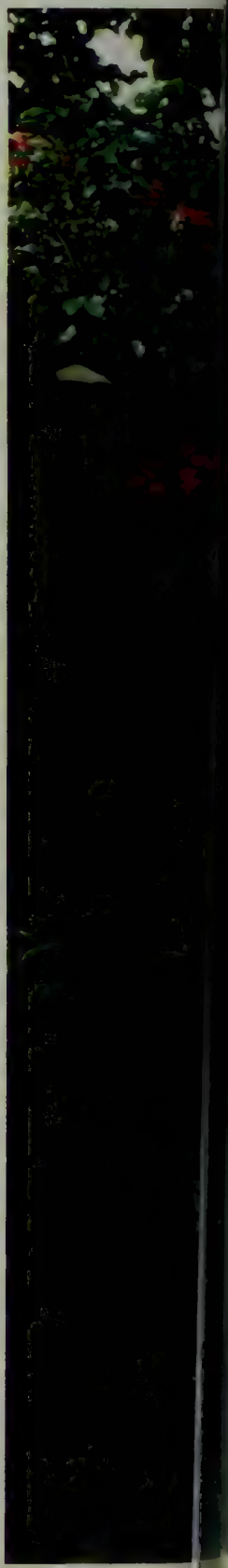
A deck like this—with a fence for privacy and mature trees for cool, late-afternoon shade—makes a great summertime dining spot, *right.* And furnishings like these are designed to brave the elements all year.

The armchairs are as comfortable for lounging as for dining, and the table can seat six easily, or be used as an ample buffet table for larger gatherings. A built-in bench offers extra seating.

Along the house wall is a weathered-wood cabinet for serving and storage.

Photograph: Scott Little
Design: Rosalie Gallagher



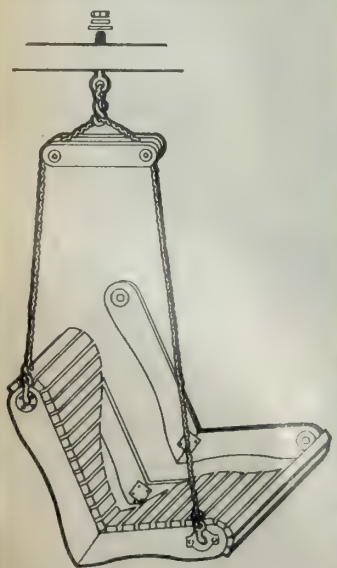


UNDER-DECK SWING

When every inch of outdoor space counts, don't overlook under-deck areas; they can provide just the shady spot for a homemade swing like this one, *right.* Forty 35-inch-wide 1x1s were nailed to a shaped 2x4 frame to form the 22-inch-deep seat and the 25-inch-high back.

Photograph: Ernest Braun. Design: Fred Kling. Field editor: Barbara Cathcart





"Summer is drawn blinds in Louisiana, long winds in Wyoming, shade of elms and maples in New England." —ARCHIBALD MACLEISH



PUTTING ODD SPACES TO USE

With a little imaginative planning, even an odd space, like this old foundation, *right,* can make an unexpectedly beautiful outdoor living area.

When a room was torn off this city home, the remaining stone foundation walls became an enclosure for a dining spot for two.

The rough, old-world look of the century-old stone walls plays off beautifully against the sleek, high-tech style of the white table and chairs.

The table also can make an ideal snack server or a beverage bar when the family is entertaining larger groups.

Lush flowers line the private spot. Even the old basement stairs have been turned into a decorating asset; now they're a tiered, flower-filled "terrace."

Photograph: William N. Hopkins.
Architect: Jeff Hicks
Field editor: Mary Anne Thomson

Buying information, page 196

LOTS OF LIVING IN ONE YARD

This typically small tract-house yard, *right,* seems surprisingly spacious, although it's chock-full of outdoor living areas. The lawn area includes a dining patio, an herb garden, a barbecue center, a conversation pavilion around a fire pit, a hot tub, and a recirculating waterfall and small pond. On the east side of the house are raised vegetable beds, and the west side includes a greenhouse/potting shed.

All of this requires a minimum of attention. In fact, the homeowner can leave for a month at a time without worrying, thanks to some low-maintenance plantings and an automatic watering system.

The various outdoor areas are tied together neatly by decks and walks (*see plan*). Fences and perimeter plantings provide complete privacy.

A simple overhead structure filters the sun to the dining patio, and the kitchen is just a few steps away. An herb garden is nearby. Upended railroad ties of different heights frame the area and provide perches for barbecue tools and supplies.

For finishing touches, low-voltage subminiature lamps on flexible ribbons outline the steps of the multilevel decking. Besides contributing to safety, the lights create an interesting nighttime effect. Other lights also are mounted in a routed groove on a post sculpture that's made of two 6x6s and one 4x4.

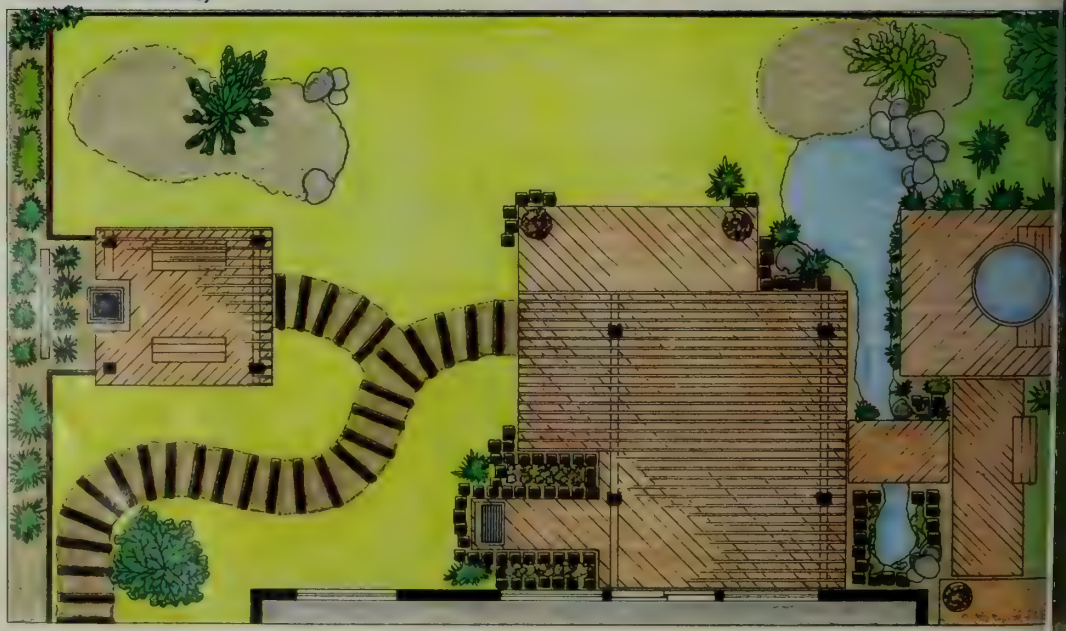
Photograph: George de Gennaro
Design: Jim Laing, Woodbutcher Hot Tubs
Field editor: Sharon Haven







Illustration: Gene McKelvey



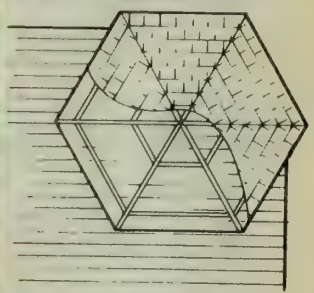


DECK-TOP GAZEBO

Even a deck can be a great place for a romantic gazebo, *left.* For still more old-fashioned charm, add a wicker porch swing nearby. Lattice railings conform to the Victorian style of the house, while a decidedly 1980s gas grill is tucked discreetly into a corner behind the gazebo.

An elegant skirted table and chairs with coordinating tie-on cushions carry out the nostalgic mood.

Photographs: Maris/Semel
Design: Howard and Janie Atkinson
Field editor: Ruth Reiter



Buying information, page 196

STYLISH ARBOR AND RAILINGS

This backyard, *right*, gets its festive summer feeling from an arbor overhead and a good-looking geometric fretwork instead of the usual railings. You can get the same effect by replacing ordinary balusters with more intricate supports that are airy yet still prevent toddlers from slipping through. Then make an arbor composed of thirteen 2x2s crossing nine 2x6s.

To complete the setting, add hanging plants and make roll-around planters that are really cedar boxes mounted on casters.

Photograph: E. Alan McGee. Design: Vince Kauffman. Field editor: Ruth Reiter

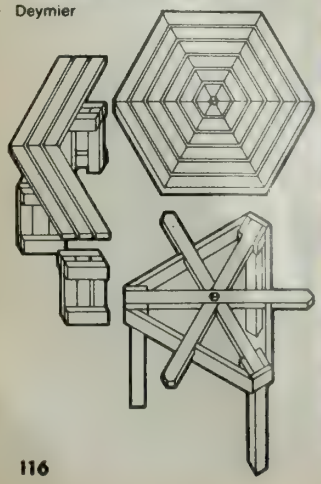


SIX-SIDED DINING

Even a small table can seat six with ease when it's this well designed, *below right*. Three angular benches surround the six-sided picnic table. The understructure of the table is made of 2x4s atop three 4x4 legs. The top is made of 2x4s spaced a half-inch apart. Bench seats are built the same way, with 2x4 units for legs.

Photograph: Ross Chapple. Architect: James Berkon. Field editor: Eileen A. Deymier





The roses make the world so sweet, The bees, the birds have such a tune,
There's such a light and such a heat
And such a joy in June." —GEORGE MACDONALD



OUTDOOR "BOOTH"

This half-circle bench, *left,* wraps around a redwood table with a tile top and 4x4 legs. The potted flowers nestling in the planter can be changed easily for a fresh look.

Photograph: George de Gennaro
Field editor: Sharon Haven

VINE-SHADED ARBOR

Grapevines filter the summer sun, then drop their leaves in the winter, letting the winter sun warm this inviting patio, *center.*

The arbor is made of 2x2s on top of 4x12 beams.

Photograph: Ernest Braun
Design: Richard Tait
Field editor: Helen Hertkamp

WEATHER-PROOF PORCH

An ample screened porch like this one, *lower left,* is a bug-free summertime dining spot and family room that can be used rain or shine.

And, if your porch has plastic window blinds as well as a roof to fend off summer rains, you're free to use furnishings that you wouldn't use outdoors.

Here, the owners have created a charming setting with antique pieces, including a green pub table and matching Windsor chairs, an antique wicker settee, and stoneware items. What ties the disparate items together is the fresh blue, green, and yellow color scheme.

Photograph: Jessie Walker
Design: Joan Coulter





Buying information, page 196

OUTDOOR LIVING

Open your doors to a sensational summer! Good friends and good food are key to summer fun, so we've filled these pages with delightful new ways to combine them. Our special party package includes a surprisingly simple barbecue for 60 . . . a help-yourself picnic for a dozen . . . and a summerized four-course progressive dinner that moves from backyard to backyard. And to take the hassle out of hot-weather entertaining, we've preplanned all three parties from start to finish. Menus, recipes, table (or lawn) settings, serving suggestions—everything you need is right here. All you do is pick your party, invite your friends, and follow our foolproof formula. Besides being super-simple to produce, our party scenarios are as flexible as your imagination. You can adapt them to any occasion, any setting under the sun (or moon). Have fun!







BRING ON THE GUESTS!

SIMPLIFIED SUMMER ENTERTAINING

By Marlene Brown

CO-OP COOKOUT

Yes! You can put on a barbecue for 60 handily, and without investing in a side of beef or going "whole hog." The trick is to make the barbecue a co-op cookout.

The co-op idea is a great way to pull off a church group gathering, neighborhood party, or family reunion. Simply divvy up the work load, recruiting each couple or family to contribute some of the food, utensils, or barbecue equipment. When the bash begins, everyone joins in the fun! This group *(top)* used a beach house for their afternoon cookout, but any park or big backyard works just as well.

The co-op menu *(right)* is designed to appeal to both children and adults. Another plus is that almost everything can be made ahead. The only exception is the main course, **Steak Pinwheel Pitas.** But don't worry—you don't have to wrestle with a special cut of meat to prepare them. Instead, you select simple beef round steaks, marinate them, and roll them around a spinach filling. When it's party-time, set up three barbecues with rotisseries and grill the meat rolls for just under an hour. Then slice and serve the meat so guests can assemble their own sandwiches with sprouts, onion, and a spicy sauce for embellishments.

Round out the menu with a bowl of **Hashed Browns Salad** and crowd-pleasing **Sweet-Sour Vegetables.**

For dessert *(top center),* set out trays of **Cheese 'n Chocolate Mini-Cakes** for the kids; luscious **Summer Fruit Tart** for the adults.

Throughout the festivities, keep cold pop and beer on hand in ice-filled buckets.

Planning details and recipes begin on page 126.
Buying information, page 196



MENU

Steak Pinwheel Pitas
•
Hashed Browns Salad
•
Sweet-Sour Vegetables
•
Cheese 'n Chocolate Mini-Cakes
•
Summer Fruit Tart
•
Pop/Beer

Photographs:
George de Gennaro
Food stylist: Mable Hoffman
Field editor: Sharon Haven
Prop stylist: Jill Mead



GUESTS!

FUSS-FREE PICNIC

Summer just wouldn't be summer without care-free picnics, like the super-simple movable feast on these pages. It requires almost no cooking beforehand, and you don't have to strike up the coals at your open-air dining spot either. Plus, you can adjust the amount of food to the size of your group. The bill of fare is flexible, too, so you can cater to your picnickers' tastes, whether they run to gourmet fare or all-American standbys. In short, this picnic puts the emphasis where it belongs—on the pleasure of eating outdoors.

The basis of the self-service menu (shown on the buffet table and as a single serving, *above*) is the **Open-Faced Sandwich Buffet,** an attractive spread of meats, cheeses, and seafood of your choice. Accent the selection with a variety of toppers and condiments like **Zucchini Sandwich Filling** and **Tomato-Bacon Spread.** Then set out bread and let everyone design his own sandwich.

For the individual **Vegetable Salads Alfresco,** tie vegetable sticks in serving-sized bundles with green onion "strings," then chill. Use the vegetables as dippers for the creamy **Béarnaise Dip** and **Easy Guacamole.**

For a sweet ending, serve natural **Fruit Baskets**—papaya, melon, or pineapple shells filled with fresh fruit chunks. Pass **Orange Cream Cheese** for a tasty topper.

To simplify packing and unpacking your picnic basket, arrange the food in sturdy carriers that double as serving pieces. We used a sectional plastic tray, covered with foil, to transport and serve the sandwich makings. You might opt for foil- or napkin-lined wicker trays, colored metal containers, or acrylic serving pieces to house sandwich ingredients, the vegetables, or fruit. Also available are picnic baskets that have a removable shelf so you can pack crushables atop one another without mishap. Several containers with tight-fitting covers work well for the condiments.

For seating, you can spread a quilt on the ground, or use large beach towels.

Planning details and recipes begin on page 126
Buying information, page 196



MENU

Open-Faced
Sandwich Buffet
•
Vegetable Salads
Alfresco
•
Fruit Baskets
•
Punch/Lemonade





GUESTS!

PROGRESSIVE OUTDOOR DINNER

APPETIZER AND SALAD COURSES

Would you like to put on a special dinner for close friends, but you feel overwhelmed at the thought of a multi-course extravaganza? We have a fabulous solution! Invite three couples to participate in staging a progressive dinner—with a twist. Instead of traveling from one living room to the next for each course, this party moves from yard to yard. And with four couples pitching in, each gets a chance to play host without having to prepare a complete dinner.

Our four-course menu features foods that can easily be made ahead. We chose an international theme for this party, but an American theme would work equally well.

The opening course of this ethnic feast *(above)* consists of three intriguing appetizers: German-style **Fish in Sour Cream** *(back),* crispy **Fried Wonton Strips With Soy-Lemon Sauce** for a Far Eastern flavor *(center),* and slices of cold Italian **Tomato Pesto Tart** *(front).* Either wine or tea can be poured as an accompaniment.

To set the stage, we chose an Oriental theme for the table. Coffee tables were pulled outdoors, and large cushions were provided for seating.

For the next course *(right),* an ethnic salad bar was set up in another backyard. French **Artichoke-Mushroom Salad Remoulade** *(back right)* is a subtle complement to the piquant **Moroccan Orange Salad** *(front right)* that's garnished with olives and radishes. A medley of greens and feta cheese provides the makings for **Mideastern Green Salad** *(front left).* The **Tabbouli Bread** *(back left)* was sliced in thick wedges to show off the bulgur filling.

For the salad setup, the serving bar was covered with a checkered runner, and a basket was filled with the matching napkins. Serving pieces made of wicker, wood, and acrylic complete the bistro-style table setting.

Recipes begin on page 130.
Buying information, page 196



MENU

Appetizer Course:

Fish in Sour Cream

•

Fried Wonton Strips With Soy-Lemon Sauce

•

Tomato Pesto Tart

•

Wine/Tea

Salad Course:

Artichoke-Mushroom Salad Remoulade

•

Moroccan Orange Salad

•

Mideastern Green Salad

•

Tabbouli Bread

•

Rosé Wine



GUESTS!

MAIN COURSE

Highlighting this novel progressive dinner is the delicious main course, **Indonesian Sâté** (sah-TAY). Despite the exotic-sounding name, the dish is simply the Southeast Asian version of grilled kabobs.

If you're the host for the main course, you can prepare this version of Sâté ahead. Just marinate chunks of chicken, lamb, and beef in a delightfully spicy mixture that's based on aromatic spices including mustard, coriander, turmeric, cumin, and garlic plus coconut milk.

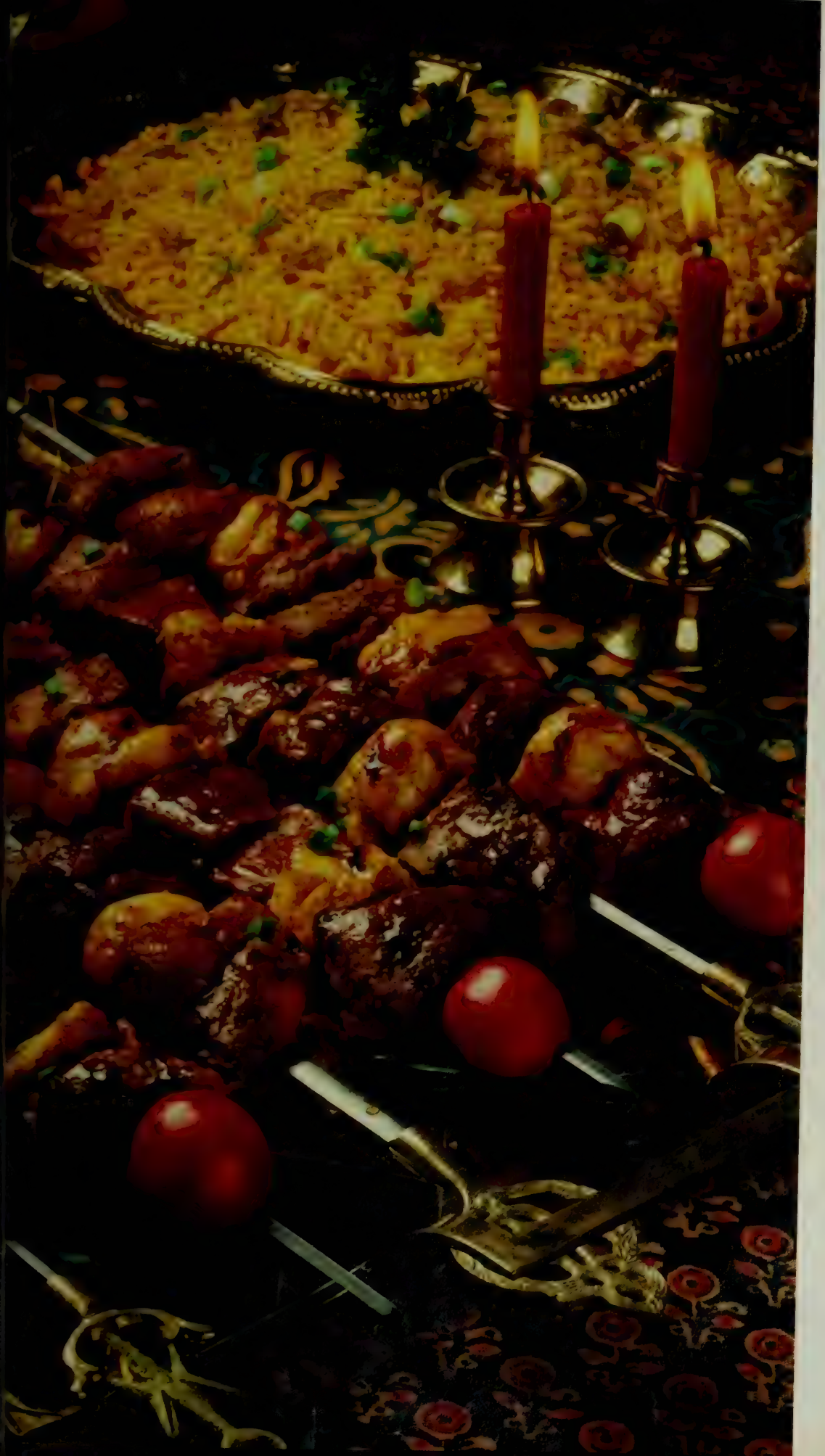
Before you leave to enjoy the appetizer course, drain off the marinade and thread the meat on long skewers. Cover and refrigerate the meat till you return. Also prepare the spicy **Peanut Sauce.** It's used as a serve-with dip for the grilled kabobs.

When it's time for the entrée course, fire up one or two hibachis till the coals are medium-hot and cook the **Turmeric Rice** accompaniment. Grill the kabobs for just 20 minutes, then serve them with the rice and sauce *(opposite).* A robust red wine such as a cabernet sauvignon complements the spicy food. When you serve the rice, you can offer a couple of chutneys—one sweet and one hot. (They're sold in Oriental markets.)

For the serving setup, you have several options. These hosts *(pictured above)* rented a round table and chairs and set them up on their deck. They grilled the kabobs table-side over a large hibachi and passed the skewered meat with the bowls of rice and sauce. But you might set up two or three small low tables with pillows for seating, place a hibachi in the center of each table, and let your guests grill their own kabobs. And if the weather moves the party indoors, you can broil the Sâté on your conventional broiler or cooktop grill.

On party day, you can create some Southeast Asian ambience by covering the table with a colorful fabric. Brass candlesticks and serving pieces will enhance the main course setting. If you don't own any brass pieces, stoneware makes a great-looking alternative.

Recipes begin on page 130.
Buying information, page 196



MENU

Main Course:

Indonesian Sâté with Peanut Sauce

•

Turmeric Rice

•

Red Wine



MENU

Dessert Course:

International Coffees

•

Pizzelles

•

Baklava Tarts

•

Gugelhupf/ Apricot Sauce

GUESTS!

DESSERT COURSE

Though the coffee-and-dessert course marks the final stop for the traveling entourage, it's by no means the least important. This inviting dessert table, set out under the stars, is well worth an evening's wait.

First of all, let your guests choose from a variety of freshly brewed imported coffees, such as espresso, Turkish coffee, cappuccino, and spiced coffee. (They're available in the specialty sections of supermarkets and gourmet food shops.) Serve the brews in small coffee or demitasse cups. Provide a tray of liqueurs, such as crème de cacao, orange liqueur, and apricot brandy; and a bowl of whipped cream to embellish each serving.

Then set out a tableful of exotic goodies and invite your guests to help themselves as they sip. The lineup pictured starts with Italian **Pizzelles** (pit-ZELLIES) *(left)*, which are wafer-thin butter cookies that you make in a pizzelle iron. (If you don't own one, you can substitute a Scandinavian krumkake iron available in kitchen tool and gourmet shops.)

At center stage are dainty **Baklava Tarts,** traditional Greek treats. These almond-, walnut-, and apple-filled morsels are cradled in phyllo dough cups.

The Hungarian-style cake is called **Gugelhupf** *(right)*, reputed to be a favorite dessert of Marie Antoinette. Cut generous slices of this sweet yeast cake to serve with spoonfuls of the **Apricot Sauce.**

To give this late-night dessert course an elegant old-world look, we used an heirloom lace tablecloth, fine family china, and silver serving pieces. If you don't own a lace tablecloth, you might buy some inexpensive lace fabric or a pretty printed sheet to cover the table. Use pinking shears to cut some of the fabric into squares for tea napkins. Illuminate the yard with lanterns, gas lights, or tiny white Christmas lights strung across the lawn.

Recipes begin on page 130.
Buying information, page 196

Introducing Post® Fruit & Fibre®. It tastes so good, you forget the fiber.

People are having trouble remembering the name of New Post Fruit & Fibre cereal. It's so delicious, they recall the real fruit—Dates, Raisins & Walnuts or Apples & Cinnamon—but forget the wholesome fiber. Remember to try it. Then try to remember it.

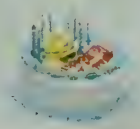


© 1982 General Foods Corporation.

How to get a present on our birthday.



Help us celebrate our birthday by giving a Tupperware Party by August 7 and you could receive this Picnic Set—an exclusive gift for Tupperware hostesses, assembled especially in honor of our birthday. Set includes all the Tupperware containers you need for a picnic plus a fully insulated cooler.



BIRTHDAY SPECIAL FROM Tupperware®
A Division of Dart Industries Inc.

location. This group used gingham fabric in pastel colors for the table covering. Red and blue bandannas make smart napkins, but coordinating paper napkins would work just as well. For serving containers, use trays and colorful plastic bowls. Baking sheets (plain or colored) or wood trays are perfect for passing the cupcake and tart desserts.

If your group of friends get together several times a year, you might consider purchasing a few sets of plastic dinnerware, cups, and utensils to use again and again. The multicolored dinnerware set pictured on page 118 is available in service for 12. (See Buying Information, page 196.) Or for maximum convenience, use disposable plates and cups.

For this informal setting, the group set up a beach umbrella and blankets for seating. No matter where you hold your barbecue, have someone bring a few Frisbees, a volleyball, a beach ball, or even a high-flying kite to provide hours of entertainment for kids and adults alike.

STEAK PINWHEEL PITAS

Multiply this recipe 4 times to make enough for 60 sandwiches—

- **2 beef round steaks (3½ to 4 pounds total)**
- **1 32-ounce jar (3½ cups) extra-thick spaghetti sauce**
- **¼ cup packed brown sugar**
- **¼ cup lemon juice**
- **2 tablespoons Worcestershire sauce**
- **8 ounces fresh spinach with stems removed *or* two 10-ounce packages frozen chopped spinach, thawed and well drained**

continued

Bring on the guests!

CO-OP BARBECUE PLAN

A barbecue for 60 guests can be surprisingly easy if you use the divide-and-conquer approach—it works for any co-op project. Simply assign each couple or family to bring one menu item to the party. Since you'll need several batches of each dish to serve 60 guests, have several people bring the same item. Instruct each guest to bring the food/beverage in (or along with) its serving container, and to provide the necessary serving utensils. Don't forget to make arrangements for guests to bring eating utensils, grilling equipment, tables, and folding chairs or blankets.

SETTING UP

Set out four or five large plastic buckets (or three plastic-lined garbage cans) filled with ice and an assortment of canned beverages. You also might rent or purchase self-dispensing stoneware crocks for lemonade or punch. If you like, provide trays and plastic bowls filled with cheese, crackers, and fruit for appetizers.

Set up four rotisserie grills in one area and assign two or three people to oversee the barbecuing. Be sure each grill is equipped with oven mitts along with bowls of the marinade and brushes for basting the meat.

For the buffet service, set up one large table in a central

How to get a beauty of a buy.



Attend a Tupperware Birthday Party between May 1 and June 12 and get one of these 36-oz. Tupperware Beverage Containers for only 78¢. Lets you mix, stor and serve in one container. Liquid-tight Classic Roun Seal, hinged cap on pouring spout. Limit: one per gue



BIRTHDAY SPECIAL FROM Tupperware®
A Division of Dart Industries Inc.

How to be doubly gifted.



Give a Tupperware Birthday Party by August 7 and you could receive this Weber® Smokey Joe® tabletop grill. Heavy-gauge steel grill has porcelain coating. To learn how to qualify for both grill and Picnic Set, call your Tupperware dealer or phone Tupperware in the white pages.

BIRTHDAY SPECIAL FROM Tupperware®
A Division of Dart Industries Inc.

Parsley sprigs (optional)
Whole fresh mushrooms (optional)
Pita bread rounds, kaiser rolls, hamburger buns, *or* thinly sliced French bread
2 8-ounce packages fresh alfalfa sprouts *or* wheat sprouts
2 cups chopped onion
8 ounces fresh mushrooms, sliced

Trim excess fat from meat. Without cutting meat, slash fat edges at 1-inch intervals. Pound meat with meat mallet to ¼-inch thickness. For marinade combine the spaghetti sauce, brown sugar, lemon juice, and Worcestershire sauce; stir to dissolve sugar. Place *half* the sauce in a large flat nonmetal baking dish. Place 1 steak in marinade, turning to coat. Add remaining sauce; repeat with second steak. Cover and marinate overnight in refrigerator. Drain meat; reserve marinade. Pat excess moisture from meat with paper toweling. If using fresh spinach, arrange 2 or 3 layers of leaves over each steak, overlapping as necessary so meat is completely covered. (If using frozen spinach, spread one 10-ounce package over each steak.) Roll up meat from the short side, jelly roll fashion. Tie securely with string both lengthwise and crosswise.

Insert spit rod lengthwise through center of two steak rolls. Adjust holding forks; test balance. Insert meat thermometer near center of roast but not touching metal rod. Arrange *medium* coals on both sides of a drip pan in a grill with hood. Attach spit. Position drip pan under meat. Turn on motor; lower hood. Roast over *medium* coals 40 to 50 minutes or till meat thermometer registers 140° for rare or 160° for medium, basting occasionally with reserved marinade. Meanwhile, pour remaining marinade into saucepan. Place on side of grill and heat the last 15 to 20 minutes of roasting time.

To serve, remove strings from meat. Thinly slice meat crosswise; arrange it on platter. Garnish platter with parsley and whole fresh mushrooms, if desired. Serve with assorted breads, the heated sauce, sprouts, onion, and mushrooms so guests can assemble their own sandwiches. Makes 15 servings.

HASHED BROWNS SALAD

You won't need to peel and slice a mountain of potatoes to make this tasty takeoff on potato salad. Instead, simply use a package of timesaving frozen potatoes—

1 32-ounce package frozen loose-pack hashed brown potatoes
1 cup water
½ teaspoon salt
2 cups chopped celery
3 hard-cooked eggs, chopped
¼ cup sliced green onion

• • •

1 cup buttermilk salad dressing
½ cup plain yogurt *or* dairy sour cream
1 teaspoon celery seed
½ teaspoon salt

continued

How to get a present for being present.



FREE GIFT WITH COUPON!
Clip this coupon and bring it to a Tupperware Party between May 10 and June 12 and get a Tupperware Butter-Up™ free!* Butters and salts corn on the cob neatly and evenly. To find a Tupperware Party near you, phone Tupperware, in the white pages.
*Offer available from all participating dealers. Limit: one per guest.

BIRTHDAY SPECIAL FROM Tupperware®
A Division of Dart Industries Inc.
B

continued

Bring on the guests!

3 tomatoes, cut into wedges
2 green peppers, cut into julienne strips
½ cup chopped celery
¼ cup sliced green onion
1 hard-cooked egg, sliced

In Dutch oven place the potatoes, the water, and the first ½ teaspoon salt. Bring to boiling. Cook, covered, over low heat about 10 minutes or till potatoes are just tender, stirring occasionally to separate potatoes. Drain well. In the same Dutch oven combine the drained potatoes, the 2 cups celery, the chopped hard-cooked eggs, and the first ¼ cup green onion. Stir together the salad dressing, yogurt or sour cream, celery seed, and remaining ½ teaspoon salt. Pour over potato mixture, stirring gently to coat. In a large serving bowl spoon *half* of the potato salad. Top with *half* of the tomato wedges and green pepper strips. Spoon on remaining potato salad. Garnish with remaining tomato wedges, green pepper strips, ½ cup chopped celery, ¼ cup green onion, and hard-cooked egg slices in diagonal rows atop salad. Cover with clear plastic wrap and chill overnight. Makes 20 (½-cup) servings.

SWEET-SOUR VEGETABLES

You can halve this recipe for smaller get-togethers (use 3 tablespoons sugar)—

2 16- or 20-ounce packages frozen loose-pack mixed vegetables (broccoli, carrot, and cauliflower blend)
4 medium cucumbers *or* zucchini, scored lengthwise and thinly sliced
2 medium onions, thinly sliced and separated into rings
1½ cups white wine vinegar
⅓ cup sugar
¼ cup salad oil
¼ cup soy sauce

Cook frozen vegetables, covered, in a small amount of boiling salted water for 3 minutes or till crisp-tender. Drain; run cold water over vegetables and drain again. In a large bowl combine cooked vegetables, cucumber or zucchini, and onion. Combine vinegar, sugar, salad oil, and soy sauce. Stir till sugar is dissolved. Pour over vegetables; toss lightly to coat. Cover and chill 5 to 6 hours or overnight, stirring occasionally. Makes 20 (½-cup) servings.

CHEESE 'N CHOCOLATE MINI-CAKES

These novel cupcakes taste great unfrosted, too—

1 package fluffy white frosting mix (for 2-layer cake)
2 3-ounce packages cream cheese, softened
1 package 2-layer-size chocolate cake mix (pudding type)
1 can chocolate frosting
Peanut halves (optional)

Prepare frosting mix according to package directions. In medium bowl beat softened cream cheese for ½ minute on medium speed; beat prepared frosting into cream cheese. Set aside. Prepare cake mix according to package directions. Fill paper bake cups in muffin pan ¼ full with cake batter (about 2 tablespoons each). Spoon about 1 tablespoon cream cheese mixture in center of each; fill cups half full with remaining batter (about 1 tablespoon each). Bake in 375° oven about 20 minutes or till done. Cool on wire racks. Frost cupcakes with chocolate frosting; decorate with peanut halves, if desired. Makes about 30.

SUMMER FRUIT TART

You can bake the crust and prepare the filling for this tart up to a day ahead. Then assemble up to 6 hours before serving—

1 package piecrust mix (for 2-crust pie)
3 tablespoons granulated sugar
1 tablespoon cornstarch
1 cup unsweetened pineapple juice
2 5-ounce jars Neûfchatel cheese spread with pineapple
1 cup sifted powdered sugar
⅓ cup finely chopped pecans
3 to 4 cups desired fruits: halved strawberries, blueberries, pineapple chunks, sliced banana, sliced peaches, sliced papaya, *or* halved grapes

Prepare pastry according to package directions. On floured surface roll dough out to a 15x10-inch rectangle. Fold pastry in half crosswise, then in half again. Transfer to a 15x10x1-inch baking pan; unfold pastry in bottom of pan. Prick surface well with fork. Bake in a 425° oven for 12 to 15 minutes or till golden. Cool in pan on wire rack.

In saucepan stir together the granulated sugar and cornstarch. Stir in pineapple juice. Cook and stir till mixture is thickened and bubbly; cook and stir 2 minutes more. Cover surface of mixture with waxed paper or clear plastic wrap; cool. In mixing bowl combine Neûfchatel cheese, powdered sugar, and pecans. To assemble tart, remove pastry from pan; place on large serving tray. Spread cheese mixture over pastry base to within ½ inch of edge. Arrange desired fruit over cheese. Carefully spoon cooled pineapple glaze over fruit to cover completely. Chill 2 to 6 hours. Makes 20 servings.

TOTABLE PICNIC

Invite one to 12 people to this portable party. The menu is flexible so you even can assemble the picnic on the spur of the moment. Just stop at the supermarket to pick up the makings, including purchased dips and spreads in place of the prepared recipes. Be sure to arrange for serving utensils (spreaders, spoons for the condiments, meat/cheese forks, and a utility knife for cutting the vegetables and fruit), serving trays, paper plates and cups, and a blanket for seating.

Keep the meat and cheese tray as well as the condiments cold in an ice chest or cooler. If you have room, pack the fruit and vegetables on ice, too.

Opt for paper plates, individual plastic trays, wicker paper-plate holders, or plastic dinnerware for the picnickers. Include paper napkins and plastic or disposable glasses, plus serving utensils as listed above.

OPEN-FACED SANDWICH BUFFET

You'll need ¼ pound total of meat, cheese, and shrimp per person, and about ¼ cup deli salad to top each sandwich—

Assorted sliced cooked meats (ham, turkey, corned beef, roast beef, cold cuts)
Assorted sliced cheese (cheddar, Monterey Jack, Swiss)
Canned tiny shrimp, chilled, rinsed, and drained
Deli three-bean salad, coleslaw, and/or potato salad

continued

Now old-fashioned taste is easy as



New Jell-O® Pudding Double Chocolate Cream Pie.



1

2 packages (4-serving size) JELL-O® Brand Cooked Chocolate Flavor Pudding and Pie Filling
3½ cups milk
2 tablespoons butter or margarine
½ cup chocolate chips*
1 baked 9-inch pie shell, cooled
* Or use 2 squares semi-sweet chocolate, chopped



2

Combine pie filling mix, milk, butter and chips in saucepan. Cook and stir over medium heat until mixture comes to a full bubbling boil. Remove from heat.



3

Cool 5 minutes, stirring twice. Pour into shell. Refrigerate 3 hours. Garnish with whipped topping and grated chocolate, if desired.

Now Jell-O® Pudding gives you the creamy, rich taste of a homemade pie in just minutes.

GF
GENERAL FOODS

© General Foods Corporation 1982. Jell-O® is a registered trademark of General Foods Corporation.

continued

Bring on the guests!

Sliced tomatoes
Sliced cucumber
Leaf lettuce

• • •

Assorted sliced bread (pumpernickel, cracked wheat, firm-textured white, caraway-rye, flatbread)
1 recipe Zucchini Sandwich Filling (recipe opposite)
1 recipe Tomato-Bacon Spread (recipe opposite)
Alfalfa *or* wheat sprouts
Pickle slices
Pitted whole *or* sliced ripe olives

Arrange meats, cheeses, shrimp, deli salads, tomato, cucumber, and leaf lettuce on a serving tray. Cover the tray with plastic wrap or foil and chill. At the picnic site, serve with assorted breads, Zucchini Sandwich Filling, Tomato-Bacon Spread, sprouts, pickles, and olives so guests can assemble their own sandwiches.

ZUCCHINI SANDWICH FILLING

Yogurt adds an interesting tang to this savory filling—

4 medium zucchini, finely shredded (4 cups)
1 8-ounce container plain yogurt
¼ cup sliced green onion
1 teaspoon sugar
½ teaspoon dried basil, crushed
½ teaspoon salt

Place zucchini in sieve; press to remove excess liquid. In a mixing bowl stir together yogurt, green onion, sugar, basil, and salt. Add drained zucchini; mix well. Place in storage container with lid; chill. Stir well before serving. Makes 3 cups, or enough for 10 to 12 open-faced sandwiches.

TOMATO-BACON SPREAD

For extra zip, add a dash of bottled hot pepper sauce—

½ cup chili sauce
¼ cup tomato paste
6 slices bacon, crisp-cooked, drained, and crumbled
1 tablespoon sliced green onion

In bowl combine chili sauce, tomato paste, cooked bacon, and green onion; mix well. Transport spread in a covered container. Makes 1 cup.

VEGETABLE SALADS ALFRESCO

If you like, arrange the prepared vegetables on a platter rather than tying them into bundles—

4 large carrots, cut into long thin sticks
½ pound whole fresh green beans
1 pound broccoli, cut into narrow stalks
1 pound fresh asparagus spears
1 pint cherry tomatoes
8 to 12 green onions
1 bunch radishes
1 recipe Béarnaise Dip (see recipe, page 137)
1 recipe Easy Guacamole (see recipe, page 137)

Cook carrots and green beans separately, covered, in small amount boiling salted water for 3 to 4 minutes; drain. Cook broccoli and asparagus separately, covered, in boiling salted water for 2 minutes; drain. Pour cold water over all vegetables; drain again. Wash and drain tomatoes.

continued





We help Americans get from kitchen to table in style with products
hat are well designed and affordably priced. When you need glasses, ovenware,
ecorative glass, tableware or microwave accessories, look for the Anchor
locking name at stores everywhere. We set the table for America!

Anchor Hocking

The next time you buy coffee you should read the label. Make sure the brand you are buying is 100% Colombian Coffee. Because, Juan Valdez® and his fellow cafeteros pick Colombian Coffee by hand. Bean by bean. Only when they are sure it is ripe. And, they do it that way, so that when you pick 100% Colombian Coffee you can be sure you are buying the richest coffee in the world.



Pick your coffee as carefully as we do.

NATIONAL FEDERATION OF COFFEE GROWERS OF COLOMBIA, 140 East 57th Street, New York, NY 10022

continued

Bring on the guests!

To make ties for bundles, cut off green onion tops; slice tops lengthwise into eight to twelve ¼-inch-wide strips. (Save white portions for another use.) Immerse strips in boiling water for 1 minute; drain on paper toweling. To assemble bundles, tie an assortment of vegetable strips together carefully with a strip of the green onion. Place bundles, tomatoes, and radishes in plastic bags or airtight containers; chill.

At the picnic site, arrange vegetable bundles in serving basket or tray with tomatoes and radishes. Place containers of Béarnaise Dip and Easy Guacamole in center of tray. Makes 8 to 12 servings.

BÉARNAISE DIP

Packaged sauce mix makes easy work for this tasty accompaniment—

1 1-ounce envelope hollandaise sauce mix
½ cup mayonnaise *or* salad dressing
2 tablespoons dry white wine
½ teaspoon dried tarragon, crushed
Chicken broth (optional)

Prepare hollandaise sauce mix according to envelope directions. Stir in mayonnaise or salad dressing, wine, and tarragon; chill. (Thin with a little chicken broth, if necessary.) Makes about 1½ cups.

EASY GUACAMOLE

Lemon juice prevents the avocados from discoloring—

2 medium ripe avocados, seeded, peeled, and chopped
½ cup dairy sour cream
2 tablespoons lemon juice
¼ teaspoon onion salt
Several dashes bottled hot pepper sauce

In blender container or food processor bowl combine chopped avocados, sour cream, lemon juice, onion salt, and bottled hot pepper sauce. Blend till smooth, scraping down sides of container as necessary. Turn into serving bowl. Cover and chill till needed. Makes about 1¾ cups.

continued

A BARBECUE IS NO PICNIC

WITHOUT JENO'S HOT SNACKS

Spark your barbecue with the tempting taste of Jeno's Pizza Rolls™ Pasta Snacks, Egg Rolls or Mexican Style Snack Rolls. The savory fillings and crunchy egg batter crusts heat up crisp and delicious in just minutes on the grill. Great satisfaction for big outdoor appetites!
In boxes or bags in your grocer's freezer.
And send for your own new Weber Grill.
See details below in this ad.





$80 VALUE

SEND MY WEBER GRILL
I enclose my check or money order for $54 plus 4 seals of quality from any Jeno's frozen Hot Snack products.
Name _____
Address _____
City _____ State _____ Zip _____

Allow 4-6 weeks for delivery. Offer void where prohibited by law. One grill per family. No groups, clubs or organizations.

Mail to: Jeno's Barbecue Offer
512 Zenith Drive
Glenview, IL 60025

Offer expires Sept. 30, 1982

continued

Bring on the guests!

ORANGE CREAM CHEESE

Use as a topping for the Fresh Fruit Baskets. For the fruit, hollow out melon, papaya, or grapefruit halves, or fresh pineapple quarters, reserving scooped-out fruit. Cube reserved fruit; combine with other fruit such as strawberries, grapes, or bananas and spoon into the fruit shells to serve. (Treat papaya and bananas with lemon juice or ascorbic acid color keeper to prevent discoloration)—

1 8-ounce container soft-style cream cheese
⅓ cup orange marmalade

In small mixer bowl combine cream cheese and orange marmalade. Beat with electric mixer till combined. Turn into serving container. Makes 1⅓ cups.

PROGRESSIVE DINNER

FISH IN SOUR CREAM

You can prepare this appetizer up to 24 hours ahead. For extra appeal, serve it in a bowl lined with lettuce or red cabbage leaves—

1 16-ounce package frozen fish fillets
16 ounces pickled herring
1 onion, thinly sliced
2 dill pickles, sliced (½ cup)
1 tablespoon capers
⅓ cup plain yogurt
⅓ cup dairy sour cream
⅓ cup mayonnaise *or* salad dressing
¼ teaspoon sugar
⅛ teaspoon dry mustard
⅛ teaspoon pepper
• • •
1 medium apple, cored and thinly sliced
Paprika

Let frozen fish stand at room temperature for 20 to 30 minutes. Cut fish into 1-inch cubes. Place cubes of fish in greased skillet and add enough water to cover. Bring to boiling; reduce heat. Cover and simmer till fish flakes easily when tested with a fork, about 4 minutes. Drain and set aside.

Drain herring, reserving liquid. Cover and refrigerate reserved liquid. In a bowl combine fish cubes, drained herring, onion, pickle, and capers. Combine yogurt, sour cream, mayonnaise or salad dressing, sugar, mustard, and pepper. Add to herring mixture, stirring gently to coat. Cover and chill thoroughly. Before serving, if desired, stir a little of the reserved herring liquid into the fish mixture to make it thinner. Fold in apple. Turn mixture into serving dish; sprinkle with paprika. Makes 6 cups.

FRIED WON TON STRIPS WITH SOY-LEMON SAUCE

Fry the won ton strips and make the sauce the morning of the party—the strips will stay crisp stored in an airtight container—

16 won ton skins (3-inch squares) *or* 4 egg roll skins
Cooking oil for shallow-fat frying
• • •
¼ cup soy sauce
2 tablespoons red bean paste (optional)
2 tablespoons lemon juice
2 teaspoons brown sugar

Quarter egg roll skins. Cut won ton skins or quartered egg roll skins in ½-inch-wide strips. Fry strips, about 15 at a time, in shallow hot fat, for 30 to 60 seconds or till golden, separating pieces as they are added and stirring once. Remove with slotted spoon; drain on paper toweling. Serve with *Soy-Lemon Sauce:* In a small bowl blend soy sauce into bean paste; stir in lemon juice and sugar. Serve a small amount in individual sauce dishes or small bowls for dipping won ton strips. Makes ½ cup sauce.

TOMATO PESTO TART

Make this tart the day before or the morning of the party. For another easy appetizer, serve just the hollowed-out cherry tomatoes filled with the Parsley Pesto. There's no need to bake the filled cherry tomatoes, just cover and chill till serving time—

Pastry for 1-crust 9-inch pie
2 slightly beaten eggs
1 cup cream-style cottage cheese, sieved
½ cup dairy sour cream
½ teaspoon dried basil, crushed
6 cherry tomatoes, halved and seeded
1 recipe Parsley Pesto (recipe opposite)

On lightly floured surface roll out pastry to a 12-inch circle. Line a 9-inch pie plate or quiche dish with the pastry. If using pie plate, trim to ½ inch beyond edge; flute. If using quiche dish, trim pastry to 1 inch up side of dish. Do not prick pastry. Line pastry shell with double thickness of heavy-duty foil. Bake in 450° oven for 5 minutes. Remove foil from crust. Bake 7 minutes more or till crust is nearly done. Remove pie shell from oven. Reduce oven temperature to 325°.

Combine the eggs, cottage cheese, sour cream, and basil; pour into warm pie shell. Arrange tomato halves, cut side up, atop filling. Bake in 325° oven for 20 to 25 minutes or till knife inserted off center comes out clean. Remove to wire rack. Place a teaspoon of Parsley Pesto in each tomato. Cool to room temperature. Serve tart at room temperature or chilled. Chill, covered, to store. Makes 12 appetizer servings.

PARSLEY PESTO

1 egg
2 tablespoons cooking oil
2 cups lightly packed fresh parsley sprigs
1 teaspoon dried basil, crushed
1 clove garlic, minced
¼ cup grated Parmesan cheese
3 tablespoons fine dry bread crumbs

In blender container or food processor bowl place the egg, cooking oil, parsley, basil, and garlic; cover and blend till pureed. Stir in grated Parmesan cheese and dry bread crumbs. Refrigerate in covered container till needed. Makes about ⅔ cup.

ARTICHOKE-MUSHROOM SALAD REMOULADE

This salad also would make an elegant first course—

2 9-ounce packages frozen artichoke hearts
⅔ cup mayonnaise *or* salad dressing
2 tablespoons dry white wine
2 tablespoons capers, chopped
1 tablespoon Dijon-style mustard
1 teaspoon dried tarragon, crushe
• • •
2 cups sliced fresh mushrooms
Romaine leaves *or* Belgian endive
Pimiento strips (optional)

Cook artichoke hearts according t

continued


t least the beer was an easy choice.
Michelob Light
Compare the taste to any beer you like.
ANHEUSER BUSCH, INC. • ST. LOUIS, MO.

JELL-O® PUDDING
STRIPE-IT-RICH CAKE
STRIPES AGAIN



to make chocolate cake extra rich.



MIDEASTERN GREEN SALAD

Before you leave for the appetizer course, wash the greens; then shake together the dressing and chill. At serving time, just assemble the ingredients—

2 cups torn spinach leaves
2 cups radish *or* lettuce leaves
1 bunch (2 cups) watercress
2 cups parsley sprigs
1½ cups feta cheese, crumbled

• • •

⅓ cup olive *or* salad oil
3 tablespoons lemon juice
1 teaspoon sugar
1½ teaspoons fresh mint leaves, finely chopped *or* ½ teaspoon dried mint, crushed
⅛ teaspoon salt
⅛ teaspoon freshly ground black pepper
1 cucumber, seeded and coarsely shredded

Arrange greens and cheese separately on serving tray. For dressing, in screw-top jar combine oil, lemon juice, sugar, mint, salt, and pepper. Cover and shake well. Serve the assorted greens, cheese, shredded cucumber, and dressing separately; assemble individual servings, as desired. Makes 8 salads.

TABBOULI BREAD

Using frozen bread dough gives you a head start on this loaf. The bread keeps well if tightly wrapped in foil when made a day in advance—

continued

Bring on the guests!

package directions; drain. (Halve any large pieces lengthwise.) Stir together mayonnaise or salad dressing, wine, capers, mustard, and tarragon. Pour dressing mixture over warm artichokes; stir to coat. Cover and chill. To serve, add mushrooms to artichoke mixture; toss lightly to coat. Turn into lettuce-lined serving bowl; garnish with pimiento, if desired. Makes 8 servings.

MOROCCAN ORANGE SALAD

This unusual salad has a relish-like taste, so keep the servings small—

4 oranges
¼ cup lemon juice
1 tablespoon sugar
¼ teaspoon ground cinnamon
Dash salt
½ cup sliced radishes *or* white radishes
¼ cup pitted ripe olives, halved lengthwise

Cut off the peel and white membrane of oranges. Slice crosswise into very thin slices (or cut into sections). For marinade, combine lemon juice, sugar, cinnamon, and salt. Arrange orange slices on a serving dish, overlapping edges slightly. Top with sliced radishes and black olives; spoon marinade over all. Cover and chill till serving time. Makes 8 servings.

AND AGAIN



to make chocolate cake extra moist.



AND AGAIN



to make yellow cake extra special.



INDONESIAN SÂTÉ WITH PEANUT SAUCE

If fresh coconuts are not available for the unsweetened coconut milk, look for canned coconut milk at an Oriental food market. Or, stir together 2 cups grated coconut and 1 cup boiling water. Let stand 5 minutes. Place mixture in blender container or food processor bowl. Cover; process 1 minute—

1 pound boneless beef round steak *or* sirloin steak, cut into 1-inch cubes
1 pound boneless lamb, cut into 1-inch cubes
1 pound chicken breasts, boned, skinned, and cut into 1-inch pieces
1 cup unsweetened coconut milk (2 coconuts)
1 small onion, grated
1½ teaspoons dry mustard
1½ teaspoons ground coriander
½ teaspoon ground turmeric
½ teaspoon salt
1 clove garlic, minced
¼ teaspoon ground cumin
Cherry tomatoes (optional)
1 recipe Peanut Sauce (see recipe, page 142)

Place cut-up meat in a shallow nonmetal bowl. Combine coconut milk, onion, mustard, coriander, turmeric, salt, garlic, and cumin; mix well. Pour mixture over meat, tossing meat to coat. Cover and marinate meat overnight in refrigerator. Drain, reserving marinade. On skewers alternate meat cubes with chicken pieces. Grill over *medium-hot*

continued

1½ cups warm water
¾ cup bulgur

• • •

⅓ cup tomato sauce
1 medium tomato, peeled, seeded, and chopped
⅓ cup snipped parsley
2 tablespoons lemon juice
1½ teaspoons fresh mint leaves, finely chopped *or* ½ teaspoon dried mint leaves, crushed
1 16-ounce loaf frozen white bread dough, thawed

• • •

2 teaspoons butter *or* margarine

In a bowl combine water and bulgur; let stand 1 hour. Drain, pressing out excess water. Combine drained bulgur, tomato sauce, chopped tomato, parsley, lemon juice, and mint; set aside.

On a floured surface roll dough out to a 20x10-inch rectangle. (If dough is too elastic to roll, cover and let rest for 5 to 10 minutes.) Spread bulgur mixture over dough to 1 inch from edges. Roll up dough, jelly roll style, from long edge. Moisten and seal edge and ends. Starting from one end of roll, coil roll loosely (snail fashion) and place, seam side down, in a greased 9x1½-inch round baking pan. Cover; let rise till nearly double, about 45 to 60 minutes.

Bake in a 375° oven for 35 to 40 minutes or till done, covering with foil the last 15 minutes, if necessary, to prevent overbrowning. Remove from pan to wire rack; spread butter or margarine on top of hot loaf. Cool. Cut into wedges to serve.

AND HERE'S HOW

To make ordinary cakes extraordinary:
It's easy! Use the JELL-O® Instant Pudding mixture to frost, fill and stripe.

1 package (2-layer size) cake mix, any flavor
2 packages (4-serving size) JELL-O® Brand Instant Pudding*, any flavor
1 cup confectioners sugar
4 cups *cold* milk



1. Prepare cake mix as directed on package, baking in a 13 x 9-inch pan. Remove from oven. Poke holes quickly down through cake with round handle of wooden spoon at 1-inch intervals (or use a plastic straw, using a turning motion to make large holes).



2. *Only after poking holes,* combine pudding mix with sugar in large bowl. *Gradually* stir in milk. Then beat at low speed of electric mixer for not more than *1* minute (do not overbeat). *Quickly,* before pudding thickens, pour about one-half of the *thin* pudding evenly over warm cake and into the holes to make the stripes.



3. Allow remaining pudding to thicken slightly; then spoon over the top, swirling it to "frost" the cake. Chill at least 1 hour. Store cake in refrigerator. Cover with plastic wrap, if desired.

*To use Regular Jell-O® Pudding (cooked), see recipe on marked packages.

© General Foods Corporation 1981.
Jell-O® is a registered trademark of General Foods Corporation.

continued

Bring on the guests!

coals about 20 minutes for medium doneness for beef and lamb, and well-doneness for chicken, basting frequently with reserved marinade. If desired, add a cherry tomato to the end of each kabob before serving. Serve kabobs with Peanut Sauce. Makes 8 servings.

PEANUT SAUCE

2 tablespoons sliced green onion
1 small clove garlic, minced
2 teaspoons cooking oil
½ cup chicken broth *or* beef broth
¼ cup peanut butter
1 tablespoon soy sauce
½ teaspoon finely shredded lemon peel
1 tablespoon lemon juice
1 teaspoon chili powder
½ teaspoon brown sugar
¼ teaspoon ground ginger

In a small saucepan cook green onion and garlic in hot oil till onion is tender but not brown. Stir in chicken broth, peanut butter, soy sauce, lemon peel, lemon juice, chili powder, brown sugar, and ground ginger. Simmer, uncovered, about 10 minutes, stirring frequently. Remove from heat; cool. Serve sauce warm or at room temperature for dipping. Makes ¾ cup.

TURMERIC RICE

This makes a delicious accompaniment to any meat or poultry entrée—

⅓ cup sliced green onion
1 tablespoon butter *or* margarine
1½ cups long grain rice
3 cups water
1 tablespoon lemon juice
1½ teaspoons instant beef bouillon granules
¼ teaspoon salt
¼ teaspoon ground turmeric

• • •

½ cup light raisins
Parsley sprig (optional)

A blend of natural cheeses

Summertime's no time to spend grating or slicing or waiting—not when Cheez Whiz process cheese spread has done the work so nicely. Cheez Whiz is made with a creamy blend of fine natural cheeses, so you just open the jar and it's all ready to go. Used as the base for a light, mellow sauce, it makes Chicken Divan absolutely divine. As a spread, it turns crackers into creations, topped with all sorts of trimmings for party hors d'oeuvres.

And now, while Cheez Whiz cheese spread saves work for you, it's already ready to save money, too—with a 15¢ coupon all ready to clip.



KRAFT

© 1982 Kraft, Inc.

In a large saucepan cook onion in butter or margarine till tender but not brown. Add rice; cook and stir over low heat till rice is golden. Add water, lemon juice, beef bouillon granules, salt, and turmeric; heat to boiling. Reduce heat; cover and simmer 15 minutes. Remove from heat and stir in raisins. Let stand, covered, for 10 minutes. Garnish with parsley, if desired. Makes 8 servings.

PIZZELLES

To make these decorative wafers, you'll need an Italian pizzelle iron or a Scandinavian krumkake iron, either the hand-held or the electric type. You should find one at a kitchen equipment shop or an import store. Some outlets rent the irons—

3½ cups all-purpose flour
2 tablespoons baking powder
3 eggs
1 cup sugar
½ cup butter *or* margarine, melted and cooled
1 teaspoon vanilla

Thoroughly stir together flour and baking powder. Beat eggs till foamy; stir in sugar. Add cooled melted butter or margarine and vanilla. Stir in flour mixture; mix well. Chill thoroughly.

Using about 2 tablespoons dough for each cookie, shape into balls. Heat seasoned pizzelle iron on top of range over medium-high heat. Place one ball of dough on iron. Squeeze lid to close; bake over medium-high gas flame or electric element about 1 to 2 minutes on each side or till golden brown. (Or, use an electric pizzelle iron according to the manufacturer's directions.) Turn wafers out onto wire rack to cool. Makes 2 dozen.

BAKLAVA TARTS

The tartness from the shredded apple helps cut the richness of the sweet nut filling—

6 sheets frozen phyllo dough, thawed
1 egg white
¼ cup sugar

continued

hat's already ready.



eady ready for Cheesy Chicken Divan

-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread
p dairy sour cream
¼ teaspoon poultry seasoning
2 10-oz. pkgs. frozen broccoli spears, cooked, drained or 2 cups broccoli flowerettes
2 large chicken breasts, split, cooked, sliced

bine process cheese spread, sour cream and poultry seasoning; mix well. Place coli in 11¾ x 7½-inch baking dish. Top with chicken and cheese sauce. Bake at . 15 to 20 minutes or until hot. 6 to 8 servings.

eady ready for Cracker Creations

ad crackers with CHEEZ WHIZ Pasteurized Process Cheese Spread. Garnish assorted chopped vegetables, crisply cooked crumbled bacon, chopped hard-ed egg or nuts, if desired.

STORE COUPON

15¢ **Save 15¢** 15¢

on any size, any flavor of Cheez Whiz pasteurized processed cheese spread.

MR. GROCER: Kraft, Inc. (Retail Food Group) will reimburse you for the face value of this coupon plus 7¢ handling allowance provided you redeemed it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemptions. Coupon is void where taxed, prohibited, or restricted by law, and may not be assigned or transferred by you. Cash value 1/20¢. Customer must pay any applicable tax. For redemption mail to **KRAFT, INC. RFG, P.O. BOX 1600, CLINTON, IOWA 52734**

KRAFT

REDEEM PROMPTLY—ONE COUPON PER ITEM PURCHASED

P2-75

21000 119608

15¢ 15¢



I know it's a joke but I wouldn't glue Daddy's Miracle Whip jar to the ceiling again!

"THE BREAD SPREAD"

continued

Bring on the guests!

2 cups coarsely shredded, peeled apple
¾ cup ground walnuts
¾ cup ground almonds
⅓ cup unsalted butter *or* regular butter *or* margarine, melted
1 cup sugar
½ cup water
2 tablespoons lemon juice
1 tablespoon honey
2 inches stick cinnamon
12 whole almonds *or* walnut halves

Trim each phyllo sheet, if necessary, to a 16x12-inch rectangle. Cover phyllo with dampened towel. Beat egg white till soft peaks form (tips curl over). Gradually add the ¼ cup sugar, beating till stiff peaks form (tips stand straight). Fold in apple and ground nuts. Set aside.

Place one rectangle of the phyllo dough on a flat surface; brush with some of the melted butter or margarine. Top with a second rectangle of phyllo and brush again with butter. Repeat with remaining phyllo and butter. With long, sharp knife cut stacked phyllo lengthwise and crosswise to make twelve 4-inch squares. Place squares in buttered muffin pans, pressing gently in center to form muffin shape. Spoon about ¼ cup of the nut mixture into each cup. Bake in a 325° oven for 30 minutes or till golden.

Meanwhile, in a small saucepan combine the 1 cup of sugar, the water, lemon juice, honey, and stick cinnamon. Boil gently, uncovered, for 15 minutes. Remove from heat. Remove stick cinnamon. Cool syrup slightly. Spoon warm syrup over hot pastries. Cool pastries in pan. Carefully remove pastries to shallow baking pan. Store, covered, in a cool place till serving time. To serve, top each pastry with a whole almond or walnut. Makes 12 tarts.

GUGELHUPF

This Hungarian yeast cake is traditionally baked in a special cake pan called a gugelhupf or "turk's head" mold, but you can use any plain or decorative 7- or 8-cup cake pan—

1 package active dry yeast
¼ cup warm water (115° to 120°)
¼ cup butter *or* margarine
½ cup sugar
1 teaspoon salt
2 eggs
½ cup milk
2 teaspoons finely shredded lemon peel
2½ cups all-purpose flour
⅔ cup light raisins

• • •

3 tablespoons fine dry bread crumbs
Blanched whole almonds
1 recipe Apricot Sauce (recipe below)

Soften yeast in warm water. In small mixer bowl beat together butter or margarine, sugar, and salt. Add eggs; beat well. Add softened yeast, milk, and lemon peel; mix well. Add 1½ cups of the flour; beat at low speed of electric mixer for ½ minute then beat at high speed for 2 minutes, scraping bowl constantly. By hand, stir in remaining flour. Stir in raisins. Turn mixture into a greased bowl. Cover bowl and let dough rise in a warm place till double (about 2 hours).

Generously butter a 7- or 8-cup fluted tube pan. Sprinkle with bread crumbs, shaking to coat pan evenly. Arrange almonds in bottom of mold. Stir down batter; carefully spoon it into prepared mold. Let dough rise in a warm place till almost double (about 1 hour).

Bake in a 350° oven 35 to 40 minutes or till golden. Cool 10 minutes; remove from mold to wire rack. Cool. Serve with Apricot Sauce. Makes 1 cake.

APRICOT SAUCE

½ cup sugar
4 teaspoons cornstarch
1 12-ounce can apricot nectar
2 tablespoons butter *or* margarine
1 tablespoon lemon juice

In saucepan combine sugar and cornstarch. Stir in apricot nectar. Cook and stir over medium heat till mixture is thickened and bubbly; cook and stir 2 minutes more. Stir in butter or margarine till melted. Add lemon juice. Cover surface with waxed paper. Cool. Cover sauce and refrigerate till serving time. Makes 1¾ cups sauce.

RAGU' INTRODUCES PERFECT HOMEMADE PIZZA. SIMPLE AS PIE.





With new RAGU'® Pizza Quick® Crust Mix and new Pizza Quick® Chunky Style sauces it's simple to make perfect homemade pizza.

Pizza Quick Crust Mix has everything you need to easily make the trickiest part—the crust. Even a scoop to measure out the Mix for a crust that's thin and crispy or thick and chewy.

Just spoon on either new Chunky Style sauce—"The Works" or "The Big Combo"—complete with chunky toppings like peppers, mushrooms and tasty meats. Add fresh cheese, and bake.

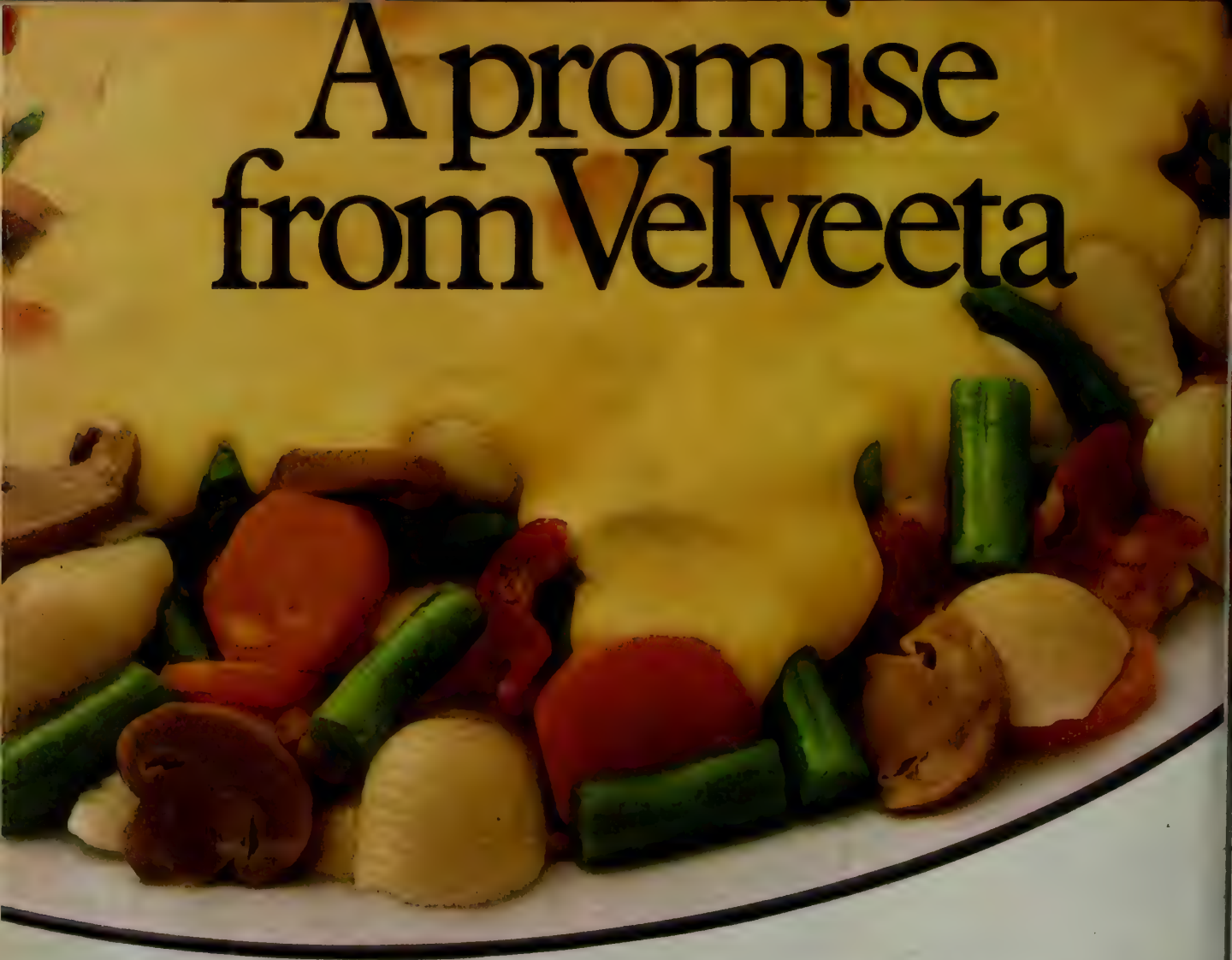
In minutes you'll have hot homemade pizza with taste you can't get from a freezer, or a boxed pizza kit.

New Pizza Quick Crust Mix, in your store's boxed pizza section. And new Pizza Quick Chunky Style sauces, in the RAGU' Sauce section.

The Ragu' pizza. No matter how you slice it, you'll get perfect homemade pizza, simple as pie.

New Ragu' Pizza Quick Crust Mix and new Chunky Style sauces.

A promise from Velveeta



Smooth, creamy melting every time.

A pasta entree this rich, smooth and delicious can only be made with Velveeta process cheese spread. It melts evenly with no lumps or fuss, because it's made with a special process. It's a blend of cheddar and other natural cheeses, plus milk and other wholesome ingredients. This special process is why Velveeta process cheese spread melts more smoothly and quickly than any single chunk cheese. Velveeta process cheese spread. We promise right on every package: Satisfaction Guaranteed.

COMPANY PASTA

- 1½ cups medium-sized pasta shells, cooked, drained
- 1 9-oz. pkg. frozen cut green beans, cooked, drained
- 1 4-oz. can mushrooms, drained
- ½ cup carrot slices, cooked, drained
- 8 crisply cooked bacon slices, crumbled
- ½ lb. VELVEETA Pasteurized Process Cheese Spread, cubed
- ¼ cup milk

Combine pasta shells, vegetables and bacon; mix lightly. Heat process cheese spread and milk over low heat; stir until sauce is smooth. Place pasta mixture on serving platter; top with sauce. Serve immediately.
4 to 6 servings



That's a promise from Kraft

KRAFT © 1982 Kraft



File under Beverages

Photographs: Mike Dieter

Dairy Drinks

Dreamy Coconut Shake

This top-notch tropical shake will get rave reviews when you serve it on warm summer days—

- ½ pint coconut ice cream
- 1 8¼-ounce can crushed pineapple
- ¾ cup light cream *or* milk
- ½ of a 6-ounce can (⅓ cup) frozen tangerine *or* orange juice concentrate
- 1 small banana, cut into chunks
- 3 *or* 4 ice cubes
- Toasted coconut (optional)

In blender container or food processor bowl place the ice cream, ***undrained*** pineapple, light cream or milk, frozen juice concentrate, and banana. Cover; blend to mix. Add ice cubes, one at a time, through opening in lid, blending till mixture is thick and foamy. Serve immediately. If desired, garnish each serving with toasted coconut. Makes 6 servings.

Mrs. L. K. Ross, Sonora, Calif.



File under Sauces & Relishes

Buying information, page 196

Sauces and Relishes

Rhubarb Chutney Relish

This winning condiment has a unique bite that adds pizzazz to ham, pork roast, or poultry—

- 1 pound rhubarb, chopped (3 cups)
- 2 cups vinegar
- 2 cups finely chopped onion
- 2 cups packed brown sugar
- 1 tablespoon salt
- 1 teaspoon ground allspice

In a 4-quart Dutch oven combine all ingredients. Bring to boiling; reduce heat. Cover and simmer for 30 to 40 minutes or till thick, stirring occasionally. Remove from heat. Spoon hot relish into hot, clean half-pint jars, leaving a ½-inch headspace. Wipe rims; adjust lids. Process in boiling water bath for 10 minutes for half-pints (start timing when water boils). Makes 3 half-pints.

Mrs. Donna Torres, Cornucopia, Wis.



PRIZE TESTED RECIPES®
ADD TO YOUR COOK BOOK
Order your 460-page loose-leaf cook book. Contains 1,200 tested recipes. Room to add extra pages like this one. At booksellers or mail $15.95 + $1.45 postage to Better Homes and Gardens, Dept. 22A, P.O. Box 374, Des Moines, IA 50336



Zippy Onion Relish

At your next cookout, spoon this big-batch relish atop grilled franks, sausages, or hamburgers—

3 large onions, finely chopped (3 cups)
2 tablespoons water
½ cup tomato sauce
3 tablespoons catsup
1½ teaspoons sugar
½ teaspoon dried oregano, crushed
¼ teaspoon salt
¼ teaspoon garlic salt
¼ teaspoon crushed dried red pepper

In 2-quart saucepan combine the onions and water. Bring to boiling; reduce heat. Add tomato sauce, catsup, sugar, oregano, salt, garlic salt, and red pepper. Simmer, covered, about 20 minutes or till onions are just tender. Serve hot or chilled with meats. Store remaining sauce in refrigerator for up to two weeks. Makes 2½ cups.

Mrs. Nancy L. Mosiello, Concord, N.H.



Easy Horseradish Sauce

This versatile sauce complements hot cooked vegetables such as broccoli, cabbage, brussels sprouts, and potatoes. And it's equally tasty served on beef sandwiches, grilled burgers, or frankfurters—

2 10-ounce packages frozen mixed vegetables
⅔ cup mayonnaise *or* salad dressing
2 tablespoons milk
2 tablespoons prepared horseradish
1 teaspoon dry mustard
¼ teaspoon freshly ground black pepper

Cook mixed vegetables according to package directions; drain and chill. Meanwhile, combine mayonnaise or salad dressing, milk, horseradish, dry mustard, and pepper. Stir till smooth. Cover and chill. Just before serving, combine mixed vegetables and mayonnaise mixture. Makes about 3½ cups.

Carol Wenger Gibbons, Philadelphia, Pa.



Fruit Smoothie

If made with skim milk and juice-pack fruit cocktail, this low-calorie treat has only 66 calories per serving—

1 8-ounce can fruit cocktail, chilled
1 cup milk
¼ cup nonfat dry milk powder
¼ cup plain yogurt
½ teaspoon vanilla
Few dashes ground cinnamon *or* ground nutmeg
½ cup ice cubes
Ground cinnamon *or* ground nutmeg (optional)

In blender container or food processor bowl combine ***undrained*** fruit cocktail, milk, milk powder, yogurt, vanilla, and few dashes desired spice. Cover and blend till combined. Add ice cubes; cover and blend till smooth. Sprinkle each serving with additional ground cinnamon or nutmeg, if desired. Serve immediately. Makes 4 servings.

Janie Murnane, Omaha, Nebr.



Tropical Cantaloupe Frost

This frothy summer cooler has a delightful fruit flavor—

2 cups cubed cantaloupe *or* honeydew melon (½ of a medium melon)
2 cups cold milk
¼ teaspoon ground ginger
1 pint orange sherbet
Orange peel curls (optional)

Place melon cubes in freezer-proof bowl and put in the freezer. Freeze till firm. In blender container or food processor bowl combine frozen melon cubes, milk, and ginger; blend till slushy. Add sherbet a spoonful at a time, blending till thoroughly mixed and stopping to scrape sides of blender as necessary. Pour into chilled glasses. Garnish with orange peel curls, if desired. Makes 8 servings.

Patricia Drake, Leverett, Mass.

To everyone who's thinking about going on a diet.

Help has arrived.

Lean Cuisine® From Stouffer's®

New Lean Cuisine® is the kind of food you can enjoy even if you're not on a diet.

Yet at less than 300 calories in each entree, it's food that dieters—and people who just like to watch their weight—have needed for a long, long time.

For starters, it tastes good. Incredibly good. So good, in fact, you don't feel like you're "dieting."

And it looks good. Because food is more of a treat when it's a treat for the eyes.

What's more, Lean Cuisine® has the diversity of textures—from the crunch of vegetables to the *al dente* of pasta—that makes good food taste even better.

Finally, Lean Cuisine® has enough variety to keep you from feeling bored or deprived. With 10 different entrees that range through beef dishes, fish, chicken, seafood, even pastas.

All that at less than 300 calories in each dish. Less than 300 calories!

How did we do it, and still give you a full portion size? By systematically cutting out excess calories without removing anything that's good for you. Selecting beef with less than 10% fat. Using naturally flavorful ingredients like mushrooms, onions and tomatoes to give sauces body. Seasoning with tarragon, sesame seeds, sherry. To give every dish the flavor a dieter needs to succeed.

With Lean Cuisine,® we think you'll find it possible to eat lighter, and feel satisfied while controlling your calories.

Stouffer's Lean Cuisine.® It's one giant step forward for dieters.

©1982 Stouffer Foods Corporation



Shown here: ZUCCHINI LASAGNA, CHICKEN AND VEGETABLES with Vermicelli and ORIENTAL BEEF in Sauce & Vegetables with Rice.

It took Hormel to create Chunk Ham. Now, you take it from there.

What a great idea: honest-to-goodness ham you can flake with a fork. But not just *any* ham. *Hormel* ham. Lean. Tender. Flavorful.

Hormel Chunk Ham makes a great beginning for a million meaty main dishes. In minutes. Yes, Hormel chunked the ham, but the rest is up to you.

Give your recipe a helping ham.

Those marvelously meaty ham chunks can help make a sandwich a *sandwich!* Or a casserole a *casserole!* Or a salad a *salad!* It can help snacks and hors d'oeuvres too.

Fact is, Hormel Chunk Ham can go anywhere tuna can go. And do anything tuna can do. Except swim.

It's so nice to have some ham around the house.

Hormel Chunk Ham is pre-cooked and ready to eat. We've done all the fussing. You get all the flavor. Handy Chunk Ham—it stores on your shelf, not in your refrigerator. Better yet, *no* leftovers!

But why stop with ham? Hormel also makes Chunk Turkey and Chunk Chicken. And they're *all* delicious!

Hormel



WIN MONEY FOR YOUR

RECIPES

Jiffy Desserts

Cured Meat Ideas

Do you have a special homemade dessert that you rely on when you're short on time? Is a cured meat the star ingredient in one of your entrées? Send us your recipes—you could be a winner. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured next January. Winners receive a certificate and six copies of the recipe.

Hints to Help You

Jiffy Desserts

You must be able to whip up your dessert in less than an hour. Do you use a convenience product to create a fancy dessert? **Hints: fix-and-forget torte, refrigerator lime pie.**

Cured Meat Ideas

Your main dish recipe can feature any cured meat such as corned beef, sausage, turkey ham, smoked pork, or bacon. **Tips: Canadian bacon soufflé, creamy dried beef goulash.**

THIS MONTH'S WINNERS

(See recipes on page 147 and 148)

Cooks-of-the-Month

Mrs. L. K. Ross, Sonora, Calif.
Mrs. Donna Torres, Cornucopia, Wis.

Runners-up

Patricia Drake, Leverett, Mass.
Carol Wenger Gibbons, Philadelphia, Pa.
Mrs. Nancy L. Mosiellio, Concord, N.H.
Janie Murnane, Omaha, Nebr.

Honor Roll

Frances C. Andrews, Wilson, N.C.
Genny Beach, Lewes Beach, Del.
Bunni Berman, Silver Springs, Md.
Audrey Bledsoe, Smyrna, Ga.
Mrs. La Verne Brandmeyer, San Antonio, Tex.
Simone Hill, Matthews, N.C.
Beverly B. Nichols, Lexington, Mass.
Linda Russeau, Novi, Mich.
Mrs. Rosine Stowell, Paris, Me.
Mrs. Shirley Wambolt, Edmonds, Wash.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "January Jiffy Desserts" or "January Cured Meat Ideas."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, June 30. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8206 Food Department. Better Homes and Gardens, Des Moines, IA 50336.**



Surprising Rhubarb Desserts

Besides being delicious, rhubarb is a rosy forerunner of other good things to come from the garden. Rhubarb is most often used in pies, which is why it's frequently referred to as "pieplant." But why stop there? You also can feature rhubarb in a sherbet, a refrigerator dessert, and a pie glaze.

When buying rhubarb, avoid stalks that are extremely thick or thin because they may be fibrous. Rhubarb should be stored in the crisper section of the refrigerator and used within a few days. When fresh rhubarb is out of season, substitute frozen unsweetened rhubarb.

RHUBARB-GLAZED CUSTARD CHEESE PIE

Rhubarb cooks quickly so watch it carefully and handle it gently when making this easy show-off pie—

- **1 3-ounce package no-bake custard dessert mix**
- **1 3-ounce package cream cheese, cut up**
- **1 9-inch baked pastry shell, cooled**
- **⅓ cup water**
- **⅓ cup sugar**
- **4 cups rhubarb cut in 1-inch pieces**
- **¼ cup orange juice**
- **1 tablespoon cornstarch**

Prepare custard mix according to package directions. Add cream cheese; beat smooth with rotary beater. Let mixture stand 10 minutes to cool; pour into cool pastry shell. Chill pie about 1 hour or till firm. Meanwhile, in a small saucepan combine water and sugar; bring to boiling. Add rhubarb; bring to boiling again. Reduce heat; cover and simmer 1 minute or till almost tender. *Do not stir.* Drain rhubarb in colander, reserving liquid; add water, if necessary, to make 1 cup liquid. Set rhubarb aside. Stir together orange juice and cornstarch; add to reserved rhubarb liquid. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Tint medium pink with few drops of *red food coloring,* if desired. Remove from heat; cover surface of glaze mixture with waxed paper. Cool 15 minutes. Arrange cooked rhubarb pieces atop chilled pie. Carefully spoon glaze over all. Chill.

RHUBARB SHERBET

- **3 cups sliced rhubarb (1 pound)**
- **1 cup light corn syrup**
- **½ cup water**
- **¼ cup orange liqueur *or* crème de cassis**

In medium saucepan combine the rhubarb, corn syrup, and water. Bring to boiling; reduce heat. Cover and simmer 10 minutes. Pour mixture into blender container or food processor bowl. Cover and blend till smooth. Add liqueur and a few drops of *red food coloring,* if desired. Blend briefly till smooth. Pour mixture into 9x9x2-inch pan. Cover and freeze till firm. Break mixture into chunks and place in chilled large mixer bowl. Beat smooth with electric mixer. Return to pan. Cover and freeze firm. Makes about 1 quart.



Photograph: Mike Dieter

RHU-BERRY CHARLOTTE

- **3 cups sliced rhubarb (1 pound)**
- **¼ cup water**
- **1 3-ounce package raspberry-flavored gelatin**
- **1 pint vanilla ice cream**
- **1 3-ounce package (12) ladyfingers**

In a saucepan combine rhubarb and water. Bring to boiling; reduce heat. Cover and simmer 2 minutes. Add gelatin, stirring till dissolved. Remove from heat. Add ice cream by spoonfuls, stirring to melt. Chill mixture till partially set. Line bottom of an 8x4x2-inch loaf pan with waxed paper. Set aside three ladyfingers. Line bottom and sides of the dish with remaining split ladyfingers. Spoon *half* of the partially set mixture into the dish. Arrange reserved ladyfingers atop. Spoon remaining gelatin mixture over all. If necessary, trim ends of ladyfingers arranged on the sides to be level with filling. Cover and chill till firm, 6 hours or overnight. To serve, loosen sides with spatula; unmold. Slice crosswise; top with whipped cream and toasted coconut, if desired. Serves 6.

Buying information, page 196

Real cucumber bits. Real sweet bell pepper bits.
In creamy Wish-Bone® Dressings with real harvest flavor.



A bit better.

Creamy Cucumber and Creamy Bell Pepper Wish-Bone brings you these fresh, creamy dressings packed with pieces of real harvest flavor.

Real cucumber bits. Real sweet bell pepper bits. In rich, luscious dressings carefully blended to be the best. Really.

HARVEST SALAD

1 medium head iceberg lettuce, torn into pieces
2 medium tomatoes, cut into wedges
2 cups sliced zucchini
1 cup sliced mushrooms
¼ cup chopped green onions
⅔ cup Wish-Bone® Creamy Cucumber or Creamy Bell Pepper Dressing

In salad bowl, combine all ingredients except dressing; chill. Just before serving, toss with dressing. Makes about 6 servings.

Wish-Bone

Creamy Cucumber

Creamy BELL PEPPER

Wish-Bone

From the Wish-Bone Garden of Dressings.


More you.
Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.

8 mg. "tar", 0.7 mg. nicotine av. per cigarette by FTC method.



More
Lights 100s

TWENTY CLASS A CIGARETTES

More
Lights
100s

FILTER-LOW TAR 8 mg

Box
8mg

It's beige.
It's slender. It's more you.

© 1982 R. J. REYNOLDS TOBACCO CO

And you thought Bisquick® only made pancakes.



Impossible Zucchini-Tomato Pie

The pie that does the impossible by making its own crust.

- 2 cups chopped zucchini
- 1 cup chopped tomato
- ½ cup chopped onion
- ⅓ cup grated Parmesan cheese
- 1½ cups milk
- ¾ cup Bisquick® baking mix
- 3 eggs
- ½ teaspoon salt
- ¼ teaspoon pepper

Heat oven to 400°. Grease 10-inch quiche dish or pie plate, 10 x 1½ inches. Sprinkle zucchini, tomato, onion and cheese in plate. Beat remaining ingredients until smooth, 15 seconds in blender on high or 1 minute with hand beater. Pour into plate. Bake until knife inserted in center comes out clean, about 30 minutes. Cool 5 minutes. 6 servings.

High Altitude: Bake about 40 minutes.

Join the Bisquick Recipe Club. See package for details. Send $3.00 to General Mills, Inc., Box 5183, Minneapolis, MN 55460.

®Bisquick is a registered trademark of General Mills, Inc.

©General Mills, Inc. 1982

FIX·IT·FAST

45-MINUTE SKILLET MEAL



Photograph: Mike Dieter

Yes, even when you're on the go, you can pull together a delicious and nutritious dinner. The trick is to plan a menu, then keep the necessary groceries on hand. When you need a quick meal, just fall back on the emergency menu. This menu is a tasty example of the fix-it-fast concept. To assemble it, check the timetable at right and the list of foods you'll need on page 167.

***Recipes on page 167**

menu

Ham and Bulgur Skillet*
Orange-Beet Salad*
French Bread
Peanut Butter and Jelly
Parfaits*
Iced Tea or Milk

Kitchen Countdown (45 minutes)

1. Chop vegetables and meat for entrée; begin cooking entrée.
2. Prepare dessert; chill.
3. For salad, toss fruits and beets; prepare dressing. Chill.
4. Add meat and beans to skillet mixture; continue cooking.
5. Slice bread; arrange in basket.
6. Arrange salad; add dressing.

Buying information, page 196

continued

100% Natural Tenderizer. You'll love what we didn't put in it.



Adolph's® 100% Natural Tenderizer doesn't contain additives, preservatives, MSG, or artificial chemicals. It just gives you tender, juicy meat. 100% naturally.

The natural way to get tender meat and poultry.

Adolph's has discovered that papaya melon has a natural ingredient called papain that helps make meat more tender. And we've used that papain to give you a totally natural tenderizer.

How tenderizer saves you money.

By using tenderizer you can buy less expensive cuts of beef like bottom round and chuck steak. Because when you sprinkle Adolph's 100% Natural Tenderizer on them they cook up as tender and juicy as the more expensive cuts. And remember that Adolph's works ju as well on chicken or pork as it does on beef.

Still skeptical?

If you're still not completely convinced that using Adolp is a totally natural thing to do, call us, toll-free, at 1-800-243-5804.* We'll be happy t answer any questions y might have.

Risk-free offer.

But the real proof of Adolph's is in the using. we're making this offer. this coupon to get 20¢ off Adolph's 100% Natu Tenderizer. If you don't agree it makes meat mc tender and juicy, we'll r fund the purchase price the jar. That's how sure are Adolph's is the total effective, totally natural to more delicious meal

*In Connecticut call 1-800-852-8558.

Save 20¢

Mr. Dealer: Adolph's, Ltd. will pay you the face value of this coupon plus 7¢ handling if you receive it on the sale of Adolph's 100% natural tenderizer and if upon request you submit evidence thereof satisfactory to Adolph's Ltd. Coupon may not be assigned or transferred. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. For redemption of properly received and handled coupons mail to Adolph's Ltd., P.O. Box 1000, Clinton, Iowa 52734. Limit one coupon to a customer. **Offer expires March 31, 1983.**



00521 507657

STORE COUPON

Continued

Fix-it-fast

What You'll Need:

- Green onions
- 1 cup bulgur wheat
- 8 ounces fully cooked ham
- 1 9-ounce package frozen Italian green beans
- 1 11-ounce can mandarin orange sections
- 1 16-ounce can julienne beets
- 1 apple
- Fresh spinach or lettuce
- 1 1½-ounce envelope dessert topping mix
- 1 3-ounce package cream cheese
- ¼ cup peanut butter
- ¼ cup peanuts
- ¼ cup jam (your favorite flavor)
- 1 loaf French bread

Also have on hand: garlic, butter or margarine, instant beef bouillon granules, salt, pepper, dried oregano, salad oil, frozen orange juice concentrate, lemon juice, dry mustard, milk, tea.

HAM AND BULGUR SKILLET

- ⅓ cup sliced green onion
- 2 cloves garlic, minced
- 1 tablespoon butter *or* margarine
- 1 teaspoon instant beef bouillon granules
- 1 teaspoon dried oregano, crushed
- 1 cup bulgur wheat
- 8 ounces fully cooked ham, cut into bite-size pieces
- 1 9-ounce package frozen Italian green beans

Cook the onion and garlic in the butter till tender. Stir in 3 cups *water*, bouillon granules, oregano, and dash *pepper*; bring to boiling. Stir in bulgur; reduce heat. Cover; simmer 15 minutes. Stir in ham and beans. Cover; simmer 10 minutes more. Serves 4.

ORANGE-BEET SALAD

- 1 11-ounce can mandarin orange sections, chilled and drained
- ½ of a 16-ounce can julienne beets, chilled and drained (1 cup)
- 1 apple, cored and sliced
- ¼ cup salad oil
- 2 tablespoons frozen orange juice concentrate, thawed
- 1 tablespoon lemon juice
- ½ teaspoon dry mustard
- Spinach *or* lettuce leaves

Toss together orange sections, beets, and apple; cover and chill. In a screw-top jar combine oil, juice concentrate, lemon juice, dry mustard, and ⅛ teaspoon *salt*. Cover, shake well, and chill. At serving time, arrange fruit on a spinach-lined plate. Shake dressing; drizzle over all. Makes 4 servings.

PEANUT BUTTER AND JELLY PARFAITS

- 1 1½-ounce envelope dessert topping mix
- 1 3-ounce package cream cheese
- ¼ cup peanut butter
- 1 tablespoon milk
- ¼ cup chopped peanuts
- ¼ cup jam (any flavor)

Prepare the dessert topping mix according to package directions; set aside. In mixer bowl beat the cream cheese till fluffy. Add peanut butter and milk. Beat till creamy. Stir in peanuts. Fold in *half* of the whipped topping. Alternately layer the peanut mixture and the remaining whipped topping in 4 parfait glasses. Chill. To serve, spoon jam atop. Serves 4.



WIN A FREE MOVE



ANYWHERE IN THE U.S.A.
...ND PRIZE WINNERS!

...tter Homes and Gardens® Real Estate Service wants

...d let the movers do the work. Just tell them
...th thousands of dollars.
...member firm "Open House"
...ne and address on a post
...36.

...ARDENS®

...ens®, 432 pages.
...5 Retail value.

...HOME"

...insurance. Recreational
...d. Prize is not transferable.
...; if the winner's move
...ust take place between
...92. Odds will be deter-
...For a list of winners
...77 Des Moines, Iowa.
...e prohibited by law.
...orporation, its real estate
...sing agency are ineligible.

The Real Estate Members of

Better Homes and Gardens®

EQUAL HOUSING OPPORTUNITY

IT'S LIKE MOVING WITH SOMEONE YOU KNOW.



Mice Madness

Authentic Rustic Basswood Plaques from Better Homes and Gardens HOME DECOR

You'll be delighted with the bathtime antics depicted in Mice Madness. And no wonder! **(A)** "In We Go" shows two little fellas enjoying a bath in a teacup. **(B)** "Dry Behind The Ears" features momma mouse toweling off her young one. **(C)** "Singing In The Shower" is a scene that shows a favorite pastime. **(D)** "It Feels Really Good" brings to mind all the simple pleasures of scrubbing down in the shower.

Mice Madness is perfect for your bath, children's rooms, hallways, even kitchens. You can easily group these lovable characters on a favorite wall, or display them separately throughout your home.

You'll agree the acclaimed artist Coby has revealed a delightful sense of humor in the creation of Mice Madness. Each work has been carefully lithographed on quality stock to maintain the meticulous detail of the artist's original artwork. All 4 full-color illustrations are mounted and laminated on genuine basswood plaques and will arrive at your doorstep ready to hang!

Each is a custom creation. Since the shapes of the tree sections vary, no single plaque is ever exactly the same as another. A durable lacquer finish makes Mice Madness grease and stain resistant. Cleaning is easy — just use a damp cloth!

For all the whimsical plaques, wood sections have been cut at an angle to show off plenty of bark. You enjoy a true rustic appearance in an easy-to-handle size that measures about 6" x 8".

So why not bring a little extra fun into your home with Mice Madness Plaques! Order now and we'll send you our "Picture Hanging Tips" absolutely FREE! This informative flyer offers you many valuable suggestions on how you can best display all your prints, pictures and plaques.

Mail the coupon below. Or, credit card users, speed delivery by calling TOLL-FREE 800-247-5099!

Let Mice Madness be a cheery addition to your home.

All Four Plaques Only $21.95

OUR GUARANTEE: 100% REFUND

Better Homes and Gardens HOME DECOR

Dept 2CB, Box 374
Des Moines, Iowa 50336

Name _____
Address _____
City _____
State _____ ZIP _____

***TAX NOTE:** We are required to collect and pay **STATE** taxes in: Arizona, Connecticut, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Pennsylvania, Wisconsin. We are required to pay **STATE AND LOCAL** taxes in California, Georgia, Nebraska, New Mexico, New York, Tennessee, Texas, Virginia, Washington.

Quantity

_____ No. 23128 Set of 4 Mice Madness Plaques @ $21.95
_____ **Save $5.00** No. 23154 Two Sets (8 plaques) @ $38.90

Remember! Order extra individual plaques for those special problem decorating areas. Only $5.95 each!

_____ No. 23160 (A) "In We Go" @ $5.95
_____ No. 23161 (B) "Dry Behind The Ears" @ $5.95
_____ No. 23162 (C) "Singing In The Shower" @ $5.95
_____ No. 23163 (D) "It Really Feels Good" @ $5.95

Total of Merchandise $_____
State Sales Tax* $_____
Shipping and Handling $_____
TOTAL $_____

Shipping and Handling Chart:

For orders up to $25.00	**$3.15**
$25.01 to $50.00	**$3.65**
Over $50.00	**$4.30**

Credit Card Orders Only

CALL TOLL FREE 800-247-5099. In Iowa, call 1-800-532-1526. (Toll free not available in Alaska or Hawaii.) Or, Fill in the boxes below.

Credit Card No.

Expiration Date Month/Year

MasterCard AMERICAN EXPRESS VISA

MY TURN TO COOK

Italian Eggplant Beef Stew





Photographs: Mike Dieter (above), Daryl Oblack (left)

Although Arthur Signorella, D.D.S., specializes in oral surgery in Du Bois, Pennsylvania, that's far from being his only interest. He's also a full colonel in the United States Air Force Reserve, an avid sportsman, an amateur photographer, a backyard gardener, and an enthusiastic cook.

The latter two interests go hand in hand. When there's a bumper crop of garden-fresh vegetables, particularly eggplant, Arthur creates tempting ways to use them, such as new entrées, soups, and salads. For example, Arthur used surplus eggplant in his specialty: Italian Eggplant Beef Stew. "I decided that I had to find something to make other than Eggplant Parmesan," says Arthur, "so I experimented, using what I had from the garden. The result turned out to be delicious."

Besides serving this stew to his family, Arthur often features it at gatherings with Air Force colleagues. He usually rounds out the meal with garden-fresh green beans and asparagus, crusty Italian bread, and red wine.

Appropriately, Arthur likes to "doctor" his recipes and admits he never prepares them twice in exactly the same way. But we like this version of his now-famous stew just the way it is.

ITALIAN EGGPLANT BEEF STEW

- 1½ pounds beef stew meat, cut into 1-inch cubes
- 2 tablespoons cooking oil
- 3 medium tomatoes, peeled and cut into wedges
- 1 cup chopped onion
- 1 clove garlic, minced
- 1 teaspoon chili powder
- ¼ teaspoon dried parsley flakes
- ¼ teaspoon dried oregano, crushed
- 1 cup beef broth
- 1 cup dry white wine
- 1 large potato, peeled and cubed (1 cup)
- 2 cups coarsely chopped peeled eggplant
- 1 cup chopped green pepper
- ¾ cup sliced fresh mushrooms
- ½ cup coarsely chopped jalapeño peppers
- ¼ cup grated Parmesan cheese

Brown beef in hot oil. Add tomatoes, onion, garlic, chili powder, ½ teaspoon *salt*, ¼ teaspoon *pepper*, parsley flakes, and oregano. Stir in broth. Bring to boiling; reduce heat. Simmer, covered, 45 minutes. Add wine and potato; simmer, covered, 10 minutes more. Stir in remaining ingredients except cheese. Cover and simmer 15 to 20 minutes more. Stir in Parmesan; heat through. Season to taste. Serves 6.

Buying information, page 196

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. Send in your favorite original recipe. If yours is selected for the "My Turn to Cook" feature, we'll pay you $100 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "My Turn to Cook," P.O. Box 7, Des Moines, IA 50336. No recipes will be returned. We reserve the right to edit recipes. If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.



A cool pie for a long, hot summer.

)-BAKE PIES BY ARGO® OR KINGSFORD'S® AND READY-CRUST.®

ummertime and the fixin' is easy! And this Sour Cream Lemon Pie is as licious as it is easy to prepare. The light touch of Argo and Kingsford's ngs out all the fresh flavor. And Keebler Ready-Crust adds the delicious te of crispy Graham Crackers. So cool off this summer with a refreshing everyone will love.

UR CREAM LEMON PIE

- ıp sugar
- up ARGO® or KINGSFORD'S®
- rn Starch
- cups milk
- gg yolks, slightly beaten
- p grated lemon rind
- ⅓ cup lemon juice
- ¼ cup margarine
- 1 cup dairy sour cream
- 1 KEEBLER® READY-CRUST® Graham Cracker Pie Crust
- Whipped cream

2-qt saucepan stir together first 2 ingredients. adually stir in milk until smooth. Stir in next 3 redients. Add margarine. Stirring constantly, ng to boil over medium heat and boil 1 min. ır into large bowl. Cover surface with waxed er or plastic wrap. Refrigerate 40 to 50 min until cool but not set. Fold in sour cream. n into pie crust. Refrigerate 2 hr or until firm. mish with cream. Serves 6.

982 Best Foods, CPC Int'l. Inc. Ready-Crust® is a stered trademark of the Johnston's Ready-Crust Co.




Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
Ultra Kings, 2 mg. "tar", 0 .3 mg. nicotine; Lights Kings, 9 m
"tar", 0 .8 mg. nicotine av. per cigarette by FTC method; Filter Kin
16 mg. "tar", 1 .1 mg. nicotine av. per cigarette. FTC Report Dec.
There's only one way to play it...
Wherever the music is hot, the taste is Kool. At any 'tar' level, there's only one sensation this refreshing.
KOOL
Filter Kings
KOOL
LIGHTS
KOOL
ULTRA
Original
Low 'tar'
2 mg.
© 1982 B&W T Co.

PERFORMING ARTS FESTIVALS

FOR VACATIONING FAMILIES

By Judy Crawford, George S. Bush, and Margaret Daly

America's festivals for the performing arts are true celebrations of summer. As sunny days and starry nights lure performers and audiences away from big cities and into the countryside, hundreds of festivals pop up throughout the land. Most are set among wooded hills or awesome mountain peaks, and lots of vacation attractions usually are nearby. But whatever the locale, it's the relaxed sense of sharing that makes these summer celebrations so special.

There's nothing highbrow about the atmosphere, despite the excellence of the performances (often by world-renowned artists). You can spread a family picnic in front of an open amphitheater as the strains of Beethoven surround you, or sit in on rehearsals while blue-jeaned bassoonists tune up for the next concert. Your kids might even toss a Frisbee with young music students taking a break from their rigorous schedules. In fact, the whole experience of a summer festival could be the ideal way to introduce a skeptical youngster (or adult) to the pleasures of the performing arts.

While many festivals specialize in classical music and dance, others offer a broader choice, including well-known jazz musicians, pop and country singers, authentic folk music, theater, and programs for children. Kids are invited to take part in impromptu plays at Wolf Trap Farm Park, for example, in the rolling Blue Ridge foothills of eastern Virginia. Wolf Trap is our nation's first national park for the performing arts, and it hums with music all summer long—opera, jazz, pop, you name it. And Washington, D.C., Mount Vernon, and the Civil War battlefield of Bull Run are all close by.





America's arts festivals range from classical to folksy celebrations in a variety of splendid vacation settings.

Throughout the country, other festivals offer a similar mix of arts programs, natural beauty, and vacation activities. In a verdant Midwestern river valley near Akron, Ohio, the Blossom Music Center hosts the Cleveland Orchestra, along with rock concerts, ballet, and other fare. Arizona's Flagstaff Festival of the Arts attracts internationally famous musicians, actors, and dancers—practically in the Grand Canyon's backyard and just two hours from Phoenix. Reed College is the setting for the spirited Chamber Music Northwest festival in Portland, Oregon. Within an hour, you can be hiking into the lush green realms of the Cascade Mountains.

The following pages spotlight some favorite family vacations with the arts. You'll find plenty of others on your own. But be sure to contact the festival offices as soon as possible; tickets go fast.

continued

Photographs: Gene Hamilton (top); Arkansas Department of Parks and Tourism

ASPEN MUSIC FESTIVAL

Rarely do the arts and the outdoors blend so magnificently as they do in Aspen, Colorado, a mellowed old Rockies mining town turned chic ski resort. Launched in 1949, the Aspen Music Festival is in full flower from late June through late August. Here, on the same day, you can float white-water rapids and then soak up a symphony, or hike Colorado's highest summits before watching an exquisite ballet—all in one of America's choicest vacation spots.

ALL SIDES OF ASPEN

Aspen is a lively village of elegant Victorian-style shops and gaslit streets high in a valley at the foot of the Maroon Bells-Snowmass Wilderness. The festival's classical concerts are as much a part of Aspen's daily life as the wildflower walks and pack trips. You're welcome to watch rehearsals (no charge except $1 on Sundays). You can even come to concerts in shorts and lie on the lawn admiring a Rocky Mountain sunset or watching stars light up the sky like a giant marquee as melodies well up beneath the massive Festival Tent.

The streets are filled with music. It wafts from windows into the piney air as students of the Aspen Music School —800 top young musicians—practice and stage sidewalk recitals.

HIGH-COUNTRY HARMONY

The center of this musical mélange is the blue and white Festival Tent at the northwest corner of town. To get there, hop aboard one of the free shuttle buses that regularly run around Aspen.

Wandering the festival grounds, you can listen in on master classes, chamber music and choral concerts, and a flurry of recitals. Most afternoons and evenings, the spotlight is on classical music concerts, featuring the impeccably dressed Festival Orchestra, the Chamber Symphony, and the Aspen Concert Orchestra of students. Saturday nights, the beat switches to jazz (tickets from $4 for master classes to $15 for Festival Orchestra concerts; $3 discounts for anyone age 21 or younger). You can buy tickets and arrange for free rehearsal seats at the Ticket Trolley on the corner of Galena and Durant Streets.





Aspen blends the finest in classical music, ballet, and more with spectacular mountain scenery and lots of vacation activities.

Other arts offerings in the area include Salt Lake City's excellent Ballet West troupe, which performs major classical and contemporary works at the local high school (8 p.m.; tickets at the Opera House in Aspen or at the door; $5.50, children $3.50). There's a Young People's Matinee on Saturdays ($3.50).

Popular plays—generally comedies—also captivate summer crowds at the Snowmass Festival Theater (8:30 p.m. most July and August evenings; seats $10 to $12). Contemporary sculpture and dreamy watercolors decorate the walls at the Aspen Center for Visual Arts—host as well to film screenings, poetry readings, and chamber music recitals (most events free).

OUTDOOR DELIGHTS

One of the area's greatest attractions is no-hassle hiking in the mountains way above timberline. You can zip to the 11,500-foot level in a chair lift ($6, children $3.50). From there, it's an hour's trek across vanishing snowfields to Highlands Peak for a view that spans much of Colorado.

Horseback enthusiasts will find plenty of western trail rides along aspen-shaded paths and through meadows sprinkled with wildflowers (about $10 per hour; $25 to $100 for longer pack trips). More rigorous activities include bumpety backcountry jeep tours ($20; under 13, $16) and invigorating floats down rushing mountain rivers (about $40 to $55). And for spectator excitement, there are rough-and-ready rodeos and hang-glider shows.

PLANNING YOUR TRIP

You'll have a choice of reasonably priced family-oriented accommodations like the Crestahaus Lodge (doubles $25 to $35), Deep Powder Ski Lodge (family units $53 a night, $345 a week), Bavarian Inn (family units $56 to $75), and the Aspen Silverglo Condominiums ($57 to $63 a night, $250 to $350 a week). All have kitchens.

Camping near Aspen is in big demand, so show up early to get a campsite in White River National Forest (stays limited). RV campers' only option is the Aspen-Basalt KOA, 20 miles northwest off State-82 ($10 to $11.50). For affordable dining, take the family out to R. Pea's, Freddie's Main Street Cafe, the Home Plate, Dudley's Diner, and the Aspen Mine Co.

The shortest route from Denver also is the most beautiful. Follow I-70 west to State-91 to Leadville, then take US-24 south and State-82 west for 160 miles total. From the west, take I-70 to Glenwood Springs, then drive south on State-82 for 44 miles. Major airlines, buses, and Amtrak serve Denver. Rocky Mountain Airways and Aspen Airways have Denver-Aspen flights.

Festival information/tickets: Music Associates of Aspen, Box AA, Aspen, CO 81612. **Area information/lodgings:** Carol Keisinger, Aspen Chamber of Commerce, 303 East Main Street, Aspen CO 81611.

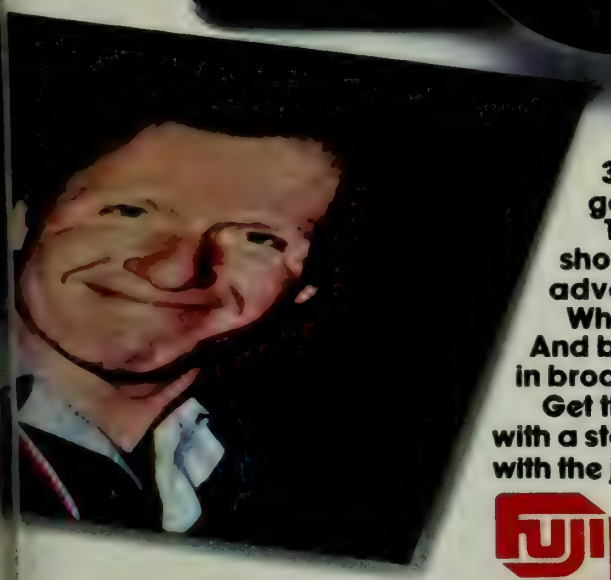
continued

Photographs: George S. Bush

How many times have you wanted to shoot your husband but thought it was too much trouble?



The Smartshooter 35.



Shoot someone you love with a Smartshooter 35 from Fuji, and the only complication should be getting them to smile.

The camera itself has everything a 35mm camera should have, except hassle. Loading and film advance are automatic. So's exposure.

When the roll of film is done, it rewinds, automatically. And because you may not want to shoot someone in broad daylight, there's a built-in flash.

Get the Smartshooter 35, and Fuji will also arm you with a starter roll of Fuji film, so you can get on with the job faster.*

The Smartshooter 35 from Fuji. When you see how easy it is, you'll want to shoot everyone in sight.

Seeing is believing.℠

Fuji Photo Film U.S.A., Inc., 350 Fifth Avenue, N.Y. 10118, Fuji Photo Film Canada Inc., 743 Renaud Avenue, Dorval, P.Q., Canada H9P 2NI

ENJOY HOLIDAY INN® COMFORT AND SAVE $50.00 THIS SUMMER.

You know how much fun a summer vacation can be. And how comfortable a big, clean Holiday Inn room is.

Now you can enjoy both and save $50, with the Summer Saver℠ checks on the facing page. Each one saves you $10 per stay, off the two-person room rate at participating Holiday Inn hotels across the United States.

And Holiday Inn gives you comfort you can count on, with our exclusive "No Excuses"℠ Room Guarantee:

Everything in your room will be right.
Or we'll make it right.
Or that night, you'll stay free.

And there's more. Kids 12 and under always stay free in your room and, at most Holiday Inn hotels, teens stay free too.

So this summer, enjoy Holiday Inn comfort and save $50.



OZARK FOLK CENTER

Some of the country's most time-honored traditions evolved in the backwoods culture of the Ozark Mountains, a popular vacation land of water-carved hills and hollows that sprawls through Arkansas and into Missouri and Oklahoma. From May to November at the Ozark Folk Center, your family can experience firsthand the down-home cabin music, dance, and crafts that make this region unique.

HILL-COUNTRY CULTURE

The Folk Center, in Mountain View, Arkansas, is a charming cluster of stone-and-cedar structures perched on a steep rise smack-dab in the middle of a 900-acre state park. Activities at the center blend completely with the lifestyles of the hill folks who work there. These artists-in-residence are far from their lackadaisical hillbilly stereotype. They're enthusiastic performers and industrious crafts-people who take great pride in what they do—whether it's picking banjo tunes or shaping a shiny new fiddle. And they're blessed with a special knack of making visitors feel right at home.

A cluster of rustic little cabins known as the Crafts Forum dominates the Folk Center scene. The forum is surrounded by a huge auditorium, gift shop, general store, modest museum, restaurant, and nifty rough-wood cabins for lodgings (doubles $34, add $3 for each additional person). Everything is within easy walking distance, but you can catch a ride, if you like, on a jaunty little tram that regularly climbs the hill.

Strolling from cabin to cabin at the forum, you'll enjoy chatting with the crafts-people as they put the finishing touches on their handiwork. You're bound to hear fiddle tunes between echoes of the blacksmith's hammer. If you time your visit right, you can send your youngsters off with the schoolmarm for a free tour of the grounds (open 10 a.m. to 6 p.m. May to November, closed some Mondays and Tuesdays; two-day admission $3; children six through 15, $1.75; families $9).

In the auditorium next to the forum, the walls resound nightly with clap-along shindigs ($3, kids $1.75, families $9; closed Sundays). You also can sign up for weekend workshops to learn old-time skills from genuine mountain experts ($10 to $25). In Mountain View, don't miss the impromptu Saturday night musicals that gather audiences around the town square.





Cabin music and crafts unique to the Ozarks thrive in this hilly, river-laced country, long a favorite of vacationing families.

MORE OZARK ARTS

Just a half-mile away, Grandpa Jones of TV's *Hee Haw* stars in a lively family-style show at his new dinner theater. Toe-tapping banjo songs and mountain humor follow a delicious buffet dinner (7 p.m. Thursdays through Saturdays; $12.50; children under 12, $6).

For some storytelling under the stars, take the family to Hardy, 60 miles northeast, to see *The Arkansas Traveller*. This homegrown production in a modern outdoor amphitheater resembles a neighborly get-together full of back-porch singing, picking, and yarn spinning (8:30 p.m. Tuesdays, Thursdays, Fridays, and Saturdays, Memorial Day to Labor Day; $4, kids $1.50). Before the show, you can sit down to a tasty "squatter's" dinner ($4.25, kids $1.95).

MOUNTAIN PLEASURES

There's lots for your family to do in the ageless green forests that surround the Folk Center. For instance, you can take white-water canoe trips on the Spring River. Many Islands Camp, about eight miles north of Hardy, outfits canoe trips ($17.50 for two people for four to seven hours, including shuttle). Even more exciting canoeing awaits on the feisty Buffalo River. Put in near the Buffalo Point Recreation Area, 46 miles north of Mountain View. Dodd's Canoe Rental—among other outfitters close by—offers excursions of a few hours up to several days ($20 for two for a day, including shuttle).

At Blanchard Springs Caverns, 13 miles northwest of Mountain View, a guided tour takes you down some 200 feet to a fairyland of awesome subterranean limestone rooms and passages (several tours daily; $5; children six to 15, $2.50). Nearby is a forest recreation area with hiking, camping, and an old-fashioned swimming hole.

PLANNING YOUR TRIP

If you prefer not to camp or stay at the Folk Center, the Dogwood Motel in Mountain View is a good lodgings choice ($34). There is tasty family-style eating in town at the BonTon and the Rainbow Cafe.

The shortest route from Little Rock, 130 miles southwest of Mountain View, takes you along scenic highways and mountain roads. Follow I-40 west to US-65 north to Clinton; then take State-16 and State-9 northeast to Mountain View. Major airlines, bus lines, and Amtrak all serve Little Rock.

Center information/tickets/lodgings: Jack Quaill, Ozark Folk Center, Mountain View, AR 72560. **Area information/lodgings:** Donna Baker, Ozark Gateway, 409 Vine, Batesville, AR 72501.

continued

Photographs: Arkansas Department of Parks and Tourism (top); Judy Crawford

TANGLEWOOD

Tanglewood, America's oldest summer music fest, is a classic in character and style. The festival grounds lie at the heart of Massachusetts' rolling Berkshire Hills amid quiet New England scenes sprinkled with historic landmarks and cultural attractions. Tanglewood's schedule runs from late June through late August, and in addition to the first-rate artistic events, family vacation pastimes abound.

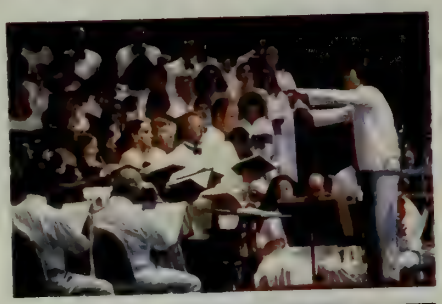
RICH IN TRADITION

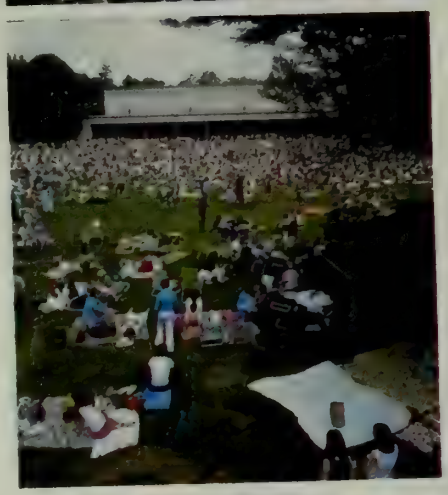
Since the 1930s, the Boston Symphony has been making music each summer at Tanglewood, a mile south of the cozy, colonial village of Lenox. Once the fashionable estate of an old New England family, the festival ground's gentle green meadows are backdropped by misty mountain views. As you wander the 200 acres, you'll see Gothic mansions from the original family compound mixed in among snug studios and modern pavilions.

The Boston Symphony entertains in grand style every Friday and Saturday night and Sunday afternoon under the spirited direction of conductor Seiji Ozawa, or other well-known maestros. Guest soloists are equally renowned. The concerts are staged in the sleek, open-air shed at the center of the festival grounds.

While the orchestra is tuning up, concertgoers can enjoy everything from tasty fried chicken picnics to elegant gourmet buffets. A Moveable Feast and Crosby's in Lenox pack picnics, or you can take along your own. As the concert begins, sleepy youngsters nap on the blanket-draped lawn, and grown-ups relax in the sun's afterglow (shed tickets range from $7 to $27.50; lawn tickets $5, on sale two hours before the concert; Saturday morning rehearsal tickets $6.)

During the day, you can pop in on student rehearsals at Berkshire Music Center, or take the family to a student concert Monday, Tuesday, Wednesday, and Sunday evenings (unreserved seats $4, on sale one hour before the concert). The center has spawned outstanding talents through the years, tutored by symphony soloists and conductors.





Picnics are a Tanglewood tradition in this picturesque and historic region of New England where the arts flourish.

NOTABLE EVENTS NEARBY

Within less than an hour's drive from Tanglewood, there's a summer-long extravaganza of art, ballet, theater, and more music. Though some vacationers bike the curvy up-and-down byways between villages or rely on not-so-punctual local buses, most families get around by car.

Jacob's Pillow, granddaddy of America's dance festivals, draws prestigious dance troupes from around the world (Thursdays through Sundays late June through late August; $9 to $14.50). You're welcome to watch student rehearsals daily. Thursdays spotlight choreographed matinees just for kids ($4 to $6.50).

The highly acclaimed Williamstown Theatre Festival is about 30 miles northwest of Lenox (July through August; $6 to $12). Many of the actors are "big league" and some are even Academy Award-winning stars. In Stockbridge, there are special performances for children at the popular Berkshire Theatre Festival (1 p.m. Thursdays and Saturdays).

HISTORIC HIGHLIGHTS

The Berkshires' splendid setting has attracted settlers and visitors for generations. Be sure to save an afternoon for exploring the restored Hancock Shaker Village, five miles west of Pittsfield on US-20. A do-it-yourself tour of this unique rural community tells the story of these productive and pious people (June through October; $4.50). Nearby, you can visit the studios and studies of well-known artists Norman Rockwell and Daniel Chester French, and author Herman Melville (all three attractions are open to the public during summer; small admission fees).

PLANNING YOUR TRIP

Many of New England's country inns and guesthouses date back to prerevolutionary days. These homey hostelries often have their own dining rooms. In some cases, a minimum two- or three-night stay is required. The Village Inn and Quincy Lodge in Lenox, along with The Red Lion Inn in Stockbridge, are excellent choices (doubles $55 to $80). Motel-style lodgings include the Holiday Inn and Yankee Motor Lodge near Lenox and the Williams Inn in Williamstown ($50 to $95). There's camping in nearby state parks and forests ($4 to $6).

For dining outside the inns, try the Ganesh Cafe in Lenox, The Cork 'n' Hearth in Lee, the Orient Express and Shaker Mill Tavern in West Stockbridge, and The British Maid in Williamstown.

Major airlines serve Albany, New York, about 45 miles northwest of Lenox. Greyhound buses run to Pittsfield and Williamstown, and Amtrak trains stop in Pittsfield.

Festival information/tickets: Festival Ticket Office, Symphony Hall, Boston, MA 02115; after June 28, contact Tanglewood, Lenox, MA 01240. **Area information/lodgings:** Jack Igoe, Berkshire Vacation Bureau, 20 Elm Street, Pittsfield, MA 01201.

continued

Photographs: Walter Scott

BENSON & HEDGES

The Deluxe 100.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Menthol

mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Dec.'81.

OTHER PERFORMING ARTS FESTIVALS

SAN DIEGO SHAKESPEARE FESTIVAL

There's Shakespearean drama "as you like it" from mid-June through mid-September in San Diego's Balboa Park. The park's Simon Edison Center for the Performing Arts boasts an outdoor festival stage, a theater-in-the-round, and a reconstruction of the original Old Globe from London's Elizabethan age.

During the day, you can join a backstage tour ($2). You'll enjoy the give-and-take between audience and cast after most shows, too (nightly, except Mondays, $10 to $15.50; weekend matinees, $10 to $12; children under five aren't admitted).

San Diego holds lots of attractions for vacationing families, such as its world-famous zoo, Sea World, and Wild Animal Park. And there's a nifty new trolley that travels to Tijuana, just across the Mexican border. Family-style accommodations include the convenient Hotel Circle (doubles $30 to $50) near Balboa Park, plus the Bahia Resort Hotel and the Catamaran ($48 to $58).

Festival/tickets: Old Globe Theater, Box 2171, San Diego, CA 92112. **Area information/lodgings:** San Diego Convention and Visitors Bureau, 1200 Third Avenue, Suite 824, San Diego, CA 92101.

FESTIVAL OF THE AMERICAN WEST

To experience the excitement of the rough-and-ready old West, plan to attend this nine-day festival hosted by Utah State University in Logan. From July 30 through August 7, the campus is transformed into a bustling settlement of Indians in feathered headdress, square dancers, and foot-tapping fiddlers. Browse the re-created frontier street, then chow down at a hearty chuck-wagon feed (under $7.50).

The festival highlight is an epic pageant portraying the saga of the Wild West in dance and song (nightly at Spectrum Hall). Other festival events include trick riding, Indian dances, and crafts demonstrations (2 p.m. daily except Sundays; tickets to the fair/pageant $8; children seven to 11, $4.50).







Twilight serenades, Shakespearean drama, and lively Indian dances highlight celebrations at Round Top, San Diego, and Utah's Festival of the American West.

Cache National Forest is close by for hiking and camping in pine-covered hills. Family-style lodgings include the Lamplighter, Baugh, and Holiday House motels in Logan (doubles $30).

Festival/tickets: Ron Jones, Associate Festival Director, UMC 14, Utah State University, Logan, UT 84322. **Area information/lodgings:** Cache Chamber of Commerce, 52 West 200 North, Logan, UT 84321.

GRAND TETON MUSIC FESTIVAL

For six weeks starting in mid-July, some 100 internationally known musicians combine their talents at the Grand Teton Music Festival in Wyoming's spectacular Jackson Hole valley. Snow-capped peaks overlook the festival's concert hall, where classical and contemporary concerts are performed nightly except Sundays and most Mondays ($3 to $11; $14 to $24 for a week's pass).

This glorious alpine region, which includes Yellowstone and Grand Teton National Parks, is ripe with opportunities for hiking, fishing, river rafting, and trail riding. The old West town of Jackson features neat boutiques along a creaky boardwalk. You'll find six classy lodges at Teton Village ($34 to $75 for a family of four) and lower priced accommodations in Jackson.

Festival/tickets/lodgings: Grand Teton Music Festival, and Teton Village Resort Association, at Teton Village, WY 83025. **Area information/lodgings:** Jackson Hole Chamber of Commerce, Box E, Jackson, WY 83001.

ROUND TOP MUSIC FESTIVAL

Way out in the vast, cattle-rich region halfway between Austin and Houston, Texas, the Round Top Music Festival stages a fine celebration June 4 through July 11. The little hamlet of Round Top was settled by Czech craftsmen who built the gingerbread-trimmed dwellings where gifted music students now study. A distinguished faculty often joins the young musicians for performances. Major concerts are held outdoors Friday and Saturday evenings ($5; children under 12, $2.50). Smaller recitals take place in the parlor of the gabled old William Lockhart Clayton House.

Between concerts, you can go antiquing in charming Bavarian villages and swim and boat on nearby lakes. The big-city attractions of Houston, Austin, and San Antonio are within a two hours drive. Your best bet for lodgings are the nearby Country Place Hotel (doubles $15 to $20) in Fayetteville and the Toland House Inn ($30) in Chappell Hill.

Festival and area information/tickets/lodgings: Lamar Lentz, Festival Hill, Round Top, TX 78954.

continued

Photographs: Henry Grossman (top); Steve Sealy (middle); and George S. Bush

SAMSONITE

The SURVIVOR



For most luggage, travel can become a real torture test. But not for Samsonite. Like Samsonite Freestyles.™ Made with tough 1000 denier Cordura® nylon, these softsides handle the hard side of travel. And with a Teflon® coating that's soil, stain and water resistant, Freestyles keep their rugged good looks, year after year.

Take a look at all the Samsonite softsides. Because when you survive the trip–so should your luggage.

Samsonite®

OTHER PERFORMING ARTS FESTIVALS

INTERLOCHEN CENTER FOR THE ARTS

For over half a century, gifted musical artists and students from around the world have been attracted to this prestigious fine arts camp. It's nestled between two sparkling blue lakes on a 1,200-acre campus near Traverse City, Michigan. Students rehearse under fragrant canopies of evergreens during the day. Evenings are filled with recitals, operettas, dance, and little-theater productions. But the standout attractions are student concerts directed by famous conductors from June 27 through August 23 (concert tickets from $2.75 to $9.50).

This picturesque region of rural northern Michigan is ideal for backroads biking, hiking, and water sports. You can stay in the rough-wood cabins or lodges on campus (doubles $38 to $50), or base yourself at one of many motels and hotels, like the snazzy Park Place in Traverse City (doubles about $60). There's camping at Interlochen State Park nearby.

Festival/tickets: Interlochen Center for the Arts, Interlochen, MI 49643. **Area information/lodgings:** Traverse City Chamber of Commerce, Traverse City, MI 49684.

SPOLETO FESTIVAL U.S.A.

Brilliant composer Gian Carlo Menotti founded this delightful festival in Charleston, South Carolina, fashioning it after the festival in his native Italy. From May 21 through June 6, all of Charleston becomes the festival's stage, and the calendar is crowded with chamber music, symphonies, opera, jazz, and ballet ($4 to $25).

Picturesque Charleston is a sightseer's paradise, with its gracious antebellum homes, horse-drawn carriage rides, historic Fort Sumter, and restored market area of fine shops and restaurants. Southern-style Vendue Inn and Indigo Inn offer bed-and-breakfast accommodations (doubles $68 to $77); oceanfront resorts generally run more; motels and campgrounds cost less.

Festival/tickets: Spoleto Festival U.S.A., Box 704, Charleston, SC 29402.





Part of the fun of a performing arts vacation is meeting gifted artists and talented protégés, like those at Portland's Chamber Music Northwest festival and Round Top.

Area information/lodgings: Charleston Convention and Visitors Bureau, Box 834, Charleston, SC 29402.

SARATOGA PERFORMING ARTS CENTER

The location of the festival is a lovely sylvan state park amid foothills of the Adirondacks, a half-hour's drive north of Albany, New York. The festival features performances by the New York City Ballet in July and the Philadelphia Orchestra in August in a handsome, 5,000-seat amphitheater. Top jazz, pop, and country music artists and the summer theater's actors and visiting troupes fill out the June-to-September program (tickets range from $5 to $16).

A full-fledged resort park, Saratoga Spa offers tennis, golf, swimming, and rejuvenating mineral springs. August draws horse-racing fans to the track in neighboring Saratoga Springs, a fine old Victorian town. You'll find all kinds of water sports at close-by Saratoga Lake, Lake George, and Lake Placid. There's an elegant, but expensive, old hotel in the park and more reasonable hotels and motels nearby (doubles $40 to $65), plus guesthouses ($35 to $40) in town.

Festival/tickets: Saratoga Performing Arts Center, Saratoga Springs, NY 12866. **Area information/lodgings:** Greater Saratoga Chamber of Commerce, 494 Broadway, Saratoga Springs, NY 12866.

NEWPORT MUSIC FESTIVAL

Elegance is the keynote of this 12-day festival in fashionable Newport, Rhode Island. Most concerts are performed in the palatial "cottages" of turn-of-the-century millionaires who summered in this historic seaport. Three concerts daily, July 13 to 25, feature everything from piano and vocal recitals to chamber concerts and mellow brass quintets. Days are casual, but evenings often are as glamorous as the surroundings ($9 for mornings, $12 for afternoons, $15 to $20 for evenings).

Newport's seaside attractions include the popular Cliff Walk that winds past imposing mansions. You can navigate the spectacular ten-mile Ocean Drive by bike (rentals available) or car. Or take a scenic cruise through the busy, sail-filled harbor (one-hour boat excursions $3.50, children $2).

You'll find reasonable accommodations at the Harbor Base Motel in Newport, and the Seaview Terrace and Howard Johnson's in nearby Middletown (doubles $50 to $60). Newport also has charming guesthouses (doubles $25 to $60).

Festival/tickets: Mark P. Malkovich, III, Newport Music Festival, 50 Washington Square, Newport, RI 02840. **Area information/lodgings:** Maria C. O'Malley, Newport County Chamber of Commerce, Ten America's Cup Avenue, Box 237 BHG, Newport, RI 02840.

Photographs: Stephen Hilson (top); Henry Grossman

MARRIOTT'S FAMILY SPECIAL: MORE SUMMER FUN FOR 33% LESS.



1.

33% OFF ROOMS.

All summer, from now to September, your family can enjoy Marriott's famed do-it-right service for at least 33% off our deluxe double room rate–that's for up to five in a room, and the cots are free.*



2.

ANNIE GOODIES FOR KIDS.

We're celebrating the opening of the movie, *Annie*, and we'd like our guests to join the fun. You'll love the *Billionaire's Billfold* waiting at check-in. It's filled with Daddy Warbucks' Bucks–coupons redeemable in and around the Marriott. There are Annie coloring posters and crayons, too.



3.

DEALS ON DINING.

A memorable meal at one of our restaurants won't leave your stomach full and your pocket empty. When you check in, be sure to ask about our special family dining values.

*The discount may be greater in many Marriott Hotels around the country. But in Santa Clara and Anaheim there is a charge for cots.

© 1982 Tribune Company Syndicate, Inc. Columbia Pictures Inc.



4.

SWIM AND PLAY.

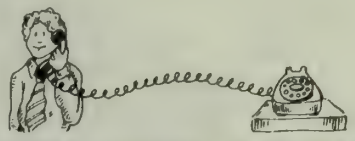
You don't even need to leave your hotel to have a great time. Spend a few hours at our pool, the game room–you'll find any number of things to do. And with all our activities for kids, Mom and Dad can relax alone.



5.

LOCAL ACTIVITIES.

As part of our *Annie* celebration, you'll receive an Annie-gram. It keeps you posted on a whole array of family attractions and activities in and around your hotel. And you'll find many are at a discount to Marriott guests.



6.

CALL NOW ABOUT OUR FAMILY PLAN.

Whether a Marriott is your final destination or a stop along the way, dial 1-800-228-9290 and ask about our family plan. All family plan reservations are on a limited basis at participating Marriott Hotels from coast to coast. So call now to insure your hassle-free vacation at our special low family rates.

When Marriott does it, they do it right.®

Marriott Hotels™

Barbara Humeston

Easy-to-Build

Pet Projects

Like almost everything else, accessories for pets are going up in price. But if you know how to handle basic tools, you can build some items for much less than you'd pay for comparable ready-made accessories. For starters, here's a couple of simple pet projects.

Modular cat nest

Cats always are intrigued by nooks and crannies, so your feline probably will spend hours climbing in, out, and about this modular structure. You can make as many modules as you like, varying the dimensions of each box to create different configurations. The carpet-covered exterior also doubles as a scratching post.

This particular three-module project costs about the same as one 4x8-foot sheet of ½-inch particleboard (around $11). Cover the outside with leftover carpet scraps you probably have around the house.

First, cut the four sides for each box (two sides 11x12 inches and two 12x12 inches; two 11x18 inches and two 12x18 inches; two 11x24 inches and two 12x24 inches) and the ends (all six 12x12 inches). Then cut an eight-inch-diameter entry hole in three of the ends with a coping or saber saw. Glue and tack each box together. Next, glue the carpet to the outside (you also can paint inside the boxes). Secure the boxes together with screws if you choose (screw length depends on carpet thickness).



Photographs: Mike Dieter



Shed-roof doghouse

Although this project is more complex, a hammer and saw are the only tools you'll need. The doghouse shown here is suitable for an Irish setter, but it can be scaled for a larger or smaller pet. Remember that for maximum warmth, the house should only be big enough for your dog to stand up, turn around, and lie down in.

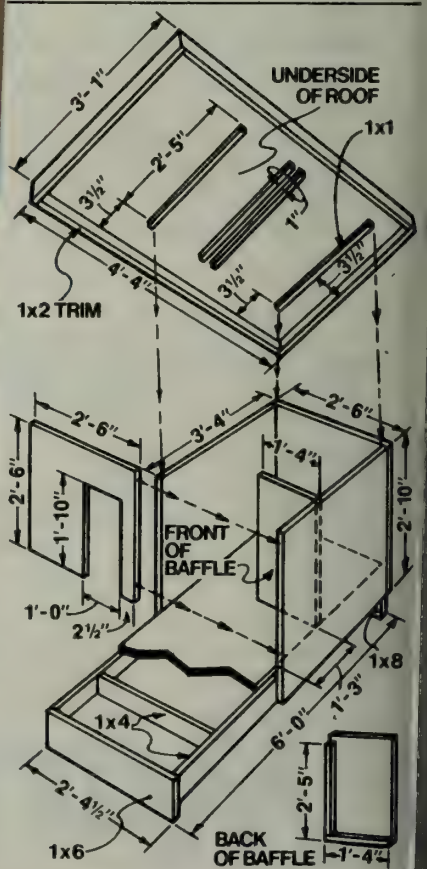
Total cost of this project is about $85. You'll need three 4x8 sheets of ¾-inch exterior grade plywood, 17 feet of 1x4s, 15 feet of 1x2s, 14 feet of 1x1s, 2½ feet of 1x8s, and 2½ feet of 1x6s, along with galvanized nails and waterproof glue.

Cut the two sides and baffle wall from one sheet of plywood, the roof and a portion of the floor from another, and the back and front and final section of the floor from the third (carpet will cover the two floor sections). Pressure-treated lumber is the cheapest suitable wood for the platform and support pieces. Construction-grade redwood also can be used, if price is no object.

Build the platform first, then secure the walls to it and each other with glue and nails. Construct the baffle wall and glue and nail it in place to offset the entry door.

The roof is completely removable, which simplifies cleaning the house. To ensure a tight fit, you may want to supplement the 1x1 braces by adding hook and eye closures between the exterior sidewalls and the roof. The additional set of 1x1 braces on the underside of the roof helps keep the baffle wall in place. Glue and nail 1x2 trim boards to all four edges of the roof.

To keep the house snug, apply a coat of good-grade primer and house paint to all surfaces. Finish up by carpeting the floor, inside walls, and roof, if you like. Choose indoor/outdoor carpet for easy maintenance.

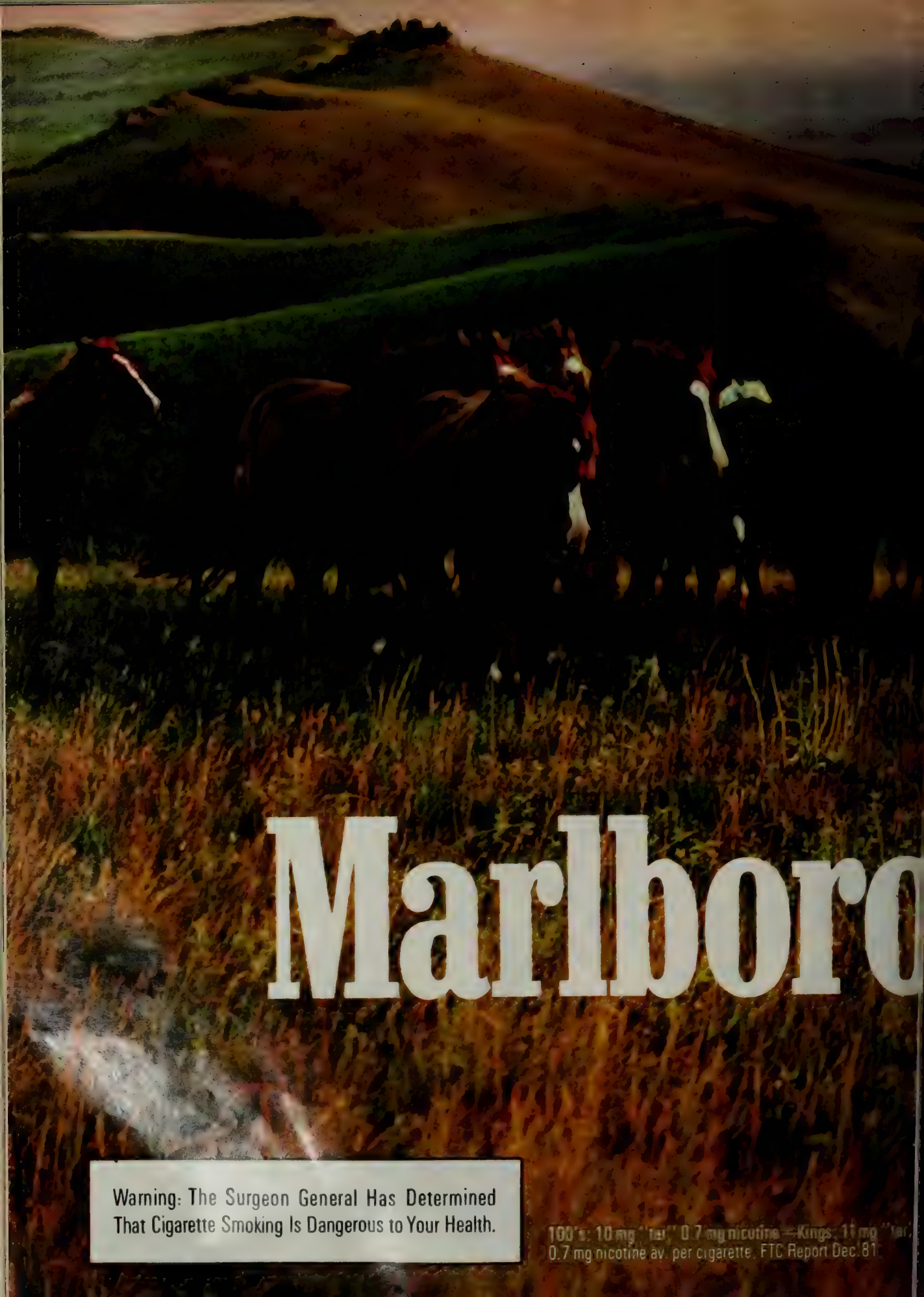


THE LEADING DRY CAT FOOD NOW TASTES BETTER THAN EVER.



© R.P.Co., 1982

For your pets health... see your veterinarian regularly.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

100's: 10 mg "tar," 0.7 mg nicotine — Kings: 11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Dec.'81


Lights
Marlboro
LIGHTS
Marlboro
LIGHTS
100's
The spirit of Marlboro
in a low tar cigarette.

They sure don't make 'em like they used to.





But we do.

In this tear-away, throw-away, live for today world, it's comforting to know there's someone who still takes pride in making products that stand the test of time.

Gibson Appliances.

For over one hundred years, we've been making appliances that last. And, we still make 'em that way today.

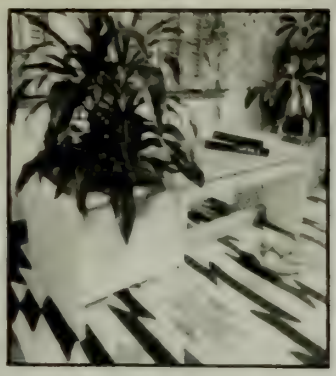
Gibson®
Appliances
Time is on our side.

Gibson Quality Appliances: Refrigerators, Food Freezers, Room Air Conditioners, Gas, Electric and Microwave Ranges, Wall Ovens, Dishwashers, Washers, Dryers, Humidifiers, and Dehumidifiers.

Gibson Appliance Company WCI *One of the White Consolidated Industries* © 1982 W.C.I.

SHOPPING

low To Order laterial From he Magazine



uick-To-Do!

anter Bench. This project an is easy to complete—d promises to weather autifully on patio or deck! r indoors, your built-in nter adds charm to any cor. *Order Plan No. 50311.*

rden Flair!

d a distinctive look to your yard this summer with our rden Obelisk sculpture. *(See page 105).* Height is approx-ately 6'1½" and base 18" square. *Plan No. 50435.*

ve Money With PROJECT PLANS!

ch Better Homes and Gardens® Project Plan packet is ced to fit today's tight budget demands and includes ge professional drawings, materials list, woodcutting grams, and complete, step-by-step instructions.

OUR GUARANTEE: 100% REFUND if not completely satisfied!

end check or money order to:

Better Homes

ept. 2CA, Box 374
es Moines, Iowa 50336

Name_____
Address_____
City_____
State_____ Zip_____

TAX NOTE: We are required to collect and pay **STATE** taxes in Arizona, Connecticut, Illinois, Iowa, ansas, Michigan, Minnesota, Missouri, Pennsylvania, Wisconsin. We are required to pay **STATE and LOCAL** taxes in California, Georgia, Nebraska, New Mexico, New York, Tennessee, exas, Virginia, Washington.

Page	Description	Qty.	Price	Total
	No. 50311 Indoor/Outdoor Planter Bench Project Plan. Fully illustrated. Only $4.95.			
105	**No. 50435** Garden Obelisk Project Plan. Fully illustrated. Only $4.95.			
	No. 50257 Storehouse/Greenhouse Project Plan. Fully illustrated. Only $4.95.			
	No. 50049 Planters Project Plan. Fully illustrated. Includes three separate plans. Only $4.95.			
	No. 50078 Garden Storage Shed Project Plan. Fully illustrated. Only $4.95.			
	No. 50075 Garden Storage House Project Plan. Fully illustrated. Only $4.95.			
	No. 16127 Complete Guide to Gardening Book. 552 pages. Full Color. Hardcover. Only $19.95.			
	No. 16074 Deck & Patio Projects Book. 96 pages. Fully illustrated. Easy instructions. Hardcover. Only $5.95.			

ipping and Handling:
orders up to $10.00 ..... $2.15
).01 to $20.00 ..... $3.00
).01 to $30.00 ..... $3.75
).01 to $50.00 ..... $4.35
r $50.00 ..... $4.75

Total of Merchandise	
State Sales Tax*	
Shipping and Handling	
TOTAL	

No. 00900 Craft Kits Catalog. 40 pages. Full Color. $1.00 (Includes shipping, handling and tax)

Credit Card Orders Only

in the boxes below—or on orders of $20 or more **ONE TOLL FREE 800-247-5099.** In Iowa, call 1-800-2-1526. (Toll free not available in Alaska or Hawaii).

redit No.

ration Date Month/Year

MasterCard VISA AMERICAN EXPRESS

"If I got dirty, I'd use BORAXO."

"If you got dirty, I'd faint."



BORAXO® Powdered Hand Soap gets hands cleaner, faster than Lava.

Just about everyone's hands get really dirty sometime or another. And when they do, they need the fastest, most effective hand cleaner. They need BORAXO Powdered Hand Soap.

BORAXO powder cleans better, deeper, faster than any other soap—bar or liquid. Better, faster, deeper even than Lava. And that means the cleanest hands possible.

Keep a can of BORAXO Powdered Hand Soap handy. For the cleanest hands possible, it's the very best you can use.



STORE COUPON

8E200T 00h23

SAVE 7¢

TO OUR CUSTOMER: Please be sure to redeem this coupon only with the purchase of the brand and size offered. Any other use constitutes fraud. TO DEALER: As a legitimate retail distributor of the brand size(s) indicated, you are authorized to redeem this coupon as our agent. We will pay the face value plus 7¢ handling for each coupon redeemed only if you and the consumer have complied with the terms of the offer. Invoices showing purchase of sufficient stock to cover coupons presented must be shown on request and failure to do so may at our option void all coupons submitted for redemption on this offer. This coupon is non-assignable and void if presented by outside agents. Sales tax is to be paid by consumer. Coupon void if tax prohibited or legally restricted. Coupon value 1/20¢. Mint condition and gang-cut coupons (coupons not circulated to and redeemed by the consumer) will not be redeemed. Mail coupon to BORAXO Powdered, P.O. Box 1475, Clinton, Iowa 52734. 20 MULE TEAM DEPARTMENT, UNITED STATES BORAX & CHEMICAL CORP. Offer limited to one coupon per purchase.

EXPIRATION DATE: 12/31/82

Gardener's log



Male gypsy moth

"Nature never did betray the heart that loved her."
—Wordsworth

Go after gypsy moths

Gypsy moths destroyed more than 13 million acres of trees in 1981, mainly in the northeastern United States. And the problem is becoming more widespread. In recent years, gypsy moths have been reported as far south as Florida, in North Central states such as Wisconsin, Illinois, and Michigan, and in the West Coast states of California, Oregon, and Washington.

The gypsy moth life cycle begins in late summer when the female lays its eggs. The small tan egg masses each contain 500 to 1,000 eggs.

In late April and early May, caterpillar larvae hatch from the egg masses and almost immediately begin to consume vegetation. A single caterpillar can devour up to seven leaves per day. While shade trees are the moths' favorite food, they will even feed on evergreens if no other foliage is available.

Pesticides used to combat gypsy moth caterpillars include carbaryl (Sevin), acephate (Orthene), methoxychlor, and imidan. You may be able to apply these insecticides yourself to small trees, but if the tops of the trees are out of your reach, you will have to hire commercial help. The biologically based *Bacillus thuringiensis*, often called BT, also can be used to kill the caterpillars without harming the gypsy moth's natural enemies, such as birds and small wasps.

The gypsy moth larvae are easy to recognize because of the rows of bright red and blue spots on their backs. The fully grown caterpillar is two inches long and feeds nonstop, day and night.

In late June or early July, the caterpillar envelops itself in a hard brown casing and pupates into an adult moth. The male moth emerges first, several days ahead of the female. He is light tan to dark brown and has a wing span of about 1½ to two inches. The female is white and somewhat larger.

The male moth is an accomplished flier, but the female cannot fly at all and relies on a strong sex lure to attract a mate. After mating, the female moth deposits her eggs and the cycle begins again. Scientists have developed a laboratory duplicate of the sex lure given off by the female moth. Traps containing this lure can attract and kill many of the male moths before the females emerge several days later and they have an opportunity to mate.

Very young larvae feed only at night, climbing down the trees to hide in sheltered areas during the day. As the caterpillars mature, their feeding habits change and they eat primarily during the daylight.

New this season is a barrier tape with a flaring cellophane skirt. As the caterpillars climb down the tree trunk, they slip off the slick plastic surface and fall to the ground. When they try to climb back up to get at the foliage, they become trapped under the skirt. One roll of tape protects 15 trees and is effective for the entire season.

Conquer Japanese beetles, too

Another garden pest with a voracious appetite is the Japanese beetle, which was first sighted in southern New Jersey in 1916. Since then it has spread to 2 eastern states, from Maine to Georgia and from the Atlantic Coast to the Mississippi River.

Not a finicky eater, the beetle will eat as many as 275 different forms of flowers, foliage, fruits, and vegetables. Last year, 24 million dollars' worth of vegetation were destroyed by these insatiable bugs. Since they are alien in North America, they have few natural enemies here.

There are at least two ways to combat Japanese beetles. One is by placing milky spore bacteria on lawns and other grassy areas. The second defense is a trap that combines two powerful biological forces: sex and hunger. A floral lure that reproduces the scent of the plant life the beetles prefer has been joined with a synthesized sex attractant that emits the scent of 80,000 virgin female beetles. This irresistible bait draws Japanese beetles from a range of up to 100 yards.

The beetles fly directly into the trap's vane and suffocate in the plastic bag below. Insects which may be necessary for the balanced ecology of the garden are not lured into the trap. It contains no toxic substances, so there is no ground or air pollution.

The controls mentioned for gypsy moths and Japanese beetles are available in most garden centers.

Illustration: S. D. Schindler

WEEDS? ORTHO.

READY-TO-USE ORTHO KLEENUP.®.. EFFECTIVE WEEDING POWER AT YOUR FINGERTIPS.

Weeds pop up in the strangest places. Now you can knock them out...with one easy application of ORTHO Kleenup Ready-To-Use Weed and Grass Killer. Just aim the convenient pistol-grip sprayer at weeds, dandelions and grasses wherever they grow. The systemic action of ORTHO Kleenup kills unwanted growth, roots and all, without damaging the soil or leaving harmful residue. Along fences and walls, in sidewalk cracks, around trees and shrubs, wherever weeds raise their ugly heads, clean 'em up with ORTHO Kleenup. You can trust ORTHO quality products to solve your lawn and garden problems.



Our concern for gardens is always growing.

Chevron

ORTHO

Chevron Chemical Company

® ORTHO, CHEVRON, CHEVRON DESIGN, KLEENUP G. U.S. PAT. AND T.M. OFF.



Always follow label directions.







Gravity does the dusting

with LouverDrape Vertical Blinds

Horizontal surfaces collect dust. Think how often you must dust a table compared to how often you dust a wall. Horizontal or pleated surfaces which collect or trap dust at the window, create a major cleaning headache. The surfaces of LouverDrape® Vertical Blinds are all vertical, therefore eliminating the need for dusting.

You will be pleasantly surprised with LouverDrape® Vertical Blinds, "the clean one" they make life a lot easier.

ALWAYS INSIST ON LouverDrape®

LOUVERDRAPE,® INC.
1100 COLORADO AVE., DEPT. 82, SANTA MONICA, CA 90401

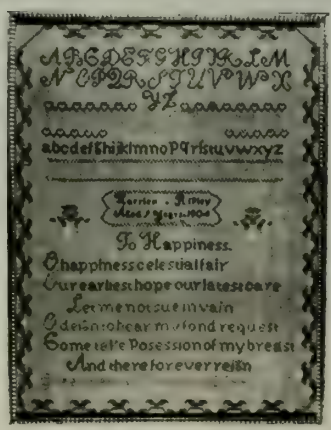
ENCLOSED IS $1 FOR A COPY OF YOUR 36 PAGE, FULL COLOR VERTICAL IMAGINATION BROCHURE

Antiques & COLLECTIBLES

Old Samplers

Like many other types of folk art, samplers originally served a more utilitarian than decorative purpose. They began as simple exercises to instruct young women in stitchery, numbers, spelling, and religion.

The earliest samplers are believed to be from Italy or Germany, and many also were made in England. American samplers, however, are the most popular because of their free and innovative designs. The visual charm of these old samplers, along with their historic value, makes them a handsome addition to any style home.



Photograph courtesy of Historic Deerfield, Inc., Deerfield, MA

The art of making samplers was brought to America by the colonists. And while early versions were fashioned after European samplers, American examples are generally more diverse in design. Their motifs include Bible verses, mottoes, prayers, pictures of people, houses, or plants, and family genealogies, as well as the more common alphabet and numbers. Typically, each sampler bears its maker's name, age, and date.

The majority of old samplers are made of unbleached linen, although colored linen, tiffany (a gauzelike material), or linsey-woolsey (a blend of linen and wool) also were used. The embroidery thread for early samplers was colored with natural dyes which produced softer hues than did the synthetic dyes used for later samplers.

Sometimes regions or even schools had their own sampler styles. Girls' schools in New England, for example, are noted for pictorial or memorial samplers. And Pennsylvania schools are known for "darning" samplers with a wide variety of stitches. But by 1835, students had lost interest in samplers, and the quality of work declined.

Interest in the art revived after World War I with the introduction of commemorative samplers recording coronations and political campaigns. And around 1930, samplers were stitched on linen that was prestamped with a variety of designs.

What to look for

A sampler's value largely depends on its condition, the type of design, and the quality of workmanship. Although a damaged sampler sometimes can be restored, the repairs usually decrease its market value.

Among the most prized early samplers are those with colorful scenes of people, houses, animals, or plants, unique verses, and the maker's name and date. These command prices often in the hundreds of dollars.

Family history samplers, which also are known as family registers, are high-priced as well. They were used to record family names and important dates, and sometimes include an original verse or family motto.

Simple alphabet samplers with letters, numbers, and few decorative touches, like the one pictured above, are more common. But with the increased interest in folk art, even this common type of sampler can cost around $250.

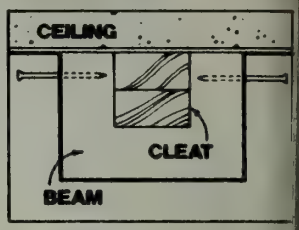
Samplers made in the 1900s are more moderately priced. Those worked in the 1930s with cross-stitched scenes and verses, for example, can be purchased for around $30. And while commemorative samplers stitched in the early 1900s are not as easy to find, they, too, are fairly low in price.

Produced in cooperation with Betty Rivera


INSECTS?
ORTHO.
ORTHO
MALATHION
FOR QUICK CONTROL
OF COMMON
GARDEN PESTS.
Tiny insects can cause big problems in your garden... but you can banish bugs quickly, with ORTHO Malathion 50 Insect Spray. It's the all-purpose garden insecticide for tomatoes and other vegetables, fruit trees and ornamentals, too. Applied with our easy-to-use ORTHO Spray-ette, ORTHO Malathion provides protection throughout your garden. Some bugs are too small to see, some can do irreparable damage if not controlled promptly. So don't wait until it's too late. Apply ORTHO Malathion at the first sign of insect damage for a beautiful, healthy garden all season long. You can trust ORTHO quality products to solve your lawn and garden problems.
Our concern for gardens is always growing
TM's ORTHO, CHEVRON, CHEVRON DESIGN—REG. U.S. PAT. AND T.M. OFF
Chevron
ORTHO
Chevron Chemical Company
Always follow label directions.
ORTHO
Malathion 50
Insect Spray
ORTHO
Spray-ette 4



Nail the cleats to the ceiling at right angles to the ceiling joists. Then fit the beams over the cleats. Wood beams can be nailed in place. Polyurethane beams should be attached with a special adhesive, then tacked to the cleats with finishing nails. Polyurethane beams also can be suspended on a ceiling grid and held in place with metal clips.



Tile

Ceiling tile can conceal both ceiling problems and architectural oddities. The tile comes in many designs, and moisture-resistant tile is available for kitchen or bath.

Installation techniques will vary according to the condition of the ceiling. If your ceiling is smooth gypsum board or solid plaster, you can glue the tiles in place with mastic or staple them to furring strips. Make a layout before applying the tiles to guarantee that the border tiles where the ceiling and wall meet will be the same size. You also can install ceiling tile on a metal framework suspended from your ceiling.

Paneling

With wood paneling, you can create a handsome ceiling treatment and also hide flaws. Be sure to plan ahead so the panels in the center of the ceiling will fit without being cut. In most cases, you can simply glue and nail the panels to the ceiling, being careful to nail into the ceiling joists.

FURNISHINGS

Dressed-Up Ceilings

Sprucing up a ceiling can be as easy as giving it a fresh coat of paint. But when you want your ceiling to look extra-special, try one of these treatments.

Wallpaper

Besides hiding imperfections like small cracks, spots, and blemishes, wallpaper can visually raise or lower a ceiling. Choose a light-colored paper to make the ceiling seem higher, a dark color to make it look lower. You also can add textural interest with a flecked or mini-print wall covering. In all cases, it's best to choose a wallpaper with a matte finish. Glossy foils and shiny "wet look" coverings will magnify surface irregularities.

Since short strips are easier to handle than long ones, hang wallpaper across the ceiling's width instead of its length. (A wallpaper smoother is helpful.) Begin papering above the most noticeable wall or the one opposite the door. Plan ahead so the final strip needn't be cut to fit. If necessary, overlap the middle sections slightly.

Beams

Wood beams or polyurethane beams that look like wood can add architectural interest to a ceiling.

To attach either type to your ceiling, first cut 1x2 cleats to fit the hollow underside section of the beams (see drawing).



ORTHO IS READY FOR THE DO-IT-YOURSELFER

What's the first and most important tool everyone needs to do home improvements? Not a hammer, chisel, or wrench. To do it right, fast, and easily, you need an ORTHO Book. Whether you're an experienced do-it-yourselfer or a budding one, ORTHO Books will be the key to your project's success. Packed with innovative ideas, expert advice, and step-by-step instructions, it's easy to be handy around the house and in the garden with an ORTHO book by your side.

During the 1970's ORTHO built its reputation as a publisher of exceptional horticultural books. Today, with 43 titles available and over 12 million books sold, ORTHO is the best known name in gardening. ALL ABOUT VEGETABLES and ALL ABOUT HOUSEPLANTS can be found in more than 1 million households each. All this points to the fact that a lot of people trust ORTHO when it comes to success with how-to.

The 1980's is the decade of the do-it-yourselfer. To help homeowners get through projects from hammering the first nail to applying the finishing touch, ORTHO has extended its professional expertise into publishing practical, understandable home-improvement books. ORTHO How-To-Do-It books provide the know-how for projects inside and outside the home. Extensive use of color photography, diagrams, and full color illustrations make new construction, remodeling, and repair easy and appealing to everyone.

This spring ORTHO will publish the four How-To-Do-It Books their readers want most: Hook up with ALL ABOUT PLUMBING and you'll be able to take the high cost of plumbing into your own two hands. ALL ABOUT WIRING lays down the line for everything from changing a fuse to installing new electrical circuits. HOW TO DESIGN AND REMODEL BATHROOMS showers you with terrific "idea" photographs and detailed, step-by-step illustrations. HOW TO DESIGN AND REMODEL KITCHENS runs the gamut from creating a design to the nitty-gritty how-to's of ripping out the old and installing the new. In all these books ORTHO KNOWS HOW and SHOWS HOW like no other book on the market.

Look for ORTHO Books in your nearest Home and Garden Center; at hardware stores and finer bookstores. Or send for a free catalog of all 43 books: write ORTHO Books, Room 1246, Dept. 82Z, 575 Market Street, San Francisco, CA 94105.



GET THE BUGS OUT OF YOUR LAWN WITH ORTHO DIAZINON.

Now you can keep insects in their place—and out of yours—with ORTHO Diazinon. Spread ORTHO Diazinon Granules around the outside of your house to kill ants, fleas, sowbugs, earwigs and brown dog ticks before they invade your home. And to kill insects where they live and breed, apply ORTHO Diazinon Soil and Turf Insect Control. Just follow label instructions to use ORTHO Diazinon around the house, in the soil, or on your lawn.

You can trust ORTHO quality products to solve your lawn and garden problems.

Our concern for lawns is always growing.

Chevron

ORTHO

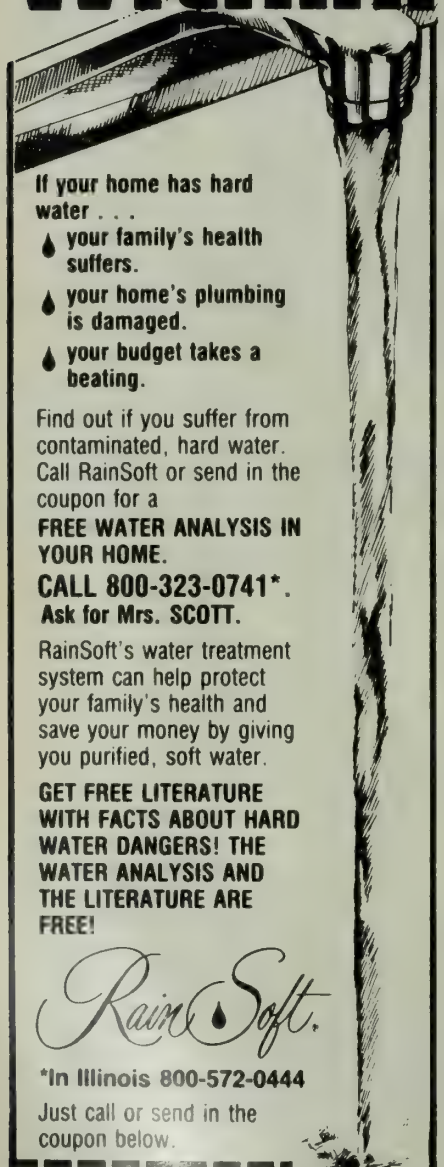
Chevron Chemical Company

TM'S ORTHO, CHEVRON, CHEVRON DESIGN – REG. U.S. PAT. AND TM. OFF.

Always follow label directions.



Danger lurks within.



If your home has hard water . . .

- your family's health suffers.
- your home's plumbing is damaged.
- your budget takes a beating.

Find out if you suffer from contaminated, hard water. Call RainSoft or send in the coupon for a

FREE WATER ANALYSIS IN YOUR HOME.

CALL 800-323-0741*. Ask for Mrs. SCOTT.

RainSoft's water treatment system can help protect your family's health and save your money by giving you purified, soft water.

GET FREE LITERATURE WITH FACTS ABOUT HARD WATER DANGERS! THE WATER ANALYSIS AND THE LITERATURE ARE FREE!

RainSoft.

***In Illinois 800-572-0444**

Just call or send in the coupon below.

BHGJUN

Mail this coupon to:
RainSoft Water Conditioning Co.
1225 E. Greenleaf Avenue
Elk Grove Village, Illinois 60007

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

TELEPHONE _____

SHOPPING

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

HOUSE STRETCHING ATTIC CONVERSIONS

Page 47: Quilt—Attic Workshop Quilts, 4033 Linden Hills Blvd., Minneapolis, MN 55410. Rocking chair—American Classics, 4944 Xerxes Ave. S., Minneapolis, MN 55410.

Pages 50, 51 (large photo): Vanity basin—American Standard Plumbing and Heating Div., 40 W. 40th St., New York, NY 10018. Sliding windows—Andersen Windowalls, Bayport, MN 55003. (Top photo): Ceiling fan—Hunter, Bobbins & Meyers, Inc., 1400 Winters Bank Tower, Dayton, OH 45423. Lounge chair—Herman Miller Inc., 8500 Byron Rd., Zeeland, MI 49464. Floor lamp—Koch + Lowry Inc., 21-24 39th Ave., Long Island City, NY 11101. (Bottom left): Ceramic tile—Dal Tile, Dallas Ceramic Co., 7834 C.F. Hawn Freeway, Dallas, TX 75217. Vanity fittings—Artistic Brass, 3136 E. 11th St., Los Angeles, CA 90023. Toilet—American Standard (address above). (Bottom right): Tub fittings—Sunrise Salvage, 2210 San Pablo, Berkeley, CA 94700.

SMART NEW LOOKS FOR SHABBY KITCHENS

Page 53: Vinyl floor tile—The Flintkote Co., 1351 Washington Blvd., Stamford, CT 06902. Counter tops—Formica Corp., Berdan Ave., Wayne, NJ 07470. Ceramic tile behind range—Dallas Ceramics Co., 7834 C. F. Hawn Freeway, Dallas, TX 75217. Range—Gaffers and Sattler, Div. of Magic Chef, 4851 S. Alameda, Los Angeles, CA 90058. Refrigerator—Hotpoint, Div. of General Electric Co., Appliance Park, Louisville, KY 40225. Dishwasher—Kitchenaid, Div. of Hobart Corp., Troy, OH 45374.

Page 54 (right): Ventilating hood—Venta Hood, 7050 Valley View St., Buena Park, CA 90620. Oven—General Electric Co., 3135 Easton Turnpike, Fairfield, CT 06431. Microwave oven—Quasar Co., 9401 W. Grand Ave., Franklin Park, IL 60131. Cooktop—Modern Maid, E. 14th St., Chattanooga, TN 37404. Lighting—Halo Lighting Div., McGraw-Edison Co., 9301 W. Bryn Mawr Ave., Rosemont, IL 60018. Spice storage—Custom built by Rich-Maid Kitchens, Inc., Wernersville, PA 19565.

Page 55: Cabinets—Rich-Maid Kitchens, Inc. (address above). Tile—McIntyre Tile, P.O. Box 14, 44 W. Grant St., Healdsburg, CA 95448. Flooring—Bruce Hardwood Floors, 16803 Dallas Pkwy., Dallas, TX 75248. Refrigerator—Sub-Zero Freezer Co., P.O. Box 4130, Madison, WI 53711. Dishwasher—General Electric Co. (address above). Sinks—Imported by Deitz-America Corp., 1221 Anderson Dr., San Rafael, CA 94901. Faucet—Imported by J.P. Enterprises, Box 47, Ben Lommond, CA 95005.

Page 56 (right): Cooktop and oven—Modern Maid (address above). Tile along edge of hood—Imported from Talaveria, Mexico by Tilecraft, Francisco Blvd., San Rafael, CA 94912. Raku—Donna Miller, Sequeira Assoc., Lark Creek Shops, Magnolia Ave., Larkspur, CA 94939.

Page 57: Cabinets—Crystal Cabinet Works, Inc., Princeton, MN 55371. Tile on counter tops—Stonelite Tile, San Jose, CA 95110. Refrigerator—Amana Refrigeration, Inc., Amana, IA 52204. Dishwasher—The Maytag Co., Newton, IA 50208.

PICNIC PARAPHERNALIA

Page 69 (top): Plastic cups, flatware—Oak Hill Ind., 244 E. 58th St., New York, NY 10022. Pitcher—Ingrid, 3601 N. Skokie Hwy., North Chicago, IL 60064. Striped napkins—Marimekko, 7 W. 56th St., New York, NY 10019. Floral plates—Contempo, 2001 Fulford St., Kalamazoo, MI 49001. Solid napkin—Paper Art Co., Inc., 3500 N. Arlington Ave., P.O. Box 18158, Indianapolis, IN 46218. Plastic tote, wood slat table—Jensen Lewis, 89 Seventh Ave., New York, NY 10011. Balloons—Balooms, 147 Sullivan St., New York, NY 10012. (Bottom left): Plates, cups plus container "Party Ball" and "Braidman" table—Ingrid (address above). Plastic flatware—Oak Hill Ind. (address above). Napkins, paper cups—Contempo (address above). Kite—Go Fly A Kite, 1434 Third Ave., New York, NY 10028. (Bottom right): Plastic cups, plates, flatware—Majestic Gifts through Balos, 225 Fifth Ave., New York, NY 10010. Paper plates—Contempo (address above). Yellow oilcloth—Fabrications New York/Boston, 110 Gould St., Needham, MA 02194. Umbrella—Jensen Lewis (address above).

Page 72 (top right): Tinware—Manhattan Ad Hoc, 842 Lexington Ave., New York, NY 10021. Plastic glassware—Stotter, 225 Fifth Ave., New York, NY 10010. Vacuum bottles—Hammerplast, 212 Fifth Ave., New York, NY 10010. Napkins—Contempo (address above). Tray—Corinne McGrady at Alan Spigelman, 225 Fifth Ave., New York, NY 10010. Chair and tote—Jensen Lewis (address above). (Middle): Floral plate, napkins—Contempo (address above). Rubber place mat, tin cups—Manhattan Ad Hoc (address above). Red plate and mug—Heller, 41 Madison Ave., New York, NY 10010. Chair—Doorstore, One Park Ave., New York, NY 10016. Towel and hamper—Jensen Lewis (address above). (Bottom left): Plastic plates, cups—Heller (address above). Paper plates, napkins—Contempo (address above). Plastic flatware—Corning Designs, Grayrock Rd. and Center St., P.O. Box 5277, Clinton, NJ 08809. Tote—Ingrid (address above). Thermos—Thermos Div., King-Seeley Thermos Co., Norwich, CT 06360. (Bottom right): Plastic bowls, cups, flatware "Sarvis"—Brod, 11 E. 26th St., New York, NY 10010. Paper plates, red napkins—Paper Art Co. (address above). Floral napkins—Marimekko (address above). Wine vacuum bottle "BYO"—Trend Pacific, Inc., 507 Towne Ave., Los Angeles, CA 90013. Grass carpeting—Chevron "Polyloom" XL olefin fiber—General Felt Ind., Park 80, Plaza West-1, Saddle Brook, NJ 07662. Fabric tablecloth, striped paper napkins—Conran's, 145 Huguenot St., New Rochelle, NY 10801.

OUTDOOR LIVING: IDEAS FOR DECK, PORCH, AND PATIO

Page 104: Chairs and table—Telescope Folding Furniture Co., Inc., Granville, NY 12832.

Page 105 (top): Table runner—Bazaar del Mundo, 2754 Calhoun St., San Diego, CA 92110. Tableware—Heller Designs, Inc., 41 Madison Ave., New York, NY 10010. (Lower left): Table and chairs—Lee L. Woodard Sons, Inc., 317 S. Elm St., Owassa, MI 48867.

Page 106 (lower): Ice-cream table, chairs, and étagère—Lyon Shaw, Inc., Box 1597, Salisbury, NC 28144.

Page 107: Wicker furniture—Tropi-cal, 5716 Alba St., Los Angeles, CA 90058.

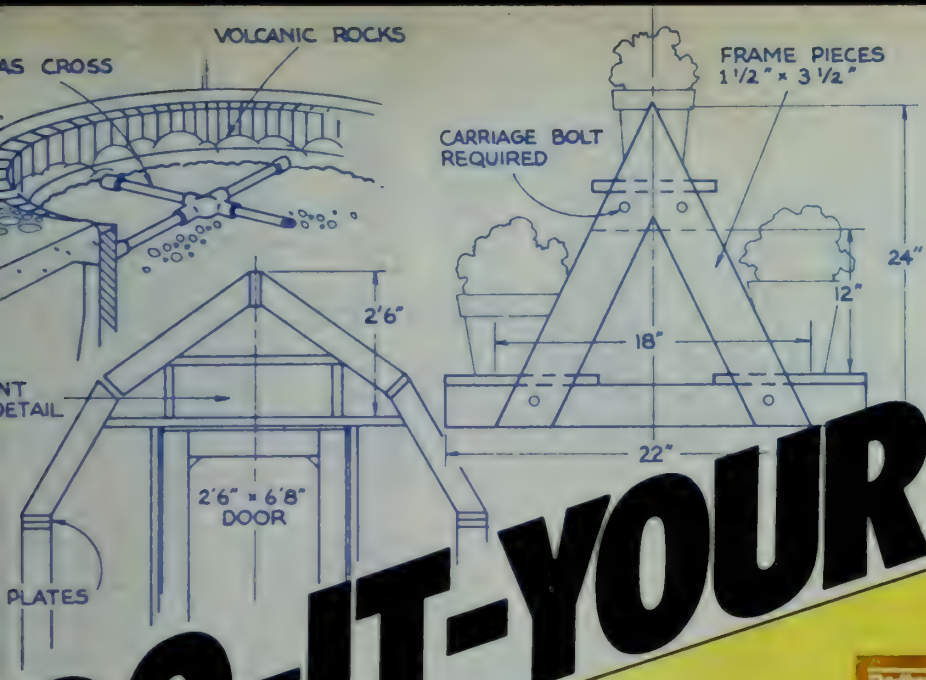
Page 108 (center): Baker's rack—Meadowcraft Casual Furniture, P.O. Box 1357, Birmingham, AL 35201.

Page 110 (top): Barbecue unit "Jet Chef" JC4020 NPM—Jacuzzi Bros., Inc., Little Rock, AR 72201. (Lower): Outdoor furniture—Brown-Jordan, 9860 Gidley St., Box 5688, El Monte, CA 91734.

Page 112 (top): Table, chairs—Knoll International, 655 Madison Ave., New York, NY 10022.

Page 113: Table, chairs—ICF, Inc., 305 E. 63rd St., New York, NY 10021.

continued



DO-IT-YOURSELF?

ORTHO.



FOR THOSE PROJECTS IN THE YARD AND GARDEN ORTHO KNOWS HOW... AND SHOWS HOW.

If you're about to make your home more beautiful with garden landscaping, a custom greenhouse or other projects, ORTHO has the information you need to do it all yourself... with success!

You'll find detailed plans for easy-to-build trellises, benches and tables in ***Wood Projects for the Garden. Garden Construction Know-How*** is a do-it-yourself guide to building patios, fences and walks. ***How to Build & Use Greenhouses*** is a detailed guide to creating and installing your own greenhouse.

Every ORTHO outdoor projects book has extensive diagrams, photographs and full color illustrations to guide you step by step.

Look for ORTHO books in your nearest lawn and garden center, at hardware stores and finer bookstores. Or, send for a free catalog of all 43 ORTHO books. **Write Chevron Chemical Co., ORTHO Books, Room 3646, Dept. 82J, 575 Market Street, San Francisco, CA 94105.**



Chevron

ORTHO

Chevron Chemical Company



In 1902, Operator Ann Parish decided to sneak a cigarette while plugging in a call.



Mr. Ward decided to put her on hold

VIRGINIA SLIMS *Lights*



You've come a long way, baby.



Fashions: Frank Massanara

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

9 mg "tar," 0.7 mg nicotine av. per cigarette by FTC method.

continued

Buying guide

Page 114 (top): Barbecue—Warm Morning Broilmaster, Quality Products Locke Stove Co., 114 W. 11th St., Kansas City, MO 64105. (Left): Patio furniture—Kalt-son, 15120 Marguart Ave., Santa Fe Springs, CA 90670.
Page 117 (top): Director's chairs—Telescope Folding Furniture Co., Inc. (address above). Guatemalan pillows—Bazaar del Mundo (address above). Plastic ware—Heller Designs, Inc. (address above). (Below left): Outdoor furniture—Brown Jordan (address above).

BRING ON THE GUESTS!
Page 118 (top). Buckets—Hammerplast, 212 Fifth Ave., New York, NY 10010 Beach umbrella—Homeplace, 7530 Fay Ave., La Jolla, CA 92037. Front grill—Meco, Metals Engineering Corp., P.O. Box 3005, Greeneville, TN 37743. Back grill—Arkla Industries, P.O. Box 534, Evansville, IN 47704. (Bottom): Round trays—Heller Designs Inc , Mamaroneck, NY 10543.
Page 119: Party utensils and plates "Party Case"—Oakhill Industries Corp., 244 E. 58th St., New York, NY 10022. White bowl—Ingrid, 5547 N. Ravenswood, Chicago, IL 60640. Red bowl—Copco, Inc., 11 E. 26th St., New York, NY 10010. Tray—Interdesign Craft Inc., Box 22128, Beachwood, OH 44122. Wood bowl—H.A. Mack & Co., Inc., 165 Newbury St., Boston, MA 02116.
Page 120: Paper plate, napkin—Pam Marker Museum Collection, P.O. Box 4333, Greenwich, CT 06830. Plastic cup—Solo Cup Co., 1505 E. Main St., Urbana, IL 61801.
Page 121: Tray—IPL Product Ltd., P.O. Box 501, Plattsburg, NY 12901. Clear containers—Williams Sonoma, 532 Sutter St., San Francisco, CA 94102. Colored containers—Crayonne USA Inc., 42 Mileed Way, Avenel, NJ 07001. Fruit tray—Williams Sonoma (address above). Basket—Sturbridge Yankee Workshop, Inc., Brimfield Turnpike, Sturbridge, MA 01566. Vegetable basket—Quon Quon, Inc., 2801 E. 12th St., Los Angeles, CA 90023. Napkin "Apricot"—Table Manners, Inc., 746 S. Los Angeles Dr., Los Angeles, CA 90014. Spatulas—Hoan Products Ltd., 615 E. Crescent Ave., Ramsey, NJ 07446.
Page 122: Table—Lawrence Furniture, 633 University, San Diego, CA 92103. Place mats—Mikasa, 41 Madison Ave., New York, NY 10010. Silver—Supreme Cutlery Corp., Div. of Sigma Marketing Systems, 225 Fifth Ave., New York, NY 10010. Oriental plates—Hong Horizons, 135 Victory Blvd., Burbank, CA 91502. Black plates—Fitz & Floyd, 1371 Round Table, Dallas, TX 75247. Glasses—Fostoria Glass Co., 1200 First St., Moundsville, WV 26041. Tart plate "Medallion d'Or"—Fitz & Floyd (address above). Basket—Bazaar Del Mundo, 2754 Calhoun St., San Diego, CA 92110.
Page 123: Spoon—International Silver Co., 500 Research Pkwy., Meriden, CT 06450. Glassware "Chivalry"—Libbey Glass Co., Div. of Owens-Illinois Glass Co., Owens-Illinois Bldg., P.O. Box 919, Toledo, OH 43693. Plates—B.I.A. Cordon Bleu, 375 Quarry Rd., Belmont, CA 94002. Small pitcher—Schiller and Asmus, Inc., 1525 Merchandise Mart, Chicago, IL 60654. Runner/napkins "Bistro"—Now Designs, 540 Hampshire, San Francisco, CA 94110. Wine decanters—Libbey Glass Co. (address above). Lettuce container—Marsh Industries, 1224 E. 28th St., Los Angeles, CA 90011. Candle holders—Conran's, 160 E. 54th St., New York, NY 10022. Servers—Williams Sonoma (address above). Serving utensils—Oxford Hall Silversmiths, Ltd., 225 Fifth Ave., New York, NY 10010.
Page 124: Glassware—Fostoria (address above). Lamps—Arkla Industries (address above). Plates "Carmine"—Mitteldorfer-Straus, Inc., 41 Madison Ave., New York, NY 10010. Oak side table—Homeplace (address above). Hibachi—Weber-Stephen Products Co., 100 N. Hickory Ave., Arlington Heights, IL 60004. Wicker chairs—San Diego Rattan, 1180 Morena Blvd., San Diego, CA 92110.
Page 126: Cups, saucers, plates—Villeroy & Boch Tableware Ltd., 41 Madison Ave., New York, NY 10010. Apricot pitcher—Royal Worcester Spode, Inc., 26 Kennedy Blvd., East Brunswick, NJ 98816. Platter "Rosette"—Nikko Ceramics, Inc., 165 Chubb Ave., Lyndhurst, NJ 07071. Cloth—Table Manners, Inc., 746 S. Los Angeles Dr., Los Angeles, CA 90014.

PRIZE TESTED RECIPES
Page 147 (left): Glasses "Hoiku"—Iittala USA Ltd., 175 Clearbrook Rd., Elmsford, NY 10523. Pitcher—Riekes-Crisa Corporation, 1818 Leavenworth, Omaha, NE 68102. (Right): Plate—Hutschenreuther Corp., 100 Shaw Rd., North Branford, CT 06471. Jars—Ball Brothers Co., Inc., 402 N. Calvert St., Muncie, IN 47303.
Page 148 (left): Bowl—Brod Int'l Housewares, 11 E. 26th St., New York, NY 10010. Plastic dinnerware "Cubics by Rosti"—Copco, Inc., 11 E. 26 St., New York, NY 10016. (Middle left): Bowl—Williams Sonoma, 532 Sutter St., San Francisco, CA 94102. (Middle right): Glasses—H. E. Lauffer Company, Inc., Belmont Dr., Somerset, NJ 08873. (Right): Glass "Debutante"—Fostoria Glass Co., 1200 First St., Moundsville, WV 26041.

SURPRISING RHUBARB DESSERTS
Page 152: Platter—Rosenthal-Studio Haus, 584 Fifth Ave., New York, NY 10036. Sherbets—H. E. Lauffer Co., Inc., Belmont Dr., Somerset, NJ 08873.

FIX-IT-FAST—45-MINUTE SKILLET MEAL
Page 165: Skillet—Copco, Inc., 11 E. 26th St., New York, NY 10010. Plate—Nikko Ceramics, Inc., 165 Chubb Ave., Lyndhurst, NJ 07071. Pitcher—Imperial Glass Corp., 29th and Belmont Sts., Bellaire, OH 43906.

MY TURN TO COOK: ITALIAN EGGPLANT BEEF STEW
Page 168 (center): Dutch oven—Schiller & Asmus, Inc., 1525 Merchandise Mart, Chicago, IL 60654.

Almonds delivered to your door. Naturally.



You'll receive an Almond Sampler, a handsome tin containing four delicious varieties of our farm fresh almonds. There are seven ounces each of whole natural, hickory smoked, roasted salted and unsalted.

Just complete this coupon and send it along with your check or money order for $12.50. Or if you'd like to receive our next catalog for FREE just send in the coupon.

Name_____
Address_____
City_____ State_____ Zip_____
Mail to:
Berrenda Mesa Farms
325 South Hale Ave. **S2BD2**
Fullerton, CA 92631

Berrenda Mesa Farms Country Store

Offer expires August 31, 1982 Limited to USA
COUPON

© 1982 Berrenda Mesa Farms





Introducing the Andersen® box bay. Space-savings, energy-savings and work-savings... in one beautiful package.

Come home to quality.

Come home to Andersen.™



This Andersen box bay is ideal for space-conscious new homes, remodeling and window replacit because it takes up as little as 50" of wall space, yet a high wide view still comes home. It's made o naturally insulating wood and energy-efficient double-pane insulating glass. Outside, the wood is covered with thick, durable, extremely hard vinyl that won't need painting. The vinyl is available in white or earthy Terratone color. See an Andersen dealer for details. They're in the Yellow Pages under Windows.

Andersen® Windowalls®
ANDERSEN CORPORATION BAYPORT MINNESOTA 55003

Come home to more information on the Andersen® box bay. Mail coupon to Andersen Corp., Box 12, Bayport, MN 55003.

©2002 Copyright © 1982 Andersen Corp., Bayport, MN.

Name_____

Address_____ City_____ State_____

Zip_____ Phone (_____) _____
Area Code

00286

The Perfect Father's Day Gift.



Catnapper genuine leather recliner specially priced for Father's Day.

Only $499

Compare at $799 and Save $300

This elegant recliner is covered in genuine leather where it counts.
Outside arms and back are covered in easy care Boltaflex.

Scotchgard

Available on Catnapper Fabric covered chairs

macys

Use your Macy s Charge Account or The American Express card. Order Now! Call toll-free 24 hours a day in San Francisco, 468-4444, [illegible] California 800-792-0800 or Nevada dial 800-227-9700

ANNOUNCING THE IDEAL CO-OP ALTERNATIVE TO TELEVISION, RADIO AND NEWSPAPERS:



You didn't know it was possible to buy upscale national magazines on a local, even zip code by zip code basis? News magazines like Time and Newsweek? Business magazines like Business Week and Dun's Business Month? Home magazines like House and Garden and Better Homes and Gardens? Men's magazines like GQ, Sports Illustrated and Playboy? Magazines that reach your target market and only your target market, without any overlap or the waste so prevalent in other media?

Or that it's easy to accomplish, eminently affordable, available throughout the country and you have complete control over the money and the creative?

Then maybe you better find out what highly successful co-op advertisers like New York Life, BMW, 3M Scotchgard™, Hart Schaffner & Marx, and Clark Equipment already know.

Give Floyd Sembler at Magazine Networks (MNI) a toll-free call at 1-800-223-5613 or call collect at (212) 661-4800. We'll be glad to send you our free co-op booklet and fill you in on how to spend your money only on the people who'll make you money.

MNi

© 1981 Media Networks, Inc., 600 Third Ave., New York, New York 10016

What's Underneath is Just as Important...



That's why North Star® has put years of research into the LIFETIME® Mattress Pad and Protector. Research that resulted in the finest pad on the market today. One that carries Chatham's own Seal of Assurance. An assurance to you that LIFETIME will provide years of comfort and protection. **WHY? Because only LIFETIME offers you these outstanding features:**

1. Will not tear because it is seamless
2. Is completely smooth and stitch free
3. Has no filler to bunch or lump up
4. Is machine washable and dryable
5. Is shrinkage controlled to less than 2%
6. Is Anti-Static
7. Is Scotchgard® treated

NORTH STAR® LIFETIME® MATTRESS PAD

Put a LIFETIME on every mattress you own for complete mattress protection and rest assured in comfort by North Star

macys CALIFORNIA

	Regular Price	Sale Price
Twin	$20.00	$17.00
Full	$22.00	$19.00
Queen	$29.00	$26.00
King	$35.00	$31.00

San Francisco, Hillsdale, Valley Fair, Bay Fair, Stanford, Sacramento, Stockton, Concord, Monterey, Serramonte, Eastridge, Hilltop, Oakridge, Reno, Birdcage, Sunnyvale, NewPark, Stoneridge, San Rafael

Order toll-free 24 hours a day, 7 days a week. In San Francisco, call 468-4444, elsewhere in Northern California, 800-792-0800, in Nevada, Utah, Washington, Oregon and Idaho, 800-227-4100.

Protected by Scotchgard

When you Mallin-ize, you glamorize.

A furniture grouping from Mallin will glamorize your backyard or patio. Mallin makes those special times outdoors even more special. Summer after Summer. After Summer.

We've been furnishing the great outdoors for over a quarter of a century. Every piece that carries the Mallin name is designed for comfort. Style. And lasting value.

Take our aluminum frames finished with a thick powder coating to prevent chipping and corrosion. Deep, soft Dacron-filled cushions, covered in weather-resistant Textiline,® for comfort and lasting beauty. What's more, both frames and cushions are available in a dazzling array of different colors and patterns.

So, this year get your patio ready for a very special kind of Summer. Glamorize while you Mallinize. The rest is easy.

Mallin is available at better department stores, patio shops and wherever fine home furnishings are sol Be sure to ask for it by name.

MALLIN COMPANY

Los Angeles, Ca. Atlanta, Ga.



SF/H 4

Easy Fix-Ups From Jams And Jellies

The next time you want to give a new flavor twist to a meal or snack, look to the jars of jams, jellies, and preserves in your refrigerator. Those flavor-packed spreads can do a lot more than dress up breakfast toast. For starters, try these ideas.

- Make barbecue sauce by mixing ¼ cup *orange marmalade* or *apricot, peach, grape, plum,* or *pineapple jam or preserve* with ½ cup *chili sauce* and 2 tablespoons *steak sauce.*
- Dress up carrots or sweet potatoes by combining ¼ cup *apricot, raspberry, cherry, peach, pineapple, plum,* or *strawberry jam* or *preserve* with one drained 16-ounce can *carrots* or an 18-ounce can *sweet potatoes.* Sprinkle chopped *walnuts* atop.
- For an easy drink, place 4 *eggs,* 1 cup *milk,* ½ cup *apricot, blueberry, cherry, grape, peach, pineapple, plum, raspberry, strawberry,* or *pear jam* or *preserve* in a blender container; cover and blend till smooth. Then with lid ajar or through hole in lid, gradually add 1 cup *ice cubes,* blending till ice is melted. Serves 3 or 4.
- Heat your favorite jelly, jam, or preserve with a little lemon juice, and you have a tasty topping for ice cream, cake, pancakes, or fresh fruit.
- Use a tablespoon or two of jelly or jam as an accompaniment to a roast.
- For a make-ahead mousse, beat 1 cup *whipping cream* and 2 tablespoons *Amaretto* to stiff peaks. Fold in ½ cup *apple, cherry, currant, grape, mixed fruit, orange, plum, raspberry,* or *strawberry jelly.* Spoon the mixture into four dessert dishes; freeze. Top with toasted *sliced almonds* to serve.
- To make your own fruit-flavored yogurt, stir any flavor jelly, jam, or preserve into plain yogurt.
- As a special ice cream treat, spread any flavor of jelly on two toasted waffle squares or rectangles. Sandwich a slice of vanilla ice cream in between.
- For a super spread, mix several tablespoons of jelly, jam, or preserve with softened cream cheese. Serve on bagels, Boston brown bread, or muffins.



"EYE OF THE SWAN"

The most versatile wine in America is a white wine produced from the red-skinned Pinot Noir grape. The juice is quickly separated from the skins, allowing just a blush of color that resembles the coppery hue in the eyes of the Australian Swan in our family's aviary. "Eye of the Swan" may be served chilled with chicken or fish, yet has enough body and flavor to complement heartier dishes. It is truly a wine for all occasions.

Sam J. Sebastiani

Sebastiani VINEYARDS

"A Family Winery in the Sonoma Valley"

© 1982 SEBASTIANI VINEYARDS

TRAVEL west

Judy Crawford
Associate Travel Editor

Washington's Pacific Northwest Wagner Festival

(Following is a continuation of the performing arts festival vacations article from page 173.)

Opera aficionados and first-timers alike flock to the world-class Pacific Northwest Wagner Festival. The festival's two-week presentation of Wagner's enchanting *The Ring of the Nibelung* has become a tradition, with lectures and behind-the-scenes opera house tours to enhance the tale. Between performances, you can enjoy the big-city pleasures of Seattle and outdoor pastimes at national parks close by.

Premier opera fete

The Pacific Northwest Wagner Festival draws opera fans from around the world to the Seattle Center, a legacy of the 1962 World's Fair. The center is now home to the city's symphony, ballet, and repertory theater, and it houses a splendid modern art museum as well. Overlooking the scene is the towering futuristic Space Needle, where you can dine in the revolving restaurant on top, then take a leisurely sunset stroll to the opera.

Only the Wagner Festival in Germany rivals this superb presentation of *The Ring,* which is performed by internationally acclaimed Wagnerian singers with full orchestra accompaniment. Special lighting effects and imaginative stage sets help carry you away to the Rhine for this romantic story of the mythical Siegfried and Brünnhilde.

Each week-long presentation of *The Ring* includes four operas: *The Rhinegold, The Valkyrie, Siegfried,* and *The Twilight of the Gods.* Performances in German are scheduled for July 24, 25, 27, and 29; performances in English are August 1, 2, 4, and 6. Unless you're familiar with *The Ring,* you'll probably appreciate the English version more (tickets for evening performances of the four operas in German or English cost from $59 to $242, depending on where you sit).

But the festival is more than opera. Following each week's opening performance, there's a cast reception ($20 per person; purchase tickets in advance). And the morning of each performance, you can sit in on an informative lecture by notable Wagnerian expert Speight Jenkins ($10 per lecture, $35 for four). You also can join a two-hour tour of the opera house scheduled for July 26 and August 5 (10 a.m. to 12 p.m.; $5 per person). Or browse the opera house gift shop with its impressive array of Wagnerian books and opera recordings.

Seattle's many sides

Seattle is a lively city situated in a splendid mountain setting by a glistening bay. Sight-seeing and recreational pastimes abound. Plan to spend a couple of hours exploring the little shops and eateries at the colorful Pike Place Public Market on Puget Sound. Nearby are other attractions, such as salmon fishing, horseback riding, biking, water-skiing, and sailing. And the lush mountain realms of Mt. Rainier, Olympia, and North Cascades National Parks provide wilderness areas perfect for overnight hiking-and-camping trips. You can take a day cruise to Victoria, British Columbia, aboard Seattle's steamship, *Princess Marguerite* (one round trip daily; $29).

Planning your trip

You might stay at the spanking new Warwick Hotel ($70 double) or the family-priced Best Western Executive Inn ($56 double), both only a few blocks from the Seattle Center. Or opt for a vacation package that focuses on the Wagner festival and includes lodgings. Gray Line has a six-night package that includes the German operas, lodgings, and sight-seeing ($515 to $620 per person). Maupintour offers a nine-day package that also includes the German operas only ($1,020 to $1,048 per person). Major airlines and Amtrak serve Seattle.

Festival/tickets: Pacific Northwest Wagner Festival, Box 9248, Seattle, WA 98109. **Area information/lodgings:** Don Richardson, Travel Development Division, Washington Department of Commerce and Economic Development, 312 First Avenue North, Seattle, WA 98109.

TRAVEL PLANNING GUIDE
Free Information

The Better Homes and Gardens travel advertisers listed below will be happy to provide you with free information about their facilities and services. Simply circle the numbers for the material you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers.

1. **Bucks County**—Historical sights, events, hotel-motel guide, museums, parks.
2. **Cape Cod, Mass.**—Resort directory. Over 700 places to stay.
3. **Chester Co., Pa.**—Where Brandywine begins. Longwood Gardens, and museums.
4. **Days Inns**—Send for directory listing more than 300 locations with rates.
5. **Eastern Cruise Line**—SS. *Emerald Seas* to Nassau/Freeport from Miami, all ports.
6. **Florida Cypress Gardens**—Exquisite botanical gardens, famous water ski revue.
7. **Hershey, Pa.**—Theme park, Chocolate World, fine hotels. Free brochure.
8. **Kiawah Island Resort**—10 mi. of beach, supervised children's program, golf.
9. **Marriott Hotels**—Pocket-size directory to all places where Marriott does it right.
10. **All About Michigan**—FREE full-color brochure, map, calendar of travel events.
11. **New York Vacations**—Information on I LOVE NEW YORK VACATIONS.
12. **Philadelphia**—Celebrate Century IV, our 300th Birthday—all year long!
13. **Rhode Island**—Tours of Newport, "Great Gatsby" mansions, camping.
14. **San Antonio**—The Texas original. Historic. Unique riverwalk. The Alamo.
15. **Sawgrass**—Ocean resort, golf, tennis, fishing. An Arvida resort. Free stereo record.
16. **Sea World of Florida**—Send for color brochure.
17. **Sheraton At Steamboat**—Way it wuz days, Old West adventures in Steamboat, Colorado.
18. **U.S. Virgin Islands**—Send for vacation kits: St. Croix, St. John, St. Thomas.
19. **Walt Disney World**—Information for the #1 vacation destination in the world.
20. **Weight Watchers Adult Course**—Coast to coast. Brochure.
21. **Western Cruise Line**—SS. *Azure Seas,* 3-, 4-night cruises L.A. to Ensenada, Mex.

Name_____

Address_____

City_____

State_____ **Zip**_____

Mail To: (Include 25¢ handling charge)
BETTER HOMES AND GARDENS
P.O. BOX 4534, DEPT. 206W
DES MOINES, IA 50336



The summer of 82°

82°F. That's the average mean temperature in the summer in the American paradise. With trade winds blowing almost without exception from an easterly direction. (Now that doesn't sound mean at all!) See your travel agent.

United States Virgin Islands

St. Croix · St. John · St. Thomas

©1982 United States Virgin Islands Division of Tourism, 1270 Avenue of the Americas, NY, NY 10020

An Outdoor Retreat That Fits Right In

There's nothing nicer on a warm summer day than relaxing on a screened porch or escaping to a summer house in the backyard. But finding space for an airy retreat can be a problem, especially a retreat that's roomy enough for entertaining. Here's how one family solved the problem.

These homeowners first considered adding on the usual screened "box," but they decided it would look tacked on and make the yard seem much smaller. Instead, they had their builder fit the structure neatly into one corner of the yard.

The rear walls of the 26½x16-foot room fit into the rectangular niche formed by the house, garage, and lot line; and the front portion is angled into the garden (see plan *below*). Passageways behind the structure allow access to the kitchen door and create a gazebo effect. A wraparound deck and trellis define the access areas and blend the addition with the house.

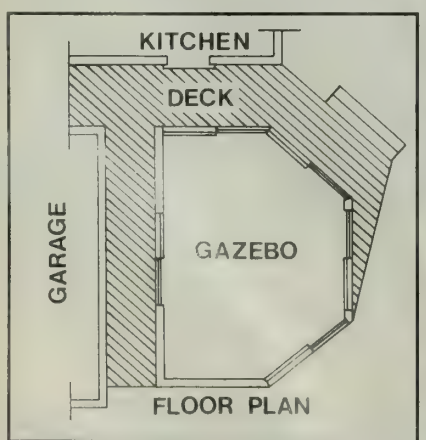
Wide sliding glass doors open to the deck and the garden (*above right*). Rough cedar siding and cedar shakes add a rustic look, and the deck camouflages the concrete pad on which the structure rests.

The addition's nearly circular shape makes the interior surprisingly roomy (*right*). Under the domed, 12-foot-high ceiling there's ample space for a whole suite of comfy porch furniture. White walls and white ceramic tile flooring contribute to the spacious feeling.



Photographs: Ross Chapple. Designer: Tom Hemphill. Field editor: Eileen Deymier







Outstanding Stand-bys, clockwise from top left: Teriyaki Broil—marinate ½"-1" thick chuck steak 3 hrs. in Kikkoman Teriyaki, broil, slice against grain; Teriyaki Ribs—brush pork spareribs frequently with Kikkoman Teriyaki while baking at 325°F, 90 mins.; Teriyaki Burgers—mix 2 Tbsp. Kikkoman Teriyaki into each lb. of ground beef; Chicken Teriyaki—marinate chicken pieces 3 hrs. in Kikkoman Teriyaki, bake or broil, basting often with more sauce. More recipes on label.

Our authentic blend of Kikkoman Soy Sauce, fine wine, herbs and spices is the favorite teriyaki sauce of fine restaurants. As a marinade and baste, it gives everyday entrees special zest. With no special fuss. Keep Kikkoman Teriyaki Sauce in your kitchen. And put excitement on your menu. *Kikkoman Teriyaki. Original and Authentic.*

HOT NEWS!

Chicken Mexicana from Valley Fresh!



Tostadas pronto!
Enchiladas pronto!
Pronto!
Tacos, muy pronto! Olé!

Valley Fresh Chicken Mexicana makes your favorite dishes easier and tastier! Farm fresh chicken in an authentic Mexican sauce — economical in the big 12½ ounce can. Stuff it in tacos, roll it in enchiladas, build a cheese crested tostada with Chicken Mexicana — new from Valley Fresh!

POLLO TOSTADA

1. Heat one can Valley Fresh Chicken Mexicana in skillet. Drain 1 can (15 oz.) red kidney beans.
2. Fry 6 (10-inch) flour tortillas one at a time in ¼ inch hot oil (375°) 20 to 30 seconds on each side or until crisp and golden brown. Drain on paper towels.
3. Layer each tortilla with shredded lettuce, grated cheddar cheese, kidney beans, tomato wedges, chopped onion and Chicken Mexicana.
4. Top with sour cream, wedges of avocado and sweet olives.



Also try Valley Fresh Chunked Chicken, White Chunked Chicken and Chicken Sandwich Mix.

A Wine Rack That Keeps Its Cool

Have you ever dreamed of owning a wine cellar? This clever wine storage system provides a compact and much less costly alternative. The unit keeps wine cool and protects it against temperature fluctuations just as a wine cellar does, but it won't cost an arm and a leg to build.



Photograph: Harry Hartman. Architect: Moon Brothers Park Fosner, John Duncan. Field editor: Ruth Reite

The heart of the system is a set of standard clay sewer drain tiles. You can buy them for a few dollars each at any plumbing supply house. The clay tiles help keep the wine cool, and a wad of fiber glass insulation stuffed into the back of each one protects the wine from temperature changes.

To build this unit, you'll need a depth of at least 12 inches inside an existing wall. The wine bottles shown in the photo have plenty of room because they occupy space created by an existing chase. The tiles are friction fit, flanged end out, into a facing panel; the panel is nailed to the stud over a cutout in the wall. Each tile has a 16-inch-deep space; if the area behind your rack is more limited, you can cut the tiles down with a mason's saw. The facing panel shown in the photo is solid oak, but veneered plywood would work as well.

BE A TOUGH CUSTOMER. USE THIS AD TO GET TENDER BEEF.

At Safeway, we want you to judge beef the way we do. Look for good prices (and you should see how low the prices are at today's Safeway). Then look for more... the things that say you're getting lean,



juicy, tender beef. It's the kind you'll get at Safeway. We close-trim so you get more beef, less fat and bone. We guarantee your satisfaction with every cut of meat we sell. Safeway Quality Beef is just one reason tough customers get more for their money at today's Safeway. But don't take our word for it. Use this ad to judge for yourself.

TODAY'S SAFEWAY. WHERE YOU GET A LITTLE BIT MORE.

DON'T PAY STEAK PRICES FOR STEW MEAT.
At Safeway, we trim off the tail. That's stew meat. So when you pay for our steak, you get steak and nothing but.

PAY FOR BEEF, NOT FAT.
Look for close trim. A ribbon of fat adds a lot of flavor. Too much gets expensive.



A LITTLE MARBLING GOES A LONG WAY.
The little specks of fat help make beef tender, juicy and flavorful.

CRITICAL OF COLOR.
ght, cherry red means freshness.

CHECK OUT THE TEXTURE.
Tender, flavorful beef is velvety smooth.

MICROWAVE COOKING

Dessert sauces on the double

When you need a dessert in a hurry, stir together one of these quick dessert sauces with the help of your microwave oven. Both the sauces store handily, covered, in your refrigerator for a few days. ***Note: Timings are for high power setting on counter-top microwave ovens and are approximate, since ovens vary by manufacturer.***

You're looking through a solid piece of window insulation.



VALVAC® Insulux™ Energy Control film.
The unseen shield that keeps energy dollars from escaping.

A new generation of window insulation. Offering a balance of energy-saving high performance and high light transmission for normal light levels inside your home.

Insulux is a subtle yet effective film that offers two-way visibility and a natural look to the windows from the outside.

In summer Insulux film protects your home's interior from heat, glare and ultra-violet rays that cause fading. In winter, it re-radiates heat back into the home that would normally escape through the glass.

You save energy all year—your air-conditioning doesn't have to work as hard in summer; you use less fuel in winter.

Professionally installed, quickly and easily, by your local VALVAC film dealer.

For his name, and more information, call Barbara Kennedy toll free: 800-343-4044. In Mass. and outside the Cont'l. U.S.: 617-935-7850.

Van Leer Plastics, VALVAC Products Division, 64 Industrial Parkway, Woburn, MA 01888

Insulux Film is manufactured using KLEER-KOOL. A product of OCLI.

MINT PATTY SAUCE

Use this sauce atop slices of pound cake or chilled fruit. It's also great as a filling for cream puffs or eclairs—

1 4-serving package *regular* chocolate pudding mix
1½ cups milk
½ cup cut-up chocolate-covered mint patties (6 patties)

• • •

1 envelope dessert topping mix

In a 4-cup glass measure combine pudding mix and milk; add mint patties. Micro-cook, uncovered, 3 minutes; stir. Cook, uncovered, 2 to 3 minutes till thickened and bubbly, stirring every 30 seconds. Stir till mints are completely melted. Cover surface with clear plastic wrap; cool.

Prepare dessert topping mix according to package directions. Fold into cooled pudding. Cover and chill.

To store any remaining sauce, refrigerate no more than 2 days or freeze for up to 2 months. Makes about 3¼ cups sauce.



Photograph: Die

BUTTERSCOTCH SAUCE

Try substituting walnuts, pecans, peanuts for the cashews—

½ cup packed brown sugar
1 tablespoon cornstarch
⅔ cup cold water
1 tablespoon butter *or* margarine
½ cup broken cashew nuts

• • •

Vanilla ice cream *or* angel food cake

In a 4-cup glass measure combine brown sugar and cornstarch. Add water. Micro-cook, uncovered, 3 to 4 minutes or till thickened and bubbly, stirring after each minute. Stir in butter or margarine and nuts. Serve warm over ice cream or cake. Store leftover sauce, covered, in refrigerator. Makes about 1⅓ cups sauce.

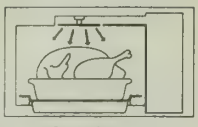
ONLY TOSHIBA GIVES YOU THIS MUCH LEG ROOM.



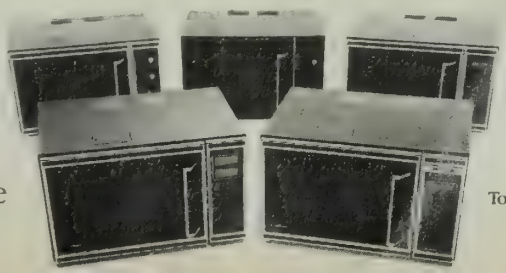
If you're looking for the microwave ovens with the roomiest interiors, Toshiba is the only name to consider.

With 1.6 cubic feet of cooking space, you'll not only get enough leg room for an 18 lb. turkey, you'll also have enough room to seat six cornish game hens comfortably.

There are five different models to choose from (all with the same 1.6 cubic feet of space.) And they all come with Toshiba's new "Power Guide" microwave distribution system. Unlike systems that merely turn the food, we spread the microwaves over the entire cooking surface with a rotating disc. The result is more evenly cooked roasts, casseroles, vegetables, you name it.



For even more features, take a look at our top-of-the-line. We call it The Brainwave.™ It's completely programmable, has a digital display (which can even tell you what time it is) and 91 separate power levels.



So stop by your Toshiba dealer and check out our latest models. They'll give you all the room you've been looking for.

TOSHIBA

Again, the first.

Toshiba America, Inc., 82 Totowa Road, Wayne, NJ 07470

Rice Crusts For a Change

Both these delicious dishes feature crusts made from rice. And because the rices used are the quick-cooking variety, the entrées are as convenient as they are tasty.

ZESTY RICE PIZZA

- **1 9-ounce package rice pilaf mix**
- **2 beaten eggs**
- **2 cups pizza sauce**
- **1 pound Italian sausage *or* ground pork, cooked and drained *or* two 3-ounce packages sliced pepperoni *or* sliced Canadian bacon, cut up**
- **Assorted toppers such as sliced green onions, green peppers, mushrooms, *or* olives**
- **2 cups shredded mozzarella cheese *or* Swiss cheese (8 ounces)**

Cook rice according to package directions. Add beaten eggs; mix well. Press mixture firmly into 2 greased 12-inch pizza pans or pat into two 11-inch circles on well-greased baking sheets. Bake in 450° oven for 15 minutes. Spread sauce on hot crusts. Sprinkle with desired meat, vegetables and cheese. Return to oven; bake 10 minutes more. To serve, cut in wedges. Makes two 12-inch pizzas.



Photograph: Mike Dieter

CINNAMON CUSTARD RICE CUPS

The flavor of this dessert is reminiscent of rice pudding—

- **2 teaspoons cornstarch**
- **1 teaspoon sugar**
- **½ teaspoon ground cinnamon**
- **1 cup cold water**
- **½ cup quick-cooking rice**
- **2 eggs**
- **1 cup milk**
- **¼ cup sugar**
- **½ teaspoon vanilla**
- **⅛ teaspoon salt**
- **¼ cup raisins**

In small saucepan combine cornstarch, the 1 teaspoon sugar, the cinnamon and water; mix well. Add rice; bring to boiling. Reduce heat; cook and stir about 3 minutes or till mixture is thickened and bubbly and rice is tender. Cover and chill. Spoon about 3 tablespoons of the rice mixture in each of six 6-ounce custard cups. Press on bottom and up sides to form crust. For custard, beat eggs; stir in milk, the ¼ cup sugar, vanilla, and salt. Sprinkle some raisins into each custard cup. Pour about *¼ cup* of the custard mixture into each cup. Sprinkle with additional ground cinnamon. Place cups on a baking sheet; bake in a 325° oven about 30 to 35 minutes or till a knife inserted near center comes out clean. Serve warm or chilled. Makes 6 servings.

A smile like this doesn't cost a lot.



No one else can bring out a smile *quite* like Knott's. A smile that comes from the deliciously natural taste of our good old-fashioned preserves. Like our Boysenberry, when smothered on doubly-thick and loaded with big, luscious chunks of goodness. Or everybody's favorite—Knott's farm fresh Strawberry preserves, heaped with sweet, savory pieces of plump, juicy fruit. These are just two of our umpteen delicious flavors. And all you have to do is choose your family's favorites...we throw in the smiles for free!

Knott's BERRY FARM®



Knott's... stirrin' up good taste for generations

Rich & Fresh-Cut.

Presenting Louis Rich™ Fresh-Cut Turkey Parts.



Rich is Louis Rich.

Fresh-cut is because we cut fresh turkey into convenient parts to fit your family's tastes. Louis Rich Fresh Turkey Parts – breast halves, drumsticks, thighs, wings and sliced breast. Now, you can serve everyone's favorite part of the turkey, without the trouble of cooking the whole bird. Just prepare them any way you like, or try one of the delicious, easy recipes included in every package.

The Louis Rich Life

Turkey à la Orange

- 1 package (about 1 lb.) Louis Rich™ Fresh Turkey Breast Slices
- 1 T. butter
- 2 T. firmly packed brown sugar
- 4 tsp. cornstarch
- 1 cup orange juice
- 1 T. lemon juice
- 1 T. butter
- 4 orange slices, cut in half

In skillet, melt butter over medium heat. Add breast slices. Brown 3 minutes. Turn. Brown 2 minutes. Remove to platter. Cover. In skillet, combine sugar and cornstarch. Add juices and butter. Cook over medium heat, stirring until sauce boils. Garnish with orange slices, serve with sauce. Makes 1 cup sauce, 4 servings.

©Louis Rich Co., 1982



Make-Ahead Spreads

Here are two tasty ways to simplify entertaining. These help-yourself spreads can be made a day or more ahead so you can enjoy the party along with your guests.

HONEY-CHEESE SPREAD

A crock of this lightly sweetened spread would make a thoughtful hostess gift anytime—

1 cup ricotta cheese
½ cup plain yogurt
2 tablespoons honey
½ cup whipping cream

• • •

Apples
Pears
Nut bread

In small bowl crumble the ricotta cheese. Add plain yogurt and honey; beat well. Beat cream on medium speed of electric mixer just till soft peaks form (tips curl over); fold into the cheese mixture.

Turn mixture into serving bowl or crock. (Or, cover and chill till needed, up to 4 days.) Serve with slices of apples,* pears,* and nut bread. Makes 2½ cups spread.



Photograph: Mike Dieter

**Note:* Dip apple and pear slices in mixture of water and lemon juice or ascorbic acid color keeper to prevent them from discoloring.

SALMON SUPREME SPREAD

For an economical version of this spread, purchase pink or chum salmon, rather than the more expensive red varieties—

1 8-ounce package cream cheese
1 4-ounce package shredded cheddar cheese (1 cup)
1 7¾-ounce can salmon, drained, boned, and finely flaked
½ teaspoon dried dillweed

• • •

¼ cup bottled onion salad dressing
Snipped parsley
Assorted crackers

Have cream cheese and cheddar cheese at room temperature. In small mixer bowl combine the cheeses, salmon, and dillweed. Gradually add the onion dressing, beating till fluffy. Cover and chill thoroughly. (May be stored up to 4 or 5 days.)

Shape salmon mixture into a log or ball; roll in snipped fresh parsley. Place log or ball on serving plate. Serve with assorted crackers. Makes about 2½ cups spread.

Since 1928, people haven't just eaten our ice cream, they've loved it.



WILLIAM DREYER

How William Dreyer Answered The Question Of Vanilla.

When asked by a well meaning economizer why he didn't use artificial vanilla, since it could save him a lot of money, William Dreyer said nothing.

When it was further pointed out that the first bite of ice cream made with artificial vanilla often tastes like the first bite of ice cream made with real vanilla, William Dreyer's response was quick and definite.

"Yes, but no one takes just one bite of my ice cream!"

The man, who at that moment was lovingly spooning up the last bite, from what had been an enormous bowl of Dreyer's Vanilla Ice Cream, said no more.

This proved what William Dreyer knew all along: If it were a question of quality, his ice cream always had the final say.



Stories like the above are not only part of The Dreyer's Heritage of Ice Cream Making, they form the basis for the way we continue to do business. For example, the pure, Madagascar vanilla we use costs us $55 a gallon, sometimes more, yet we refuse to compromise and use artificial vanilla, which costs just $14 a gallon. After all, we're not out to make an ice cream you just eat. We're out to make one you love.

To you, it's just a little white spike.



To your coleus, it's dinner for 2 months.

Some people tend to believe that great results require hard work. These same people tend to find Jobe's little white houseplant spikes somewhat amazing.

Amazing, that something so very simple could be so very effective.

Amazing, that these little white spikes could be so rich in nourishment. Feeding your plant 60 days worth of life-promoting nutrients.

Giving green plants a perfect balance of nitrogen and phosphorus to achieve dense, leafy growth. Supplying your blooming plants (indoor and out) with the extra phosphorous they need to develop lots of large, abundant blossoms.

Not only that, but supplying these vital nutrients right where they do the most good: deep in the root system, where they're readily absorbed.

Yet, so simple. You just push Jobe's spikes right into the soil.

With Jobe's, you'll never need to worry about overfeeding or underfeeding. Jobe's unique time-feeding system releases nutrients slowly. Safely. Giving your plants the exact amount they need, for up to 60 days.

If you don't believe something this simple can supply your plants with two months of balanced meals, try Jobe's.

We think you'll agree that, while there are lots of more difficult ways to feed your plants, there are none more effective than our little white spikes.

Amazing, but true.



Jobe's®

The easiest way to grow on earth!

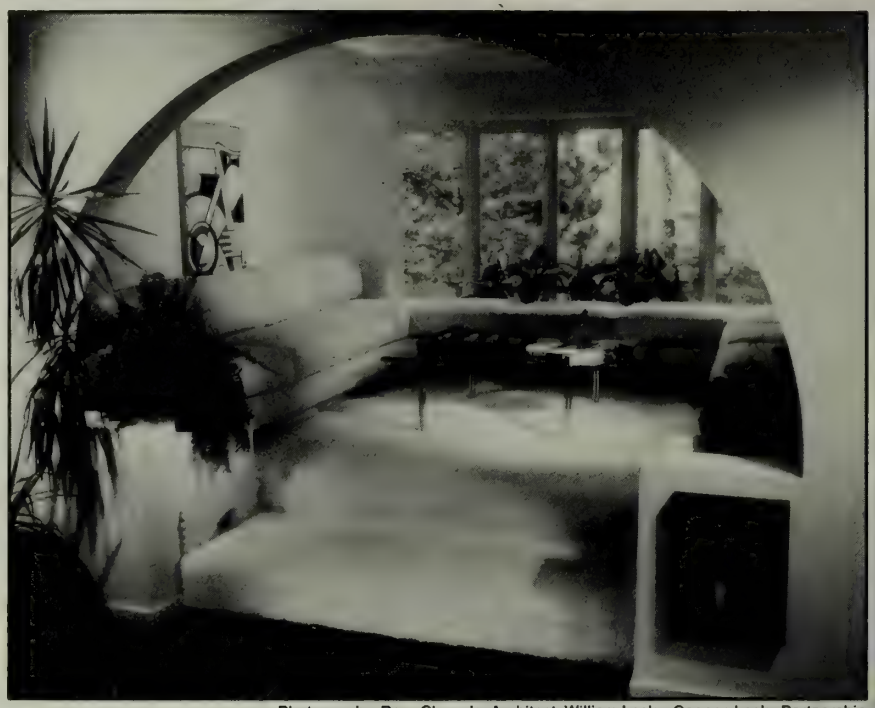
© International Spike, Inc. 1981

A Stepped-Up Sun-Room

After a hurried and hectic day, nothing beats curling up in a cozy corner with a good book. And this sun-room is the perfect place to do it. Originally, the 12x15-foot retreat was a seldom-used dining room. Now the room has been transformed into an inviting oasis of calm.

The minute you step up into the room, you head for the thickly cushioned, built-in sofa. The sofa has back cushions along two walls, but on the wall with the windows, the built-ins are backless so they don't block the woodsy view. Supporting the cushions is a built-in platform that hides a series of fluorescent lights. The fluorescents provide subtle lighting and make the sofa look as if it were floating.

The platform is raised 14 inches and is constructed of plywood with a support structure of 2x4s. A curved arch and an extra-wide step gracefully bridge the transition from the lower floor to the platform floor.



Photographs: Ross Chapple. Architect: William Lecky, Cooper-Lecky Partnership
Interior design: James P. Pannone, Inc. Field editor: Eileen Deymier

When you add Salad Crispins,®

make enough for seconds.

More than croutons. 5 delicious flavors in every can.

Salad Crispins makes salads taste so delici everyone will want seconds. Even thirds That's because every can of Salad Crispins croutons, plus five delectable flavors: meat, cheese, vegetable, herbs and spice



©1982. The G.S.P. Co.

Basket-shaped filter vs. The Cone.

Which do you think would get the most out of your coffee?



Most brands of automatic drip offeemakers have a basket-shaped lter top. And because grounds lie flat in the basket, you're ometimes left with dry pockets, which means you're not sing all your coffee.

Melitta Automatic Drip Coffeemakers have a unique one-shaped filter that naturally concentrates coffee grounds ght under the flow of water, so you always get complete aturation. Which means you so get the most out of your offee, both in flavor and conomy.

So next time you're oking for an automatic drip offeemaker, remember The one and remember the name elitta. It's the one sure way get great-tasting coffee... ery time.



Melitta®



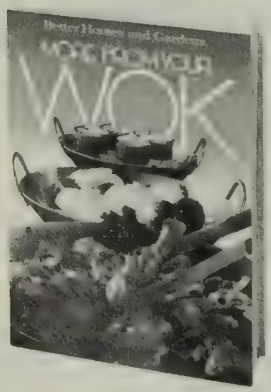
With Les Pensées Cristal giftware it's better to give than receive. Almost.

cristal d'arques

«Les Pensées Cristal» Gift Collection.

Gifts begin at $15. For catalogue write : J.G. Durand, N.J. 08332.

163 exciting wok recipes that put more fun into cooking.



NEW!

It's hard to beat a wok for sheer fun — and for nutritious, economical eating, too. Covering everything from main dishes to desserts, Better Homes and Gardens® *More From Your Wok* shows how to stir-fry, steam and flame dishes. Recipes include Mexican, French, Spanish, Italian and American favorites, plus plenty of Oriental dishes. For just $4.95, you can put more fun and entertainment into your cooking by getting this hardcover collection of delicious wok recipes wherever books are sold.

Better Homes and Gardens. BOOKS

IDEAS YOU CAN USE

How to Cut Cake And Bread

Don't let delicately textured cakes and breads be ruined by a knife's edge! To serve perfect slices of frosted cake, angel cake, sponge cake, and breads, simply follow these tips.

• **Shortening-type cakes** can easily be cut with a sharp, thin-bladed knife. Slice with a sawing motion, pulling the knife toward the edge of the cake. To slice cakes topped with fluffy frosting, first dip the knife in hot water so the frosting won't stick to the knife.

• **Angel cake and chiffon cake** should be sliced with a serrated knife and a gentle sawing motion. Be careful not to flatten these tender cakes.



• **Yeast breads** are most delicious when served warm, but a warm loaf can tear if not properly sliced. You'll have no problem if you turn the loaf on its side, then slice with a serrated knife, using a gentle sawing motion.



Photographs: Mike Diet

• **Quick breads** crumble if sliced too soon after baking. To simplify slicing tightly wrap loaves in foil and keep them at room temperature overnight. Then use a serrated knife and a gentle sawing motion to get even slices.



From Canton to Cancun, the best tasting chicken is Foster Farms.

Whether it's stir-fried or salsa-spiced, Foster Farms chicken is delicious. Because it's fresh. And that freshness makes every Foster Farms chicken plump, juicy and tender. Perfect for everything—from *Chinese Cashew Chicken* delicately stir-fried with fresh asparagus, broccoli and oranges—to *Fiery Mexican Chicken* glazed with salsa and garnished with olives and spicy peppers. In any language, Foster Farms chicken is the best tasting chicken you can buy.

FOSTER FARMS

Chicken tastes better fresh off the Foster Farms.

Rent-a-Truck Moving Tips

One of the best ways to save money—up to 50 percent—on a move is to rent a truck and move yourself. Worried about your skills as a truck driver? You can rest easy, because today's rental trucks are designed for easy handling.

Planning the move

Check our chart for guidelines on the sizes and types of trucks available from two of the national rental companies. It's a good idea to visit a local rental truck office or write to the company (see chart) for brochures and tables on choosing the right truck and estimating the cost.

Reserve a truck as soon as you pick a moving date. When you visit the rental office to make the reservation, check the trucks to find the size you need, and take a test drive if you're a rookie truck driver. Generally, you can buy or rent moving accessories—like a small hand truck, movers blankets, boxes, and paper runners to protect carpeting—from the rental company. But you may be able to save money if you arrange to borrow any of this gear—especially carts or hand trucks—from friends or your employer, and get boxes at the supermarket.

Insurance and taxes

It's wise to buy the rental company's optional insurance coverage for the truck. If you like, you also can buy the company's insurance coverage for yourself, your passengers, and your belongings, but this won't be necessary if your homeowners and auto policies cover you and your belongings during a rental truck move. Check with your insurance agent. And, if your move is job related, be sure to save all receipts for the truck, gas, and service. They'll be needed for tax purposes.

Driving tips

Watch out for low bridges and overpasses. Go slowly under those that leave the truck little clearance; a fast-moving truck can bounce up and hit a low overhang. And before driving the truck down a narrow roadway or alley, check for any side obstructions that could damage the truck. Also watch out for low canopies when you pull into service stations or motels.

Allow for a larger turning radius and longer stopping distances than your car requires. Downshift a manual transmission while braking to help slow the truck.

Don't try to maneuver quickly. A heavy, loaded truck accelerates and decelerates more slowly than a car does and can be harder to handle in sharp turns.

Be aware of the blind spots on either side of the truck and immediately to the rear. They're bigger than a car's blind spots, especially on the right. And with today's smaller cars, you might not always see a car traveling on your right, especially if it merges immediately next to you. Be aware of the blind spot to the rear when backing.

Drive energy-efficiently, upshifting a manual transmission as quickly as possible and keeping a light foot on the accelerator on downgrades. Because of its larger mass and weight, a truck has more momentum than a car does on downgrades. Anticipate upgrades and accelerate slowly and steadily to reach the top of the grade. BH&G

Company	Ryder Truck Rental Customer Service One-Way Operations P.O. Box 520816 Miami, FL 33152			U-Haul Rental System Moving Guide Dept. GN P.O. Box 21503 Phoenix, AZ 85036					
Trucks available (lengths in feet)	22	18	12 (2 types)	24	20	16	14	11	7
Estimated capacity (average-size rooms of furniture)	7	4-6	2-3	8	7	6	5	3	2
Transmissions (Note: All trucks are gasoline-powered; none have power steering.)	Manual 5-speed	Manual 5-speed	Automatic	All are manual 4-speed except the 11-foot model which is automatic					
Company-estimated mileage (mileage varies according to weather, roads, speed, etc.)	5.5 to 7 mpg under normal driving conditions			7 to 8 mpg	Estimates are for ideal driving conditions		9.5 mpg		18 mpg

Rental rates vary according to the company and the season. Local moves (when the truck is returned to the original rental office) usually are charged on a daily rate plus mileage; one-way moves, on a flat rate for a specified number of days to complete the trip. A company may match a competitor's lower rate if you ask for the lower rate.

Bernstein Introduces New Ways To Shake Up Italians.

Bernstein is about to become a household word in Italian for four delicious reasons:

Italian with Cheese. A subtle and satisfying blend of mozzarella, Parmesan, Romano, and Gorgonzola cheeses.

Italian Extra-Rich Caesar. An extra measure of Romano, combined with anchovy and farm-fresh eggs, creates a taste out to conquer the world.

Restaurant Recipe Italian. Our secret blend of fresh ground spices and Romano cheese will make your salads worthy of the finest restaurants.

And Cheese and Garlic Italian. Tangy with Parmesan and bursting with Italian character.

Four delightful restaurant-style salad dressings you just shake up and pour on.

At last, pure Italian flavors.

All our dressings have one remarkable thing in common. What you taste is what you get. They're 100% natural, for the zestiest Italian taste this side of Naples.

No preservatives.

No phony flavors.

No unnatural colors.

Just the best of everything we can squeeze into a bottle.

Like the finest cheeses imported from the Old Country.

Herbs and spices from around the world.

The purest oils and vinegars humanly possible.

And a taste so fresh and honest, you'll be tempted to claim you mixed it up yourself.

Make your salads speak better Italian.

Nobody, but nobody, lets these dressings pass without comment.

People who ordinarily pick at their salads will eat with Italian gusto.

And gourmets will beg for your secret.

But find out for yourself. Try an ordinary Italian dressing and a Bernstein side by side.

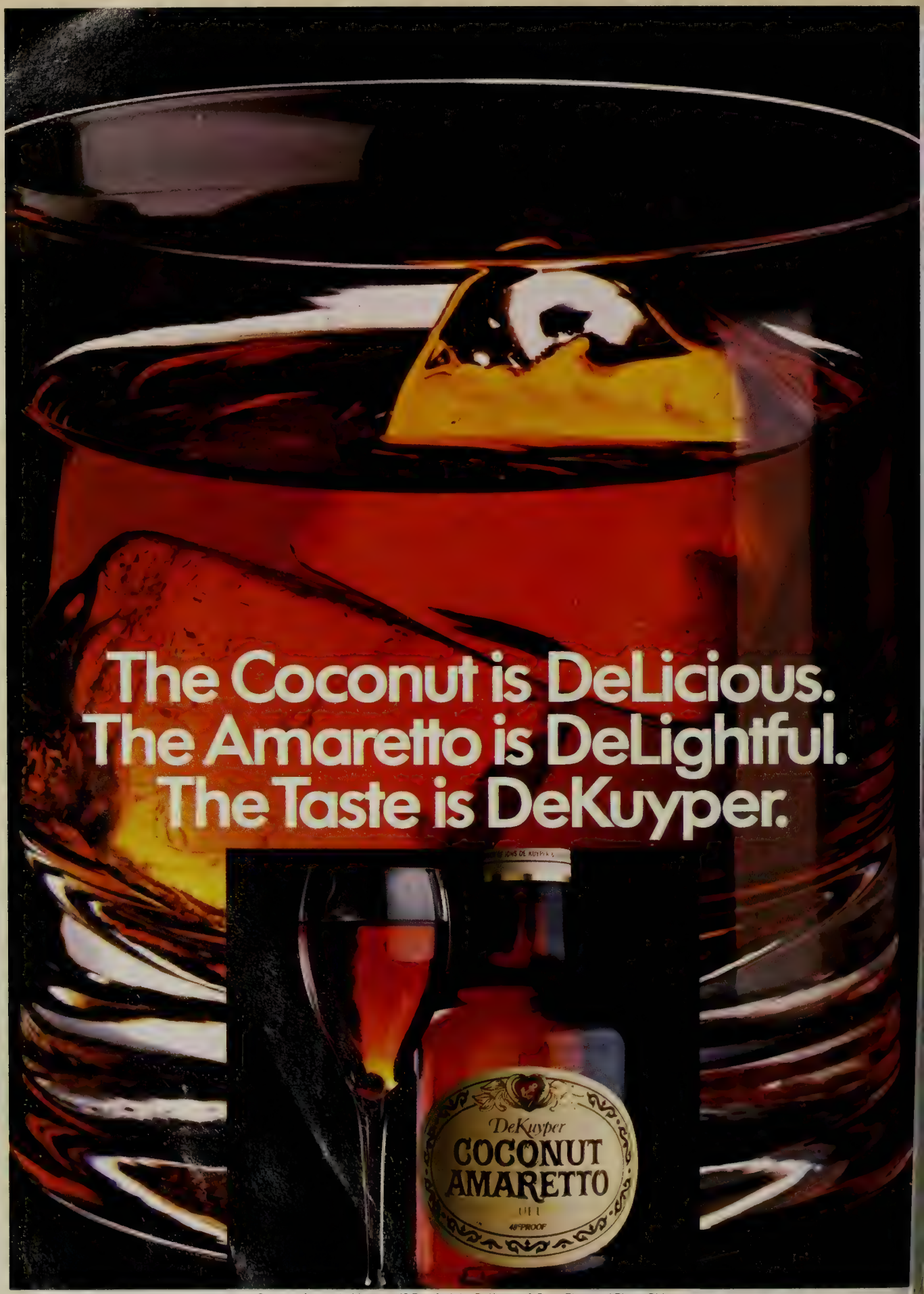
The results will shake you up.

As for your Italian relatives and friends, you can shake them up too. Just tell them you didn't make it yourself.



BERNSTEIN®

If we won't compromise, why should you?



Coconut Amaretto Liqueur • 48 Proof • John DeKuyper & Son • Elmwood Place, Ohio.

How to Choose Upholstery Fabric

When choosing upholstery fabric for your sofa or chair, consider more than just looks. Check the weave and fiber content of the fabric, too—they'll largely determine how well it will wear.

First consider your needs

If you plan to use the sofa or chair daily, its cover should be durable and easy to care for. A piece that's used only occasionally can be covered with a more delicate fabric.

Check the weave

A fabric with a close, tight weave (with little space between the crosswise and lengthwise yarns) is not only more durable than one with a loose weave, but it also keeps its shape better. Fabrics with long threads, like satin or brocade, snag easily, as does some upholstery with nubby threads.

Materials with a cut pile, like velour and velvet, will change slightly in color as their naps are brushed in different directions. And the pile may wear thin in hard-use areas like the arms.

Ask about the fiber content

Both natural and man-made fibers are used to make upholstery fabrics, and each type has advantages. Natural fibers, like wool and cotton, accept dye readily and are comfortable in warm or cool temperatures. Man-made fibers, such as polyester or nylon, are resilient and resistant to abrasion. Fabrics that are a blend of the two fiber types usually have the best qualities of both.

Some fabrics are bonded to a backing for extra durability. Rub the sample together to make sure the two are joined securely.

Be sure to ask if the fabric has a protective finish. A soil- or stain-resistant finish will minimize upkeep. If the fabric you like doesn't have this finish, you probably can arrange with the salesperson to have it applied.



This clock has three songs to sing: Whittington, St. Michael and Westminster.

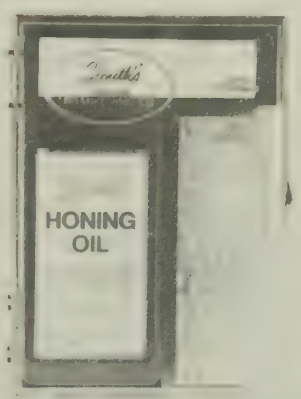
And with its handsome porcelain dial and rare olive ash burl accents, the Chesterton pleases the eye as well as the ear. An interesting 22k gold-fired decorative design on the glass door complements the brass pendulum inside. The triple chime movement can be seen through glass panels from three sides. For a closer look, visit your Howard Miller dealer. And listen for its songs. Or, send $2.00 for the Howard Miller Traditional catalogue.

Howard Miller
Dept. 203, Zeeland, MI 49464

Phone toll-free 800-447-4700 for the name of your nearest dealer. In Illinois 800-322-4400. No calls from Alaska & Hawaii. Distributed in Canada by Apsco Products.

FATHER'S DAY
A GIFT HE WILL REMEMBER AND USE

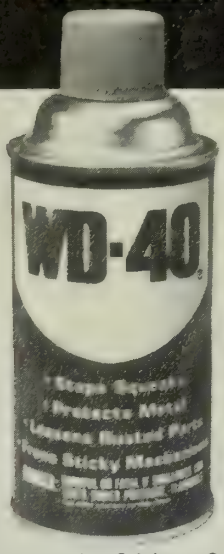
A DELUXE SHARPENING SET OF THE FINEST NATURAL STONES FOR ALL HIS KNIVES



AVAILABLE AT YOUR SPORTING GOODS DEPARTMENT — UNDER $15

Smith's®
THE SYMBOL OF SHARPENING
HOT SPRINGS, AR 71901

Do it yourself with



For anything that Sticks or Squeaks. Use in house, shop or car. Protects against rust, cleans and lubricates.

It really works.

START NOW

THE 1982 BH&G® HOME IMPROVEMENT CONTEST

YOU COULD WIN OUR TOP PRIZE $10,000.00

Want to make your 1982 remodeling project *really* pay off? Enter our 1982 Home Improvement Contest. In case you missed our announcement in the January, 1982, issue, here are the details.

All home improvement projects completed in 1982 will be eligible, regardless of scope or expense. In fact, each of the six divisions (see below) has three classes, so entries only compete against comparable projects. The initial entry form (see blank below) must be postmarked no later than September 1, 1982. Final entry package must be postmarked no later than February 1, 1983. Once you've filled out the entry blank, get started on your project. In the meantime, we'll send you more details on how to submit your final entry package.

HOW TO ENTER

Print your name, address, and phone number clearly on the preliminary entry blank and check the box for which you think your improvement qualifies. Entry packets include detailed contest rules and participating manufacturers' product information. We'll ask to see your before-and-after photos and floor plans where applicable, plus a written description of project objectives, approximate cost of the completed project, a list of materials and brand names, and how long it took you to complete the task. You may enter more than one project in the contest, but each project may be entered in only one division.

All material submitted for the competition will become the property of Meredith Corporation, which will assume publishing rights for all the material. Entries will not be returned. Winners' names will be published in our July, 1983, issue.

DIVISIONS

In each of the six divisions, we'll award three prizes of $1,000. In addition, a grand prize of $10,000 and two runner-up prizes of $4,000 each will be selected from the 18 winners.

1 **Exteriors:** Lot line to lot line projects including any improvements to the exterior of the house; landscaping involving structural changes or additions.

2 **Kitchens:** Any kitchen remodeling project designed to improve traffic flow, storage, and/or efficiency.

3 **Bathrooms:** Any remodeling project that encompasses the bath, such as replacement of old fixtures or enlarging the bath with a bump-out.

4 **Interiors:** All improvements within the confines of an existing house excluding the kitchen and bathroom. Examples are removing partitions and converting unused spaces (attics) into livable rooms.

5 **Additions:** Enlarging a house by adding a new enclosed space, such as a bedroom/bath wing or a family room.

6 **Energy conservation:** Those improvements primarily designed to conserve energy or reduce the heating and cooling load on a house. Examples might include the addition of an air-lock vestibule, a Trombe wall, a wood-burning stove; addition of overhangs, movable insulation, solar hot water systems, etc.

$500 CASH PRIZES

The following companies will provid one $500 cash prize to the contest entra using their products to best advantag Many co-sponsors are offering valuabl prizes in addition to the $500.

Alcan Building Products
Alcoa Building Products, Inc.
Allied Corp., Fibers and Plastics Company
Amana Refrigeration, Inc.
American Standard
Andersen Corporation
Armstrong World Industries, Inc.
Bird & Son, Inc.
Black & Decker—Consumer Products Div.
California Redwood Association
Congoleum Corporation
Eljer Plumbingware
English Greenhouse Products Corporation
Ethan Allen Inc.
Farberware
Flair Squares® "wallcoverings"
Franklin Chemical Industries
Georgia-Pacific Corporation
Howmet Aluminum Corporation
Imperial Wallcoverings
Intertherm Inc.
Jenn-Air Corporation
Jensen-Thorsen Corporation
Kero-Sun, Inc.
Kirsch Company
KitchenAid
K-mart Corporation
Kohler Company
Levolor Lorentzen, Inc.
LouverDrape, Inc.
Lowe's Companies, Inc.
Marvin Windows
Maytag
Maywood, Inc.*
Minwax Company, Inc.
Naugahyde Brand Fabrics
Northrup King Company
Panasonic
Pella/Rolscreen Company
The Tappan Company
Tru-Test Paint—True-Value Hardware
White-Westinghouse
*NEW CO-SPONSOR

BH&G® HOME IMPROVEMENT CONTEST

ENTRY BLANK

Better Homes and Gardens®
Home Improvement Contest
P.O. Box 10218
Des Moines, IA 50336

Name_____ Telephone_____

Address_____

City_____ State_____ Zip Code_____

Be sure to check the box below which best describes the project you're enterir

☐ Exteriors ☐ Kitchens ☐ Bathrooms ☐ Interiors ☐ Additions ☐ Ener

Better Homes

Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

by Ann Lively



From the Orient
An actual Rattan leaf covered with a layer of 24K Gold! No two alike . . . perfect for a charm bracelet or with an 18K Gold Plated Necklace (pictured). 24K Gold Plated Rattan Leaf $4.95 each (specify #TM-A7). 18K Gold Plated 18" Serpentine Necklace $4.95 each (specify #SNC-18). Both/$8.95. Add $2 Post. Tropical Island Imports, Dept. A6, 901 N.W. 8th Ave., Ft. Lauderdale, FL 33311.



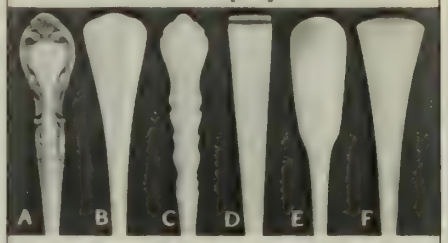
"Stack-A-Drawer"—so versatile
Infinite uses for home or office; great for your desk. Or use for jewelry, sewing, embroidery materials, even small tools or parts. Stack 2, 3, 4, 5 or more. Each has 3 drawers 9¼" wide x 11¼" deep. Made of high-impact styrene. Choose: Gold, Blue or Orange $11.95 each; 2 sets/$19.95; 3/$27.50. Add $1.50 post. per set. Holst, Inc., Box 370, Dept. BH-682, 1118 W. Lake, Tawas City, MI 48763.



COLONIAL MAID CURTAINS

Send for free full color catalog
Colonial Maid offers 56 pages of quality, no-iron curtains, bedspreads and deep-drop dust ruffles. There is something for every room in your home. Authentic colonial reproductions you cannot find elsewhere. A truly unique catalog with curtains for all your windows. Order from Colonial Maid Curtains, Dept. BH6, Depot Plaza, Mamaroneck, New York 10543.

Stainless by International—
You save 50% at Adler's.
6 Months to pay.
No interest.
No down payment.



Other patterns available at similar savings
Satisfaction guaranteed by Adler's

No sales tax outside the State of Louisiana

CALL TOLL FREE Dept. BHG-6
1-800-535-7912 In Continental U.S.
1-800-662-7713 In Louisiana
All major credit cards accepted
Send 3 credit references for Adler Club Plan

International Stainless	Reg	Sale	Monthly
46-Pc. Set	358.00	179.00	29.83

The 46-Pc. Set includes eight 5-Pc. place settings, tablespoon, sugar spoon, butter knife, gravy ladle, casserole spoon, pierced tablespoon

A. Queen's Fancy. B. Symmetry. C. Americana. D. New Charm. E. Bradford. F. Creation

adler's
CANAL STREET NEW ORLEANS LA 70130
504.523.5292

Perfect fit for every foot . . .
• with TWO fully adjustable GENUINE LEATHER buckle straps.
• with an extra cushiony insole and 1¼" covered wedge heel
• CAMEL, WHITE, BEIGE & BLACK.
• ***AND,*** with a complete range of full & half sizes: 6-10 N & W, 5-10 M. ***PLUS*** 11 N, M & W.
• with our low price:

$18.95

save . . .
• with two for **$34.90** MADE IN U.S.A.

SATISFACTION GUARANTEED OR MONEY BACK!

Add $1.95 p&h one item, $2.95 for two or more. AZ res. add 6% tax.

CHARGE ORDERS CALL (602) 747-5000

Enclose $1 for New Catalog (credited to first purchase)

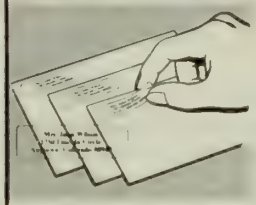
Dept. BD6MM, Palo Verde at 33rd, Box 27800, Tucson, AZ 85726

OLD PUEBLO TRADERS



1000 RETURN ADDRESS LABELS **$1.00**

1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) $1.00



250 Crystal-Clear RETURN ADDRESS LABELS **$1.98**

The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $1.98



250 Self-Stick WHITE GLOSS LABELS **$1.98**

Glossy white self-stick labels cling to any smooth surface, no moistening. Sharp black printing up to 4 lines.
Order P6030 Set of 250 White Gloss Labels (boxed) $1.98

Walter Drake 3056 Drake Bldg. Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
___ S717 1000 Labels @ $1 each $_____
___ P2031 Crystal-Clear Labels @ $1.98 ea $_____
___ P6030 White Gloss Labels @ $1.98 ea $_____
Add 20¢ per set for shipping & handling $_____
SATISFACTION GUARANTEED Total $_____

27 COLOR PHOTO SPECIALS $1.95



Full color copies on quality KODAK paper—send any color photo (up to 8" x 10"), color negative or slide. Original returned.

We use Kodak paper For a good look

Walter Drake Photo Labs
2056 Drake Bldg., Colorado Springs, CO 80940

Order by item number
NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
_P4079 **27 Wallet Photos (2½"x3½")** @$1.95ea. $_____
_P4080 **18 Wallets, one 8"x10"** . . . @$1.95ea. $_____
_P4081 **18 Wallets, two 5"x7"** . . . . @$1.95ea. $_____
_P4082 **Two 5"x7", one 8"x10"** . . . @$1.95ea. $_____
Add 55¢ per set for shipping & handling . . . . . $_____
SATISFACTION OR YOUR MONEY BACK! Total $_____

Preserved Giant Bon-Bon™ Plant . . . they can't die!



Once living, these Bon-Bon™ plants are delicately preserved to maintain the natural fresh color and subtle beauty of the living plant, indefinitely, with absolutely no care, no sun, no water . . . ever! Complete with basket & detachable macrame hanger. Med. 2'9" wide, **$11.95** / Lg. 3' wide, **$13.95** / X-lg. 3'3" wide, **$15.95.** Add $3 post. and handling ea. Thirty Day Golden Guarantee™! Send check or money order or charge to your VISA/MC/AM.EX.

ORDER BY MAIL OR TOLL FREE

TROPICAL PLANT INST. INC., 901 N.W. 8th AVE., DEPT. 132, FORT LAUDERDALE, FL 33311
or charge TOLL FREE 1 (800) 327-3729 / Color Portfolio $1

Free Yield House catalog

72 pages of our distinctive pine furniture and furniture kits, unique gifts and accessories for the home.

Send to: Yield House, Dept. D26A, North Conway, N.H. 03860

Name _____

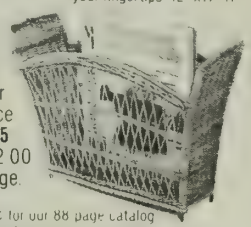
Address _____

City _____

State _____ Zip _____

Wall-All – Natural rattan compartments make it easy to keep things within hands reach 7" x18"

Magazine Rack — This lightweight handwoven rattan rack puts newspaper and magazines at your fingertips 12"x17" H



Your choice **$8.95** plus $2.00 postage.

Send 50¢ for our 88 page catalog

Fran's BASKET HOUSE

Route 10, Dept. BH6, Succasunna, NJ 07876

NOW SAVE $129.80 on a famous TROY-BILT Tiller!



Just ONE HAND!

"Off-Season" Savings now in effect! **Right now** is the best time ever to learn about the amazing TROY-BILT Roto Tiller-Power Composter...the "breakthrough" machine that's allowing **anyone** —of **any** age—with **any** soil—to easily have a fabulously fertile, productive garden! For free complete details, prices, write today to:

TROY-BILT 102nd St. & 9th Ave., Troy, NY 12180.

1982 Garden Way, Inc.

TROY-BILT® Roto Tiller-Power Composters
Dept. A1344
102nd St. & 9th Ave., Troy, N.Y. 12180
Please send the whole wonderful story of TROY-BILT® Roto Tillers including prices and OFF-SEASON-SAVINGS now in effect for a limited time.

Name _____

Address _____

City _____

State _____ Zip _____

DOG WASTE GONE



DOGGIE DOOLEY® keeps grounds clean, insect-free, sanitary. Rustproof heavy plastic doggie septic tank installs in ground; uses safe, non-poisonous enzyme-bacteria to liquify pet stools for ground absorption. Shovel up stools, drop into tank, close lid. Enzyme-bacteria action does rest. Harmless to pets, lawns, shrubs. Handles wastes of 1 to 3 dogs, 17½" x 11½" with foot-operated lid, shovel, 6 mos. of enzymes, and moisture holding tray for faster action. **$19.97** plus $3 shpg. Extra 12 mos. enzymes **$4.97** plus $1 shpg.

Send Check or M.O

HOLST, Inc. Dept. BH-682, 1118 W. Lake, P.O. Box 370, Tawas City, Mich. 48763



COLOR PHOTOS

YOUR CHOICE **$1.95** FULL COLOR

24 Wallet Photos or 3 — 5 x 7 or 1 — 8 x 10 Enlargement

Send any photo or polaroid 8 x 10 or smaller (returned). Add 55¢ per selection for postage and handling and an additional 50¢ for 1st class service. Satisfaction guaranteed or money back.

COLOR LAB P.O. Box 230 M Irvington, N.J. 07111

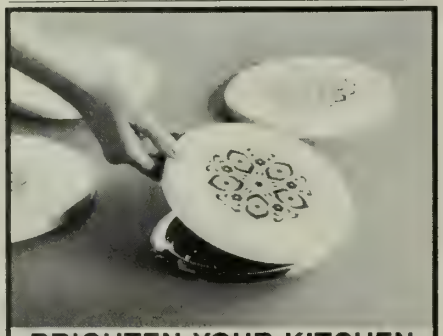
MASTECTOMY

Bras, swim suits, lingerie, sleep/lounge wear to fit all your surgical needs. Write for our FREE CATALOG.



Sylene intimate apparel

4918 Fairmont Ave., Dept. BHG Bethesda, Maryland 20814



BRIGHTEN YOUR KITCHEN THE WAY EUROPEANS DO!

Do you find your Range Burners very unattractive and hard to keep clean? With Burner Covers you protect burners from spills and grease while adding a beautiful touch to your kitchen decor. Burner Covers are manufactured from strong steel and fine porcelain enamel, heat resistant and dishwasher safe. New, great conversation pieces. You love to show them to your friends. Burner Covers make unique gifts. Many colorful designs available. Three sizes: Small 8" diameter $7.95, large 10" diameter $8.95, and 9" square $9.95.

MAX BURTON ENTERPRISES, INC.
502 Puyallup Ave., Tacoma, Washington 98421

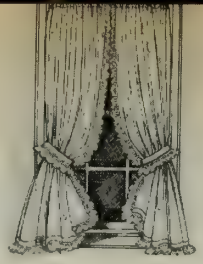
Please mail me your free color Brochure and Price List, for ☐ Electric ☐ Gas Ranges. BH-6

Name _____

Street _____ Apt. _____

City _____

State _____ Zip _____



On curtains of co poly. In natural or whit 90" W per pair with Irish lace ruffles. 4 or 54", $25 pr.; 63" 72", $29; 81" or 90 $33. Valance 10"x80 $8.50 each. $3 pos per ord. FREE Ca Country Curtains, Dep BHG6, Stockbridg MA 01262.

Cathy's sweet T's



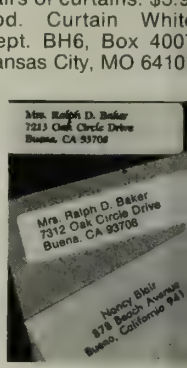
Cartoon screen-printed on women's quality T-shirts. In yellow, sizes S, M,L,XL, $12.50 ppd. 15 Cathy designs to choose from, plus many more T-shirts including Kliban. Send $1 for cat. (applicable to order). Dallas Alice, Dept. BH6, 1047 Taft St., Rockville, MD 20850.



Curtain White really works

Coats each fiber with very white smooth su face. A special ingred ent makes dirt muc easier to remove in fu ture washings. On bottle whitens 4 to pairs of curtains. $3.9 ppd. Curtain Whit Dept. BH6, Box 400 Kansas City, MO 6410

Self-stick label



White, Gold, Silver, Transp. Block (#PR), Calligraphy (#CPR). 1¾"x½". To 26 letters, spaces per line. 3 or 4 lines. 450 (alike) $7.95; 1,000 (alike) $12.50; Transparent, $8.95; $13.50. Add 75¢ ea. ord. Bruce Bolind, BH-5, Bolind Bldg., Boulder, CO 80302.



Stair-Glide® Deluxe

Ride up, down stairs a normal sitting pos tion. Designed for thos who can't or shouldn climb stairs. Uses 11 volt household currer For info. write: Ame ican Stair-Glide Corp Dept. EBHG-0682; 40 E. 138th Street, Gran view, MO 64030 (81 763-3100).



ODOR-FRE LITTER BOX

ODOR-ABSORBING CHARCOAL AIR FILTER

FRESH AIR

CATS & FRESH AIR ENTER

ODORS

"Boodabox"—the odor-free litter box

Disposable charcoal filter absorbs o 100% for 6 months ($3.95 each). Ends li scatter. Hides litter. Cats love the uni canopied entry (8" x 14"). Lift top to cl pan. Rugged Cream Beige ABS plas 27"L x 17"H x 16"W. Replacement fi order forms incl. $29.95 + $4 post. Bo Products, Dept. BH-E6, 439 S. Detroit L.A., CA 90036, MC/V: 213-934-1093.

blouses



In sensuous silk with top stitching. Dry clean or hand-wash. Mauve, Emerald, Pearlized White or Azure Blue. Misses sizes 8-18. $18.95 + $1.95. Old Pueblo Traders, Dept. BF6SK, Palo Verde at 33rd, Box 27800, Tucson, AZ 85726



Unicorn needlepoint kit

A beautiful 9 x 12 seven color design on 12 mesh canvas. Stitchers will enjoy working on this piece. A $25 retail value for only $9.95 + $1.75 post. Shipped in 72 hours. The Needlecraft Club of America, Dept. E-507, Monsey, NY 10952

Saddle slimmer



Slim your hips and thighs fast and easy. This professionally designed exerciser uses exclusive tension spring action. Less than ten minutes per day tones muscles. $12.95 + $1.50 post. Greator Innovations, Dept. BE1, Box 6573, Evansville, IN 47712



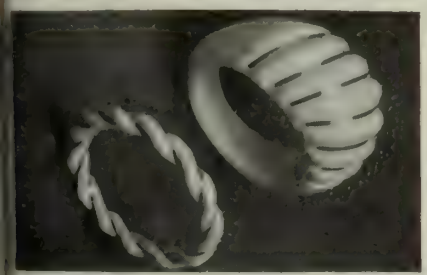
Giant 5' grass plumes

Browns, golds, beige with your choice of one accent color: orange, yellow, green or blue (specify). 25 plumes, $12.95 + $3 post. 24" Basket Urn $10.95 + $3 post. Color port. $1. Tropical Plant Inst., Dept. B6, 901 NW 8th Ave., Ft. Lauderdale, FL 33311

Beautifully plated



Solid metal baby shoes $3.99 pair. A keepsake forever. Available: Portrait Stands (shown), Bookends, TV lamps. Makes the perfect gift for dad, grandparents. Send no money. Write for details and postpaid mailer. American Bronzing, Box 6504-B2, Bexley, OH 43209



Ivory and 14K gold rings

Last the magnificence of genuine ivory and 14K gold can be yours. High fashion time ring $25.95. Classic elegance in the beautifully designed swirl ring $15.95. Sizes 5-10. Please add $1.50 postage. Visa and Mastercard accepted. Write for their FREE CATALOG. Order for yourself and for your gift list. Trans World Trading, Dept. 1682, Box 3398, Wayne, NJ 07470.



STAIR-GLIDE Stairway Lift

America's largest selling stairway lift is the ideal solution for people who can't or shouldn't climb stairs.

- Easily installed
- UL listed
- Will not mar walls or stairs
- Economy and Outdoor models available

AMERICAN STAIR-GLIDE CORP.

4001 East 138th, Dept. BHG-062
Grandview, Missouri 64030

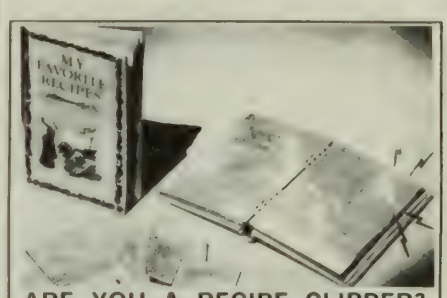
50¢ OFF **COLOR PHOTO SALE!**

REG. $2.50 NOW ONLY $2.00 YOUR CHOICE ALL BORDERLESS

16 WALLET SIZE WITH FREE 5x7
or
10 3½x5 PRINTS
or
4 5x7 ENLS
or
1 8x10 ENL
or
20 WALLET SIZE



RELIANCE COLOR LABS, INC
Studio 14-6 Box 159 Stamford CT 06904 ★SALE★

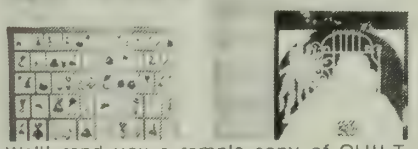


ARE YOU A RECIPE CLIPPER?

$4.98 each; 2 for $9.50. Add $1.25 postage.

FERRY HOUSE Dept. BH-682 Briarcliff Manor, N.Y. 10510

QUILT WORLD



We'll send you a sample copy of QUILT WORLD for just 50c. (Regular price is $1.25 per copy). You'll find at least a dozen or more complete quilt patterns inside this magazine, plus all kinds of exciting QUILT gossip, news, photos, exchanges, etc., — Truly a world of QUILTS! You'll be thrilled and delighted with QUILT WORLD (if you have never seen a copy before). Yes— just send 50c and we'll rush a sample. It may be a back issue, but they are all as timely as the current issue:

SAMPLE QUILTS
Box 337-A, Seabrook, NH 03874



The "diamond" you can afford to lose!

A Kenya "Gem isn't a diamond but you're the only one who needs to know that. What you and admiring glances will see is the incredibly true blue-white lustre and brilliance of this gem which, amazingly enough is priced from just $75 a carat.

A truly striking variety of mens and womens styles and settings are available in 14K white or yellow gold priced to lose

but you won't want to.

Send for free full color catalog today
Major credit cards accepted

KENYA Division, Dept. BHG-682
Day & Frick, Inc.
1760 N. Howard Street
Philadelphia, PA 19122

*Trademark of Day & Frick, Inc., Est. 1866

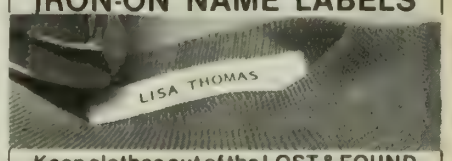
SCENIC WONDERS $1.00



Enjoy this fascinating collection of genuine postage stamps depicting scenic wonders of the world for only $1.00. Travel to the four corners of the world. Visit Great Britain, Poland, Russia and many more. See the Prehistoric Tarr Steps, World's Fairs, Arc de Triomphe, etc. You'll also receive latest big catalog of stamp bargains, also Fine Stmps from our approval service. Buy only what you like. Return balance promptly. Thank you. Don't miss this offer.

FALCON STAMP CO., W62BHF Falconer, NY 14733
MEMBER ASDA • APS • SPA

IRON-ON NAME LABELS



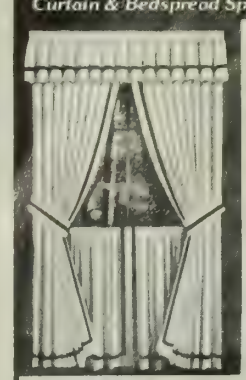
Keep clothes out of the LOST & FOUND

YOUR NAME in bold, blue letters printed on sturdy PRE-CUT cloth labels 2" × 3/8". Will adhere to any fabric; won't fade, rub or wash off. No need to sew. Irons on quickly and easily for permanent I.D. Ideal for school, camp, uniforms, nursing homes, church, gym, play groups

All orders mailed FIRST CLASS for immediate delivery.
SATISFACTION GUARANTEED
For 50 one-line labels, send $3.50
For 100 one-line labels, send $4.50

UNIVERSAL LABEL CENTER
P.O. Box 5, Dept.BH-62, Boston MA 02101

COLONIAL MAID CURTAINS
Curtain & Bedspread Specialists Since 1947



GRAINED RIBBON

bands of rust, natural or royal blue skillfully appliqued onto natural color poly/ctn. blend muslin. Washable, no-iron. 80" wide.

30" or 36"	17.00 pr
45" or 54"	20.50 pr
63" or 72"	24.50 pr
84"	27.00 pr
Tiebacks	4.00 pr
Valance	9.25 ea.

Satisfaction guaranteed. Add 2.50 post. Send check, M.O., Master Charge, Visa or Am. Ex.

SEND FOR FREE COLOR CATALOG

Colonial Maid Curtains, Dept. 46
Depot Plaza, Mamaroneck, N.Y. 10543

Select Your
LOG HOME



Pre-cut Log Home Kits with 10" walls, priced from $5900. Select the natural hand crafted beauty of **Northern White Cedar** or quality **Pine.** New full color Plan Book with 57 exciting designs $5.00, or a Dealership Information Pack $8.75.

Wilderness Log Homes
Route 2-BH62 Plymouth, WI 53073

☐ Plan Book $5.00 ☐ Dealership Info Pk. w/Plan Book $8.75

Enclosed is $ _____
Name _____
Street _____
City _____ State _____
Zip _____ Phone ( ) _____
I own a lot ☐ Yes ☐ No
Building Date _____

Enjoy your bath again...
...with **TUBMATE™**
Bath Lift

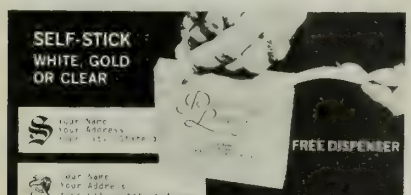


•Portable, water-powered
•Gently assists you in getting in and out of your bath
•Stop or start anywhere...anytime. You're in complete control.



Write for a free brochure

AMERICAN STAIR-GLIDE CORPORATION
Dept. BHG-0682, 4001 E. 138, P.O. Box B, Grandview, MO 64030

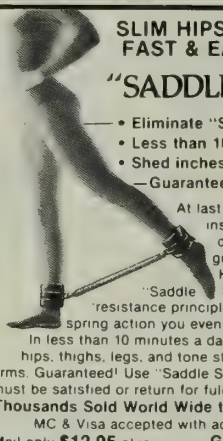


ADDRESS LABELS IN FREE DISPENSER
Self-Sticking labels dispense with ease ready to apply. No moistening needed. Up to 4 lines in rich black. FREE ENVELOPE SEALS with each order. Deluxe 2¼" Lg. Money back guarantee. 500 labels per order.

	WHITE	GOLD	CLEAR
1 Order	$3.95	$ 4.95	$ 5.95
3 Orders (Mixed copy OK)	$9.95	$11.95	$14.95

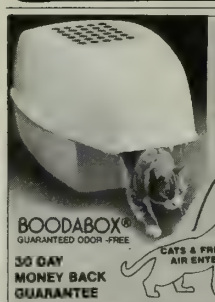
Specify: Plain ( ) Initial ( ) Zodiac ( )
Add 50¢ per order Post/Hdlg. (Cal. res. add 6%)
Send to: LABELS UNLIMITED, Dept. 555
182 Paul Dr., San Rafael, CA 94903

SLIM HIPS & THIGHS THE FAST & EASY WAY WITH
"SADDLE SLIMMER"



- Eliminate "Saddlebags" & Cellulite
- Less than 10 minutes a day
- Shed inches in days
- —Guaranteed!

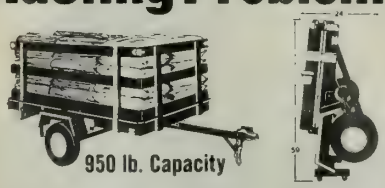
At last! A professional exercise instructor has scientifically designed a safe exerciser guaranteed to reduce your HIPS and THIGHS! Using "Saddle Slimmer" with its proven "resistance principle" and exclusive tension spring action you even lose ugly "Saddlebags" In less than 10 minutes a day have thinner, attractive hips, thighs, legs, and tone stomach, waist, chest and arms. Guaranteed! Use "Saddle Slimmer" for 10 days, you must be satisfied or return for full refund. Patent Pending
Thousands Sold World Wide to Satisfied Customers
MC & Visa accepted with acct no & exp date
Mail only **$12.95** plus $1.50 ea post & hand to Order 2—Save $1 ea
Greator Innovations
P O Box 6573 Dept B62
Evansville, IN 47712



ODOR-FREE LITTER BOX
CHARCOAL AIR FILTER REMOVES ALL ODOR ©1980
FRESH AIR

■ Charcoal-filtered BOODABOX® is 100% odor-free ■ Fresh air flows in, only fresh air flows out ■ Ends litter scatter ■ Conceals contents ■ Lift-top makes cleaning easy ■ Fits any decor ■ Rugged Cream Beige ABS plastic ■ Deluxe textured finish ■ Roomy 27"L x 17"H x 16"W ■ Big 8" x 14" canopy entry ■ Appeals to cats' privacy instincts ■ No training needed ■ Filters last 6 months, $3.95 each, reorder forms included. @$29.95 + $4.00 Shipping. Check or M.O. to BOODA PRODUCTS, DEPT. BH-62, 439 S. DETROIT ST., L.A., CA 90036. MC/V CALL (213) 934-1093, EXT. 6 PAT PEND

Solve your Hauling Problems



The Stowaway . . . Just . . . Folds Away
Call Toll Free 1-800-243-8550
For Free Color Brochures
Hayes Equipment Corporation
P.O. Box 526 BH
Unionville, CT 06085
ESTABLISHED 1945 © 1982 HAYES

A SINGER'S DREAM!
TVE
REMOVES VOCAL FROM MOST STEREO DISCS
The Thompson Vocal Eliminator can actually remove most or virtually all of a solo vocalist from a standard stereo record and yet leave most of the background music untouched! Not an equalizer! We can prove it works over the phone. Write or call for a 24 page brochure and demo record.
Write to: **LT Sound,** Dept. BH, P.O. Box 338, Stone Mountain, GA 30086, Phone (404) 493-1258 COST: $349.00

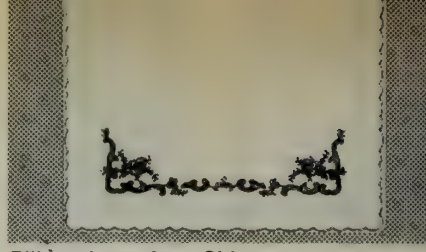
Kodacolor Film Processing
BORDERLESS PRINTS

12 Exp 110 126 & 135 mm only **$1.69** | 35 mm 24 Exp **$3.49**
15 Exp New Kodak Disc **$3.49** | 35 mm 36 Exp **$4.99**
20 & 24 Exp 110 & 126 only **$3.49**

KODACOLOR REPRINTS - **10 for $2.19** Sizes 110, 126, 35mm negatives —only.

We use Kodak paper for a good look
No Limit on Cartridges!
Please send this ad with order
Known by the quality we keep
All orders returned 1st Class Mail Postpaid

American Studios
Dept. BH. La Crosse, WI 54601



Pillow shams from China
Finely crocheted and hand-embroidered fro delicately drawn oriental work patterns. pure cotton or poly-cotton, they're packe in their own button bags for elegant gift gi ing. Now $12.40 (a 20% savings) plus $1.5 post.; ppd for two or more. Check, mone order, Visa or Master Card accepted. Gu Enterprises, Inc., Dept. BH6, 135 W. 36th S New York, NY 10018 (800) 451-4453.



A bit of yesteryear for collectors
Old time ads decorate fine porcelain thimble Years ago, thimbles like these were used fo advertising. The manufacturers issued ther as premiums in hopes of promoting the goods or services. Four nostalgic design especially suited for the collector's shelf. Se of 4/$4.98 + $1 postage. Order from Harrie Carter Gifts, Inc., Dept. BHG-14125, Nort Wales, PA 19454.



400 1½ & two-story home plans
A 320 page book, 1200 illustrations featurin authentic Early American exteriors. Als English, French, Spanish, Contempora styles. Practical floor plans for all budge and a wide variety of family living pattern Blueprints available. $5.95 postpaid. Ord from Home Planners, Inc., Dept. BHE2 23761 Research Drive, Farmington Hill Michigan 48024.

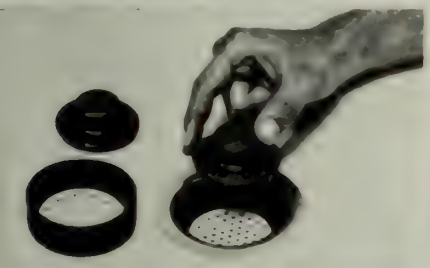


Bargain silverplating
Now's the time to go through your close attic, basements, etc. Any item replated sale prices—there is absolutely no char for dent removal or straightening. Your w antiques or heirlooms will be quadrul silverplated. Write for info. on 25-year w ranty and price list. Silverplating Div., Se Metal Co., Dept. BHe-6, 1919 Memory La Columbus, OH 43209.



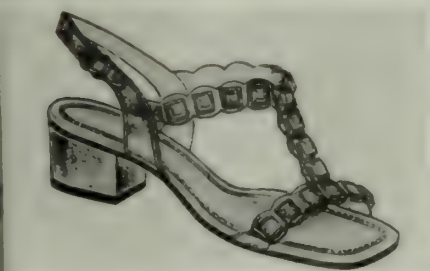
Complete your silver service

Replace missing pieces of Sterling or Silverplate . . . especially unusual or obsolete patterns. Write for *free price list* up to 40% to 75% off manufacturer's suggested retail. Also available, Free Pattern Identification Booklet, which gives you the details of how the Pattern Matching Service works as well. Walter Drake Silver Exchange, BH50 Drake Bldg., Colorado Springs, CO 80940.



Stop wasting water

Save money with this two-piece, rubber leakproof seal which fits tightly into the kitchen sink. Prevents water from seeping out when soaking dishes or clothes. Can be effectively used with garbage disposal. The strainer remains in place permanently, if desired. Installs simply, without tools. $4.98 each plus 95¢ postage. Order from Ferry House, Dept. BH6, Briarcliff Manor, NY 10510.



Elegant jeweled sandals

Beautifully made with sparkling, hand-set multicolored "gem" stones. Superb comfort and fit. Cushioned insoles, adjustable backstrap and 1½" heels. White, Black, Gold, Silver, Camel, Lt. Blue, Lt. Green, Yellow or Pink. 5½-12N, 4-12M, 5-12W (no half sizes over 10). Regularly $19, NOW $14.90; 2/$28; add $2 post. Faye Lynn, Dept. BH6, 1535 Delcrest Pl., Lakeland, FL 33803.



Un-Skru opens lids easily

No more twisted wrists! No more frustration! Just slip your jar into the Un-Skru until it touches edges; then turn the jar . . . quick, one-hand operation for lids ranging in size from ½" to 5" wide. Made of plastic with a steel gripper." $6.95 plus 85¢ postage; 2/$13.50 plus $1 postage. Order from Holst, Inc., Box 70, Dept. BH-682, 1118 West Lake, Tawas City, MI 48763.

SAVE 50% OFF SUGG. RETAIL

- LEVOLOR 1" Mini Blinds
- GRASSCLOTH WALLPAPER SAVE 40%
- VEROSOL Sunscreen Blinds
- WOVEN WOODS Name Brand
- VERTICALS + Shpg. Charge
- 1" WOOD BLINDS
- ROMAN SHADES Thermal Lined Deco Fabrics

EASY TO MEASURE EASY TO INSTALL

Send $1 (refundable with order) for each sample kit checked.

FOR INFORMATION OR TO ORDER CALL TOLL FREE

1-800-547-8982

NO SHIPPING CHARGES (except in Alaska and Hawaii)

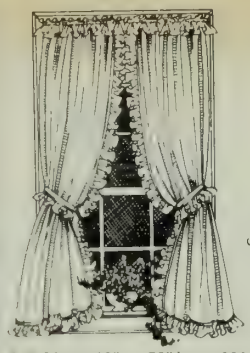
WELLS INTERIORS

4894 W. 11th / Eugene, OR 97402

(503) 683-4974

MasterCard QUALITY GUARANTEED Visa

COUNTRY CURTAINS®



Country Curtains are a tradition... years of old-fashioned quality and conscientious service from Nantucket to Nob Hill. RUFFLED PERMANENT PRESS . . . crisp and carefree . . . easy care cotton-polyester 78" wide per pair with 2" ruffles. Natural or white. 45" or 54" long, $18.50 pr.; 63" or 72" long, $20.50 pr.; 81" or 90" long, $22 pr. Shorter lengths available

Send for free catalog

COUNTRY CURTAINS

At The Red Lion Inn

Dept. 64, Stockbridge, Mass. 01262

Check, money order, MasterCard, Visa. Mass. res. add 5% sales tax. Postage and handling: under $25 add $2.00, over $25 add $3.00. Phone: 413 298 3921. Satisfaction guaranteed.

☐ PLEASE SEND FREE CATALOG

☐ My order totaling $ _____ is enclosed

Name

Address

City

State Zip



SLACK RACK

$9.98

plus $2 shipping

A fantastic space saver! Hangs eight pair of slacks in the space of one. Eight non-slip 14" swivel arms rotate for easy hanging and selection. Sturdy chrome-plated pole is adjustable to fit any floor to closet-rod or floor to under-shelf up to 5'8". SPECIAL: 2 for $19 + $3 shpg., 3 for $28 + $3.50 shpg. Check, MC or VISA

ESSEX HOUSE

Box 80, BH6-2

Scotch Plains, NJ 07076



REMOVE HAIR FOREVER

Perma Tweez® electrolysis safely and permanently removes all unwanted hair from face, arms, legs and body. No-puncture safety feature—clinically tested and recommended by dermatologists. Save hundreds of dollars over salon electrolysis. 14 DAY MONEY BACK GUAR.

$16.95—ADVERTISED ELSEWHERE AT $19.95

Cal. residents add 6% sales tax.

Limited warranty to consumers. Good Housekeeping ★ promises replacement or refund if defective.

☐ I enclose $16.95.

☐ MasterCard/Visa # /Exp. date

☐ COD requires $4.00 deposit. Pay balance plus COD charges and $1.00 handling. COD in U.S. only.

GENERAL MEDICAL CO., Dept. BH-201

1935 Armacost Ave., W. Los Angeles, CA 90025

©1982 GENERAL MEDICAL CO

MEDICARE APPROVED

SAVE HUNDREDS OF DOLLARS WITH BURKE SEAT-LIFT CHAIRS

Free Week Home Trial

LONGEST SEAT-LIFT WARRANTY

Comfortable Burke seat-lift chairs let you stand and sit when you want, with less strain. Chairs sized to fit you. Power recline to any position, automatically elevating your feet and legs. Swivel Rocker available. Write for information and compare.

BURKE INC. P.O. 1064, Dept. BHG-682 Mission, Kansas 66202

or call TOLL FREE 1-800-255-4147

Schreiner's IRIS



BOOK IN COLOR!

Lists over 400 gorgeous Iris — 300 pictured in natural color. 72 pages of dwarf, tall bearded, different garden Iris. New colors — how to plant — special offers — brimful of information. "Iris Lover's Catalog."

Send $2.00 for your copy (Creditable on 1st order)

Special: RAINBOW ASSORTMENT of 7 different kinds, labeled and postpaid A #1 Oregon Grown roots and catalog for $10.00

SCHREINER'S GARDENS

3634 Quinaby Rd., Salem, Oregon 97303

The Man Next Door®

Chris and I are taking an exercise class at the Y, and I'm amazed to discover how much the interval between my fingertips and my toes has grown since my Army days.

Although Chris denies being sexist about the matter, she insists there isn't a man around who can tie his apron in the back successfully.

Bill and Isabel Norman decided to spend their vacation working around the house this year. On the first day, they painted the garage. On the second day, they built the new shelves Isabel wanted in the pantry. On the third day, the Normans left for California.

Ken Floyd says most home gardeners go through four stages during a growing season: hoping, humusing, hoeing, and hammocking.

"You need three key people at a family reunion," advises Liz Randall. "One to organize the food, another to mind the kids, and a third to listen to the folks who only want to discuss their health problems."

Tom Hawkins, "batching it" while his wife Sue visits relatives back East, says he has exhausted his repertoire of fancy quiches and is about to start on his next specialty—TV dinners.

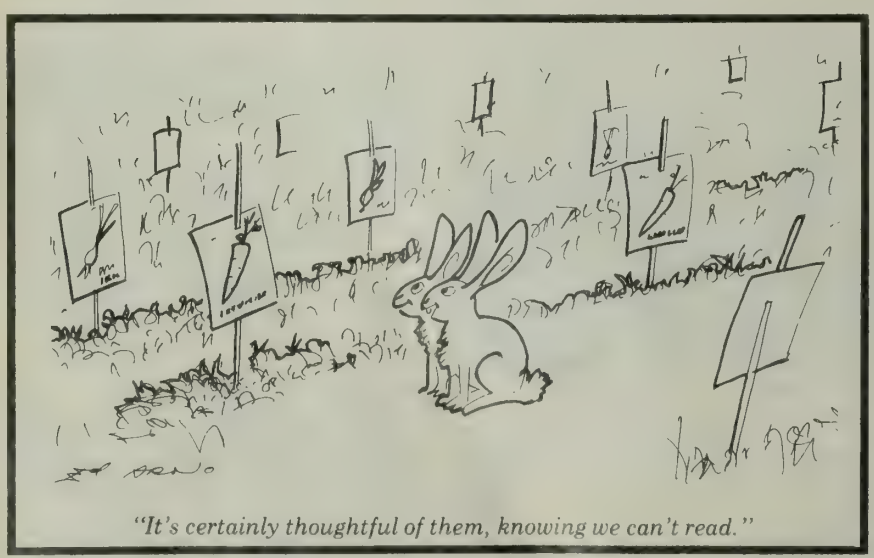


"...I oiled that swivel on your chair..."

I learned just how decisive Burt, Jr., is when we stopped by the ice cream shop today. While I was still wavering between flavors No. 17 and 29, Burt ordered and practically devoured a double almond chocolate cone.

If you think your golf swing is free of faults, says Ken Floyd, don't play the game with a wife who's taking golfing lessons from the club pro.

Jamie Wilson, six, is more than a little puzzled by the behavior of his big sister Linda, eight. "All winter long she talked about summer vacation," Jamie says, "but now that it's here, she just wants to play school."



"It's certainly thoughtful of them, knowing we can't read."

Our former neighbor Mary Cutler says she loves the view from the balcony of her new apartment, but she's a bit nervous about having her front porch 12 stories above ground level.

It's a fundamental law of automotive dynamics, says Dick Dresch: "The mechanic at the garage always calls to say the car won't be ready until Monday just after you've planned a big weekend trip to the lake."

Chris and I made a point of attending our town's high school graduation exercises this week, and we thoroughly enjoyed the program.

Our niece was the class valedictorian, which made us very proud. We also knew many of the other graduates.

Three of them plan to study medicine. One boy and a girl are bound for service academies this fall. Five of the graduates won major scholarships.

But not all the triumphs were attended by scholarships or honors citations. For several graduates, just being there and winning their diplomas was achievement enough.

Jenny Porter, who lives down the street from us, was graduating a year later than the classmates and friends of her childhood. She had been in and out of hospitals for months as a result of injuries suffered in a tragic automobile accident.

Jeff Bowman was there mainly because of the faith and persistence of his mother—a single parent who somehow found the time and patience to guide him through a troubled adolescence.

And young Steve Snyder probably didn't see one ball game or attend a single class social event during his entire high school career—he has worked nights for the past three years.

Watching Jenny, Jeff, and Steve collect their diplomas along with the class "stars" made me realize that graduation probably means the most to the students who have to overcome the biggest obstacles.

But it's that way with most things in life, isn't it?

Burton Hillis



Regular, 1 mg. "tar", 0.2 mg. nicotine av. per cigarette, FTC Report Dec. '81. Menthol, 1 mg. "tar", 0.2 mg. nicotine av. per cigarette by FTC method.

© 1982 B&W T Co.



The pleasure is back.

BARCLAY

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Myers's. The first collection of luxury rums.



MYERS'S PLATINUM WHITE.
Exquisitely smooth and born to mix. With a subtle richness that could only come from Myers's.

MYERS'S ORIGINAL DARK.
The deep, dark ultimate in rich rum taste. The Beginning of the Myers's Flavor Legend.

MYERS'S GOLDEN RICH.
A uniquely rich taste inspired Myers's Original Dark. Superl smooth and beautifully mixab

Myers's Rums. The taste is priceless.

MYERS'S RUMS. 80 PROOF. FRED L. MYERS & SON CO. ORIGINAL DARK IMPORTED AND BOTTLED IN BALTIMORE, MD. PLATINUM WHITE AND GOLDEN RICH PRODUCED IN ARECIBO, PR



Burlingame Public Library

480 PRIMROSE ROAD

BURLINGAME, CALIFORNIA 94010